



HOLY SPIRIT
PREPARATORY SCHOOL

August 2018 Lower School Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		8 Welcome Back Cookout	9 BOX LUNCH	10 Cheese or Vegetable Pizza Corn Celery and Carrots Ice Cream 3 Cheese Grill Cheese Vegetarian Feature Corn Ranch Salad Organic/Local Caprese Salad
13 Chicken Nuggets Scalloped Potatoes Steam Vegetables Chicken Salad on Croissant Vegetarian Feature Cherry Fluff Organic/Local Roasted Sweet Potato Salad	14 Taco Tuesday!! Soft Beef Taco Cilantro Lime Rice Refried Beans Churros Dulce Chicken Salad on Croissant Vegetarian Feature Cherry Fluff Organic/Local Roasted Sweet Potato Salad	15 Oven Fried Chicken Mac & Cheese Seasoned Vegetables Fruit Cobbler Chicken Salad on Croissant Vegetarian Feature Cherry Fluff Organic/Local Roasted Sweet Potato Salad	16 Grilled Hamburgers French Fries Baked Beans Chicken Salad on Croissant Vegetarian Feature Cherry Fluff Organic/Local Roasted Sweet Potato Salad	17 Baked Pasta Roasted Broccoli Garlic Bread Ice Cream Tuna Melt Vegetarian Feature Cherry Fluff Organic / Local Roasted Sweet Potato Salad
20 Spaghetti & Meatballs Steamed Vegetables Garlic Bread Pudding Ham & Swiss on Pretzel Roll Vegetarian Feature Avocado Corn Salad Organic/Local Cucumber, Onion, Tomato Salad	21 Chef Robin's Chicken Pot Pie Seasoned Rice Confetti Rice Ham & Swiss on Pretzel Roll Vegetarian Feature Avocado Corn Salad Organic/Local Cucumber, Onion, Tomato Salad	22 Breakfast for Lunch Scrambled Eggs, Cheese Grits, Texas Smoked Bacon, Sausage, & French Toast Ham & Swiss on Pretzel Roll Vegetarian Feature Avocado Corn Salad Organic/Local Cucumber, Onion, Tomato, Salad	23 Krispy Chicken or Grilled Sandwich French Fries Roasted Vegetables Cookies Ham & Swiss Pretzel Roll Vegetarian Feature Avocado Corn Salad Organic/Local Cucumber, Onion, Tomato Salad	24 Cheese or Veggie Pizza Corn Ice Cream 3 Cheese Grill Cheese Vegetarian Feature Avocado Corn Salad Organic/Local Cucumber, Onion, Tomato Salad
27 Hot Ham & Cheese Sub Ranch Fries Roasted Broccoli & Cauliflower Chicken Pesto Wrap Vegetarian Feature Green Pea Salad Organic/Local Kale & Quinoa Salad	28 B.Q. Chicken Legs Au Gratin Potatoes Seasoned Green Peas Cornbread Brownies Chicken Pesto Wrap Vegetarian Feature Green Pea Salad Organic/Local Kale & Quinoa Salad	29 Beef & Cheese Nachos Rice & Black Beans Churros Dulce Chicken Pesto Wrap Vegetarian Feature Green Pea Salad Organic/Local Kale & Quinoa Salad	30 Meatball Sub French Fries Fresh Steamed Vegetables Chicken Pesto Wrap Vegetarian Feature Green Pea Salad Organic/Local Kale & Quinoa Salad	31 Cheese or Vegetable Pizza Tossed Salad Ice Cream Tuna Melt Vegetarian Feature Green Pea Salad Organic/Local Kale & Quinoa Salad



August 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.

