



HOLY SPIRIT  
PREPARATORY SCHOOL

# February 2018 Upper School Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Corn Dogs French Fries Chili Roasted Vegetables Ham & Swiss <b>Vegetarian Feature</b> <i>Corn &amp; Avocado Salad</i> <b>Organic/Local</b> Tomato, Cucumber & Onion	2 Cheese Ravioli Seasoned Vegetables Garlic Bread <i>3 Cheese Grill Cheese</i> <b>Vegetarian Feature</b> <i>Corn &amp; Avocado Salad</i> <b>Organic/Local</b> Tomato, Cucumber & Onion
5 Southern Chicken Tenders Mashed Potatoes Seasoned Green Beans <i>Chicken Pesto Wrap</i> <b>Vegetarian Feature</b> <i>Cherry Fluff</i> <b>Organic/Local</b> Roasted Sweet Potato	6 Breakfast for Lunch French Toast, Scrambled Eggs, Texas Smoked Bacon, Sausage, Creamy Cheese Grits and Grilled Vegetables <i>Chicken Pesto Wrap</i> <b>Vegetarian Feature</b> <i>Cherry Fluff</i> <b>Organic/Local</b> <i>Roasted Sweet Potato</i>	7 Wing Bar Hot, B.Q., Plain Au Gratin Potatoes Seasoned Vegetables <i>Chicken Pesto Wrap</i> <b>Vegetarian Feature</b> <i>Cherry Fluff</i> <b>Organic/Local</b> Roasted Sweet Potato	8 Grilled Hamburgers French Fries Baked Beans <i>Chicken Pesto Wrap</i> <b>Vegetarian Feature</b> <i>Cherry Fluff</i> <b>Organic/Local</b> Roasted Sweet Potato	9 Soup Bar & Texas Toast Grill Cheese Roasted Vegetables <i>Caprese Wrap</i> <b>Vegetarian Feature</b> <i>Cherry Fluff</i> <b>Organic/Local</b> <i>Roasted Sweet Potato</i>
12 Sweet & Sour Chicken Fried Rice Oriental Vegetables BLT Wrap <b>Vegetarian Feature</b> <i>Caprese Salad</i> <b>Organic/Local</b> <i>Waldorf Salad</i>	13 Red Beans & Rice Chicken & Sausage Gumbo Fried Okra <i>BLT Wrap</i> <b>Vegetarian Feature</b> <i>Caprese Salad</i> <b>Organic/Local</b> <i>Waldorf Salad</i>	14 Pasta Bar Marinara & Alfredo Sauce Roasted Broccoli Garlic Bread <i>3 Cheese Grill Cheese</i> <b>Vegetarian Feature</b> <i>Caprese Salad</i> <b>Organic/Local</b> <i>Waldorf Salad</i>	15 Sloppy Joes French Fries Roast Root Vegetables <i>BLT Wrap</i> <b>Vegetarian Feature</b> <i>Caprese Salad</i> <b>Organic/Local</b> <i>Waldorf Salad</i>	16 Baked & Fried Fish Roasted Potatoes Seasoned Winter Vegetables <i>Tuna Melt</i> <b>Vegetarian Feature</b> <i>Caprese Salad</i> <b>Organic/Local</b> <i>Waldorf Salad</i>
19 Baked & Fried Pork Chops Roasted Potatoes Seasoned Winter Vegetables <i>Honey Maple Turkey</i> <b>Vegetarian Feature</b> <i>Green Pea</i> <b>Organic/Local</b> <i>Sesame Noodle Salad</i>	20 Taco Tuesday!! Soft Beef Tacos Cilantro Lime Rice Refried Beans <i>Honey Maple Turkey</i> <b>Vegetarian Feature</b> <i>Green Pea</i> <b>Organic/Local</b> <i>Sesame Noodle Salad</i>	21 Slow Roasted Pot Roast Mashed Potatoes Roasted Brussel Sprouts Fresh Baked Rolls <i>Honey Maple Turkey</i> <b>Vegetarian Feature</b> <i>Green Pea</i> <b>Organic/Local</b> <i>Sesame Noodle Salad</i>	22 All Beef Hot Dogs French Fries Chili <i>Honey Maple Turkey</i> <b>Vegetarian Feature</b> <i>Green Pea</i> <b>Organic/Local</b> <i>Sesame Noodle Salad</i>	23 Cheese, White & Vegetable Pizza Tossed Salad <i>Egg Salad/Sourdough</i> <b>Vegetarian Feature</b> <i>Green Pea</i> <b>Organic/Local</b> <i>Sesame Noodle Salad</i>
26 Jerk Chicken Caribbean Rice Seasoned Vegetables <i>Roast Beef &amp; Cheddar</i> <b>Vegetarian Feature</b> Broccoli & Garbanzo Salad <b>Organic/Local</b> Baby Kale & Quinoa	27 Swedish Meatball Seasoned Pasta Seasoned Green Peas <i>Roast Beef &amp; Cheddar</i> <b>Vegetarian Feature</b> <i>Broccoli &amp; Garbanzo Salad</i> <b>Organic/Local</b> Baby Kale & Quinoa	28 Chef Robin's Chicken Pot Pie Rice Better Peas <i>Roast Beef &amp; Cheddar</i> <b>Vegetarian Feature</b> Broccoli & Garbanzo Salad <b>Organic/Local</b> Baby Kale & Quinoa		



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**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 comes 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.

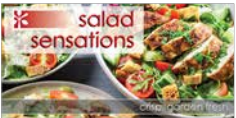


**Stock Market Soup** – Freshly prepared soup offered daily from October thru March



**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.

Items include– 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 sandwiches are available daily.



**Beverage Offerings** – We offer sweet tea, a selected flavored tea, lemonade, 2% 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.

