



HOLY SPIRIT
PREPARATORY SCHOOL

March 2018 Upper School Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Grilled Hamburgers French Fries Baked Beans Roasted Vegetables Roast Beef & Cheddar Vegetarian Feature <i>Broccoli & Garbanzo Salad</i> Organic/Local <i>Baby Kale & Quinoa</i>	2 Baked Spaghetti Seasoned Vegetables Garlic Bread <i>3 Cheese Grill Cheese</i> Vegetarian Feature <i>Broccoli & Garbanzo Salad</i> Organic/Local <i>Baby Kale & Quinoa</i>
5 Country Fried Steak Mashed Potatoes Seasoned Green Beans <i>Cuban</i> Vegetarian Feature <i>Tomato, Cucumber, Onion</i> Organic/Local Tofu	6 Breakfast for Lunch French Toast, Scrambled Eggs, Texas Smoked Bacon, Sausage, Creamy Cheese Grits and Grilled Vegetables <i>Cuban</i> Vegetarian Feature <i>Tomato, Cucumber, Onion</i> Organic/Local Tofu	7 Meat & Veggie Lasagna Roasted Broccoli Garlic Bread <i>Cuban</i> Vegetarian Feature <i>Tomato, Cucumber, Onion</i> Organic/Local Tofu	8 Krispy Chicken Sandwich French Fries Seasoned Vegetables <i>Cuban</i> Vegetarian Feature <i>Tomato, Cucumber, Onion</i> Organic/Local Tofu	9 NO LUNCH
12	13	14 SPRING BREAK	15	16
19 Southern Chicken Tenders Mashed Potatoes Seasoned Green Beans <i>Chicken Salad on Sourdough</i> Vegetarian Feature <i>Black Bean Salsa</i> Organic/Local Hummus	20 Taco Tuesday!! Soft Beef Tacos Cilantro Lime Rice Refried Beans Chicken Salad on Sourdough Vegetarian Feature <i>Black Bean Salsa</i> Organic/Local Hummus	21 Oven Fried Chicken Mac & Cheese Fried Okra Cornbread <i>Chicken Salad on Sourdough</i> Vegetarian Feature <i>Black Bean Salsa</i> Organic/Local Hummus	22 All Beef Hot Dogs French Fries Chile <i>Chicken Salad on Sourdough</i> Vegetarian Feature <i>Black Bean Salsa</i> Organic/Local Hummus	23 Cheese, White & Vegetable Pizza Tossed Salad <i>Egg Salad/Sourdough</i> Vegetarian Feature <i>Black Bean Salsa</i> Organic/Local Hummus
26 Chef Robin's Chicken Pot Pie Seasoned Rice Confetti Corn <i>Ham & Swiss on a Croissant</i> Vegetarian Feature Green Pea Organic/Local Carrot Raisin Salad	27 Georgia Chopped B.Q. French Fries Corn Creamy Coleslaw <i>Ham & Swiss on a Croissant</i> Vegetarian Feature <i>Green Pea</i> Organic/Local Carrot Raisin Salad	28 NO LUNCH	29 EASTER BREAK	30



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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.

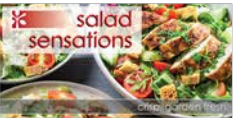


Stock Market Soup – Freshly prepared soup offered daily from October thru March



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.

