



HOLY SPIRIT  
PREPARATORY SCHOOL

# April 2018 Upper School Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Southern Chicken Tenders Scalloped Potatoes Seasoned Green Beans <i>Honey Maple Turkey on Croissant</i> <b>Vegetarian Feature</b> <i>Couscous with Peppers &amp; Onions</i> <b>Organic/Local</b> <i>Greek Cucumber Salad</i>	4 Country Fried Steak Mashed Potatoes Roasted Vegetables <i>Honey Maple Turkey on Croissant</i> <b>Vegetarian Feature</b> <i>Couscous with Peppers &amp; Onions</i> <b>Organic/Local</b> <i>Greek Cucumber Salad</i>	5 Grilled Hamburgers French Fries Baked Beans Roasted Vegetables <i>Honey Maple Turkey on Croissant</i> <b>Vegetarian Feature</b> <i>Couscous with Peppers &amp; Onions</i> <b>Organic/Local</b> <i>Greek Cucumber Salad</i>	6 Broccoli Pasta Bake Seasoned Vegetables Garlic Bread <i>3 Cheese Grill Cheese</i> <b>Vegetarian Feature</b> <i>Couscous with Peppers &amp; Onions</i> <b>Organic/Local</b> <i>Greek Cucumber Salad</i>
9 Chef Robin's Chicken Pot Pie Seasoned Rice Confetti Rice <i>Chicken Pesto Wrap</i> <b>Vegetarian Feature</b> <i>Potato Salad</i> <b>Organic/Local</b> <i>Broccoli Salad</i>	10 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>Potato Salad</i> <b>Organic/Local</b> <i>Broccoli Salad</i>	11 Slow Roasted Pot Roast Oven Roasted Potatoes Steamed Vegetables <i>Chicken Pesto Wrap</i> <b>Vegetarian Feature</b> <i>Potato Salad</i> <b>Organic/Local</b> <i>Broccoli Salad</i>	12 Krispy Chicken Sandwich French Fries Seasoned Vegetables <i>Chicken Pesto</i> <b>Vegetarian Feature</b> <i>Potato Salad</i> <b>Organic/Local</b> <i>Broccoli Salad</i>	13 <i>Cheese, White, &amp; Vegetable Pizza</i> <i>Tossed Salad</i> <i>Tuna Melt</i> <i>Vegetarian Feature</i> <i>Potato Salad</i> <i>Organic /Local</i> <i>Broccoli Salad</i>
16 Herb Encrusted Pork Loin Au Gratin Potatoes Roasted Vegetables <i>Turkey Club</i> <b>Vegetarian Feature</b> <i>Broccoli Garbanzo Salad</i> <b>Organic/Local</b> <i>Carrot Raisin Salad</i>	17 Jerk Chicken Caribbean Rice Seasoned Vegetables <i>Tukey Club</i> <b>Vegetarian Feature</b> <i>Broccoli Garbanzo Salad</i> <b>Organic/Local</b> <i>Carrot Raisin Salad</i>	18 Mom's Meatloaf Mashed Potatoes Seasoned Green Peas <i>Turkey Club</i> <b>Vegetarian Feature</b> <i>Broccoli Garbanzo Salad</i> <b>Organic/Local</b> <i>Carrot Raisin Salad</i>	19 All Beef Hot Dogs French Fries Chili Creamy Cole Slaw <i>Turkey Club</i> <b>Vegetarian Feature</b> <i>Broccoli Garbanzo Salad</i> <b>Organic /Local</b> <i>Carrot Raisin Salad</i>	20 Salad Day Tuna, Egg, Seafood Salads Caesar Salad <i>3 Cheese Grill Cheese</i> <b>Vegetarian Feature</b> <i>Broccoli Garbanzo Salad</i> <b>Organic/ Local</b> <i>Carrot Raisin Salad</i>
23 Teriyaki Chicken Fried Rice Oriental Vegetables <i>Roast Beef on Kaiser Roll</i> <b>Vegetarian Feature</b> <i>Green Pea Salad</i> <b>Organic /Local</b> <i>Thai Tofu</i>	24 Taco Tuesday!! Soft Beef Tacos Cilantro Lime Rice Refried Beans <i>Roast Beef on Kaiser Roll</i> <b>Vegetarian Feature</b> <i>Green Pea Salad</i> <b>Organic/ Local</b> <i>Thai Tofu</i>	25 Turkey & Dressing Seasoned Green Beans Sweet Potato Soufflé <i>Roast Beef on Kaiser Roll</i> <b>Vegetarian Feature</b> <i>Green Pea Salad</i> <b>Organic/ Local</b> <i>Thai Tofu</i>	26 Meatball Sub French Fries Roasted Root Vegetables <i>Roast Beef on Kaiser Roll</i> <b>Vegetarian Feature</b> <i>Green Pea Salad</i> <b>Organic/Local</b> <i>Thai Tofu</i>	27 Soup Bar Texas Toast Grill Cheese Seasoned Vegetables <i>Egg Salad</i> <b>Vegetarian Feature</b> <i>Green Pea Salad</i> <b>Organic/Local</b> <i>Thai Tofu</i>



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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.

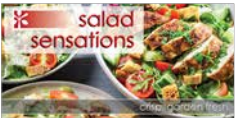


**Stock Market Soup** – Freshly prepared soup offered daily from October thru March



**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.

