



HOLY SPIRIT
PREPARATORY SCHOOL

May 2018 Lower School Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Soup & Grill Cheese Seasoned Vegetables <i>Ham & Swiss on Croissant</i> Vegetarian Feature <i>Hummus</i> Organic/Local <i>Tomato, Cucumber,& Tomato Salad</i></p>	<p>2</p> <p>Oven Fried Chicken Mac & Cheese Fried Okra Pie <i>Ham & Swiss on a Croissant</i> Vegetarian Feature <i>Hummus</i> Organic/ Local <i>Tomato, Cucumber, & Tomato Salad</i></p>	<p>3</p> <p>Krispy Chicken Sandwich French Fries Roasted Vegetables Cookies <i>Ham & Swiss on a Croissant</i> Vegetarian Feature <i>Hummus</i> Organic/Local <i>Tomato, Cucumber,& Onion Salad</i></p>	<p>4</p> <p>Cheese or Vegetable Pizza Corn Celery and Carrots Ice Cream <i>3 Cheese Grill Cheese</i> Vegetarian Feature <i>Hummus</i> Organic/Local <i>Tomato, Cucumber, & Onion Salad</i></p>
<p>7</p> <p>Wing Bar B.Q. & Plain Scalloped Potatoes Steam Vegetables Chicken Salad on Ciabatta Vegetarian Feature <i>Cherry Fluff</i> Organic/Local <i>Roasted Sweet Potato Salad</i></p>	<p>8</p> <p>Baked Linguini Bolognese Roasted Broccoli Garlic Bread Cinnamon Rolls Chicken Salad on Ciabatta Vegetarian Feature <i>Cherry Fluff</i> Organic/Local <i>Roasted Sweet Potato Salad</i></p>	<p>9</p> <p>Beef & Cheese Nachos Rice & Black Beans Churros Dulce Chicken Salad on Ciabatta Vegetarian Feature <i>Cherry Fluff</i> Organic/Local <i>Roasted Sweet Potato Salad</i></p>	<p>10</p> <p>County Fair Corndogs French Fries Roasted Vegetables Chicken Salad on Ciabatta Vegetarian Feature <i>Cherry Fluff</i> Organic/Local <i>Roasted Sweet Potato Salad</i></p>	<p>11</p> <p>Field Day Cookout</p>
<p>14</p> <p>B.Q. Chicken Legs Mashed Potatoes Seasoned Green Peas Cornbread <i>Honey Maple Turkey</i> Vegetarian Feature <i>Waldorf Salad</i> Organic/Local <i>Caprese Salad</i></p>	<p>15</p> <p>Taco Tuesday!! Soft Beef Taco Cilantro Lime Rice Refried Beans Churros Dulce <i>Honey Maple Turkey</i> Vegetarian Feature <i>Waldorf Salad</i> Organic/Local <i>Caprese Salad</i></p>	<p>16</p> <p>Box Lunch</p>	<p>17</p> <p>Box Lunch</p>	<p>18</p> <p>Cheese or Veggie Pizza Corn Ice Cream <i>3 Cheese Grill Cheese</i> Vegetarian Feature <i>Waldorf Salad</i> Organic/Local <i>Caprese Salad</i></p>
<p>21</p> <p>Spaghetti & Meatballs Seasoned Vegetables Garlic Bread <i>Roast Beef on Onion Roll</i> Vegetarian Feature <i>Black Bean Salsa Salad</i> Organic/Local <i>Thai Tofu</i></p>	<p>22</p> <p>Chicken Nuggets Mashed Potatoes Steamed Vegetables Fresh Baked Rolls Cookies <i>Roast Beef on Onion Roll</i> Vegetarian Feature <i>Black Bean Salsa Salad</i> Organic/Local <i>Thai Tofu</i></p>	<p>23</p> <p>Breakfast for Lunch!! Scramble Eggs, Cheese Grits, Bacon, Sausage, French Toast <i>Roast Beef on Onion Roll</i> Vegetarian Feature <i>Black Bean Salsa Salad</i> Organic/Local <i>Thai Tofu</i></p>	<p>24</p> <p>Chicken Tenders French Fries Roasted Vegetables Fresh Baked Rolls Cake <i>Roast Beef on Onion Roll</i> Vegetarian Feature <i>Black Bean Salsa Salad</i> Organic/Local <i>Thai Tofu</i></p>	<p>25</p> <p>Box Lunch</p>



HOLY SPIRIT
PREPARATORY SCHOOL

May 2018 Lower School Menu



Weekly Vegetarian Option – Our vegetarian option will satisfy the growing number of restricted diets and give an additional options to people looking for healthier alternatives. These recipes will come from our Smart Cuisine menu and be sure to please students and faculty alike.



Weekly Local or Organic Feature – As we learn more, we know what we eat and where our food from matters to us and the student's parents. We are committed to serving local and organic items, and we will be featuring them so students and faculty will know where to look for what they want.



Daily Sides and Desserts – Apple Sauce, yogurt, fresh made parfaits, and Jell-O will be available daily. Dessert will be offered at least twice per week.

Stock Market Soup – Freshly prepared soup offered daily from October thru March

Garden Salad Bar Daily Offerings – We prepare freshly sliced hand selected vegetables everyday for our salad bar.

Items include-assorted lettuces, tomatoes, cucumbers, carrots, celery, broccoli, beets, garbanzo beans, kidney beans, Kalamata olives, shredded and cubed cheeses, cottage cheese, hard boiled eggs, assorted seasonal fruits, assorted composed salads, along with a variety of dressings.



Deli Bar – We proudly serve Boar's Head deli meats, which are lower in sodium and have less preservatives.

Daily Deli Items – Black Forrest Ham, Smoked Turkey Breast, sliced Boar's Head Roasted Chicken, Tuna Salad, and Chicken Salad. Toppings include: fresh cut lettuce, tomatoes, onions, and pickles, served along side American and Swiss Cheese. Peanut butter and jelly available every day.



Beverage Offerings – We offer tea, lemonade, whole milk, chocolate milk, and water everyday.



Southern Cares Program – Holy Spirit proudly participates in the Southern Cares program. The initiative is designed for organizations who are devoted to protecting the environment. We use disposable products that are biodegrade, compostable, and in some case made from renewable resources. We also work to responsibly source items locally when options are available and viable.

What We Eat Matters – We use foods straight from the source, our goal is to serve products that are free from artificial preservatives and additives. We accomplish this through using fresh vegetables every day and preparing scratch made recipes.

