



HOLY SPIRIT
PREPARATORY SCHOOL

May 2018 Upper School Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Oven Fried Chicken Mac & Cheese Fried Okra <i>Ham & Swiss on Croissant</i> Vegetarian Feature <i>Hummus</i> Organic/Local <i>Tomato, Cucumber, & Onion Salad</i></p>	<p>2</p> <p>Country Fried Steak Mashed Potatoes Roasted Vegetables <i>Ham & Swiss on Croissant</i> Vegetarian Feature <i>Hummus</i> Organic/Local <i>Tomato, Cucumber, & Onion Salad</i></p>	<p>3</p> <p>County Fair Corn Dogs French Fries Roasted Vegetables <i>Ham & Swiss on Croissant</i> Vegetarian Feature <i>Hummus</i> Organic/Local <i>Tomato, Cucumber, & Onion Salad</i></p>	<p>4</p> <p>Broccoli Pasta Bake Seasoned Vegetables Garlic Bread <i>3 Cheese Grill Cheese</i> Vegetarian Feature <i>Hummus</i> Organic/Local <i>Tomato, Cucumber, & Onion Salad</i></p>
<p>7</p> <p>Sweet & Sour Chicken Fried Rice Oriental Vegetables <i>Chicken Salad</i> Vegetarian Feature <i>Cherry Fluff</i> Organic/Local <i>Roasted Sweet Potato</i></p>	<p>8</p> <p>Breakfast for Lunch French Toast, Scrambled Eggs, Texas Smoked Bacon, Sausage, Creamy Cheese Grits and Grilled Vegetables <i>Chicken Salad</i> Vegetarian Feature <i>Cherry Fluff</i> Organic/Local <i>Roasted Sweet Potato</i></p>	<p>9</p> <p>Wing Bar Hot, B.Q., Plain Au Gratin Potatoes Seasoned Vegetables <i>Chicken Salad</i> Vegetarian Feature <i>Cherry Fluff</i> Organic/Local <i>Roasted Sweet Potato</i></p>	<p>10</p> <p>Grilled Hamburgers French Fries Baked Beans Seasoned Vegetables <i>Chicken Salad</i> Vegetarian Feature <i>Cherry Fluff</i> Organic/Local <i>Roasted Sweet Potato</i></p>	<p>11</p> <p><i>Baked Shells</i> <i>Roasted Vegetables</i> <i>Garlic Bread</i> <i>Tuna Melt</i> Vegetarian Feature <i>Cherry Fluff</i> Organic /Local <i>Roasted Sweet Potato</i></p>
<p>14</p> <p>Spaghetti & Meatballs Roasted Broccoli Garlic Bread <i>Honey Maple Turkey</i> Vegetarian Feature <i>Waldorf Salad</i> Organic/Local <i>Caprese Salad</i></p>	<p>15</p> <p>Taco Tuesday!! Soft Beef Tacos Cilantro Lime Rice Refried Beans <i>Honey Maple Turkey</i> Vegetarian Feature <i>Waldorf Salad</i> Organic/Local <i>Caprese Salad</i></p>	<p>16</p> <p>Southern Chicken Tenders Mashed Potatoes Green Beans <i>Honey Maple Turkey</i> Vegetarian Feature <i>Waldorf Salad</i> Organic/Local <i>Caprese Salad</i></p>	<p>17</p> <p>All Beef Hot Dogs French Fries Chili <i>Creamy Cole Slaw</i> <i>Honey Maple Turkey</i> Vegetarian Feature <i>Waldorf Salad</i> Organic /Local <i>Caprese Salad</i></p>	<p>18</p> <p>Pizza Cheese, White, & Vegetable <i>3 Cheese Grill Cheese</i> Vegetarian Feature <i>Waldorf Salad</i> Organic/ Local <i>Caprese Salad</i></p>
<p>21</p> <p>Chef Robin's Chicken Pot Pie Seasoned Rice Confetti Corn <i>Roast Beef on Onion Roll</i> Vegetarian Feature <i>Black Bean Salsa Salad</i> Organic /Local <i>Thai Tofu</i></p>	<p>22</p> <p>Beef & Chicken Fajitas Cilantro Lime Rice Black Beans <i>Roast Beef on Onion Roll</i> Vegetarian Feature <i>Black Bean Salsa Salad</i> Organic/ Local <i>Thai Tofu</i></p>	<p>23</p> <p>Chef's Choice</p>	<p>24</p> <p>Chef's Choice</p>	<p>25</p> <p>No Lunch</p>



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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.

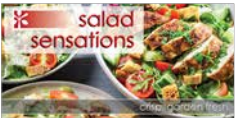


Stock Market Soup – Freshly prepared soup offered daily from October thru March



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.

