



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO SCHOOL	4 <i>Southern Chicken Tenders</i> <i>Scalloped Potatoes</i> <i>Seasoned Green Beans</i> <i>Roast Beef on Onion Roll</i> Vegetarian Feature Traditional Hummus Organic/Local Broccoli Salad	5 Country Fried Steak Mashed Potatoes Roasted Vegetables <i>Roast Beef on Onion Roll</i> Vegetarian Feature <i>Traditional Hummus</i> Organic/Local <i>Broccoli Salad</i>	6 Grilled Hamburgers French Fries Baked Beans <i>Roast Beef on Onion Roll</i> Vegetarian Feature <i>Traditional Hummus</i> Organic/Local <i>Broccoli Salad</i>	7 Veggie & Cheese Pizza Tossed Salad <i>Caprese Wrap</i> Vegetarian Feature <i>Traditional Humus</i> Organic/Local <i>Broccoli Salad</i>
10 Herb Crusted Pork Loin Oven Roasted Potatoes Seasoned Vegetables <i>Turkey & Brie on Sourdough</i> Vegetarian Feature <i>Waldorf Salad</i> Organic/Local <i>Tofu</i>	11 Breakfast for Lunch Scrambles Eggs, Cheese Grits, Texas Smoked Bacon, Sausage Patties, Pancakes <i>Turkey & Brie on Sourdough</i> Vegetarian Feature <i>Waldorf Salad</i> Organic/Local <i>Tofu</i>	12 Sweet Chili Tempura Chicken Fried Rice Oriental Vegetables <i>Turkey & Brie on Sourdough</i> Vegetarian Feature <i>Waldorf Salad</i> Organic/Local <i>Tofu</i>	13 Meatball Subs French Fries Seasoned Vegetables <i>Turkey & Brie on Sourdough</i> Vegetarian Feature <i>Waldorf Salad</i> Organic/Local <i>Tofu</i>	14 <i>Coconut Almond Tilapia</i> <i>Caribbean Rice</i> <i>Roasted Vegetables</i> <i>3 Cheese Grill Cheese</i> Vegetarian Feature <i>Waldorf Salad</i> Organic/Local <i>Tofu</i>
17 Citrus & Herb Roasted Chicken Artichoke & Lemon Rice Roasted Mixed Vegetables <i>Cuban</i> Vegetarian Feature <i>Black Bean Salad</i> Organic/Local <i>Kale & Quinan Salad</i>	18 Spaghetti & Meatballs Steamed Broccoli Garlic Bread <i>Cuban</i> Vegetarian Feature <i>Black Bean Salad</i> Organic/Local <i>Kale & Quinan Salad</i>	19 Mom's Meatloaf Mashed Potatoes Seasoned Green Peas <i>Cuban</i> Vegetarian Feature <i>Black Bean Salad</i> Organic/Local <i>Kale & Quinan Salad</i>	20 Grilled & Baked Chicken Sandwich French Fries Seasoned Vegetables <i>Cuban</i> Vegetarian Feature <i>Black Bean Salad</i> Organic/Local <i>Kale & Quinan Salad</i>	21 Baked Ziti with Bolognese Garlic Bread Fresh Roasted Vegetables <i>Tuna Melt</i> Vegetarian Feature <i>Black Bean Salad</i> Organic/Local <i>Kale & Quinan Salad</i>
24 Chef Robin's Chicken Pot Pie Seasoned Rice Confetti Corn <i>Oriental Chicken Wrap</i> Vegetarian Feature <i>Greek Couscous Salad</i> Organic/Local <i>Carrot Raisin Salad</i>	25 Taco Tuesday!! Cilantro Lime Rice Refried Beans <i>Oriental Chicken Wrap</i> Vegetarian Feature <i>Greek Couscous Salad</i> Organic/Local <i>Carrot Raisin Salad</i>	26 Oven Fried Chicken Mac & Cheese Fried Okra Cornbread <i>Oriental Chicken Wrap</i> Vegetarian Feature <i>Greek Couscous Salad</i> Organic/Local <i>Carrot Raisin Salad</i>	27 All Beef Hot Dogs French Fries Chili Roasted Root Vegetables <i>Oriental Chicken Wrap</i> Vegetarian Feature <i>Greek Couscous Salad</i> Organic/Local <i>Carrot Raisin Salad</i>	28 Soup Bar & Texas Toast Grill Cheese Roasted Vegetables <i>Roasted Vegetable Wrap</i> Vegetarian Feature <i>Greek Couscous Salad</i> Organic/Local <i>Carrot Raisin Salad</i>



HOLY SPIRIT
PREPARATORY SCHOOL

September 2018 Upper 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 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.

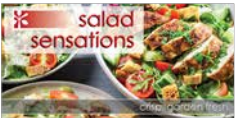


Stock Market Soup – Freshly prepared soup offered daily from October thru March



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.

