



HOLY SPIRIT
PREPARATORY SCHOOL

August 2018 Upper School Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		8 Golden Chicken Tenders Mashed Potatoes Seasoned Green Beans <i>Turkey Ruben</i> Vegetarian Feature <i>Ranch Corn Salad</i> Organic/Local <i>Caprese Salad</i>	9 Grilled Hamburgers French Fries Baked Beans <i>Turkey Ruben</i> Vegetarian Feature <i>Ranch Corn Salad</i> Organic/Local <i>Caprese Salad</i>	10 Veggie & Cheese Pizza Tossed Salad <i>3 Cheese Grill Cheese</i> Vegetarian Feature <i>Ranch Corn Salad</i> Organic/Local <i>Caprese Salad</i>
13 Country Fried Steak Mashed Potatoes Season Green Peas <i>Chicken Salad Croissant</i> Vegetarian Feature <i>Cherry Fluff</i> Organic/Local <i>Roasted Sweet Potato</i>	14 Jerk Chicken Caribbean Rice Roasted Vegetables <i>Chicken Salad Croissant</i> Vegetarian Feature <i>Cherry Fluff</i> Organic/Local <i>Roasted Sweet Potato</i>	15 Breakfast for Lunch Scrambled Eggs, Cheese Grits, Texas Smoked Bacon, Sausage Patties, French Toast <i>Chicken Salad Croissant</i> Vegetarian Feature <i>Cherry Fluff</i> Organic/Local <i>Roasted Sweet Potato</i>	16 All Beef Hot Dogs French Fries Chili Seasoned Vegetables <i>Chicken Salad Croissant</i> Vegetarian Feature <i>Cherry Fluff</i> Organic/Local <i>Roasted Sweet Potato</i>	17 <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>
20 Wing Bar Hot, B.Q., Plain Scalloped Potatoes Roasted Broccoli & Cauliflower <i>Ham & Swiss on Pretzel</i> Roll Vegetarian Feature <i>Avocado Corn Salad</i> Organic/Local <i>Tomato, Cucumber, & Onion Salad</i>	21 Taco Tuesday!! Soft Beef Tacos Cilantro Lime Rice Refried Beans <i>Ham & Swiss on Pretzel</i> Roll Vegetarian Feature <i>Avocado Corn Salad</i> Organic/Local Tomato, Cucumber & Onion Salad	22 Meat & Cheese Lasagna Seasoned Vegetables Garlic Bread <i>Ham & Swiss on Pretzel</i> Roll Vegetarian Feature <i>Avocado Corn Salad</i> Organic/Local <i>Tomato, Cucumber & Onion Salad</i>	23 Georgia Chopped B.Q. French Fries Seasoned Corn Creamy Cole Slaw <i>Ham & Swiss on Pretzel</i> Roll Vegetarian Feature <i>Avocado Corn Salad</i> Organic/Local <i>Tomato, Cucumber & Onion Salad</i>	24 Baked & Fried Fish Ranch Fries Fresh Roasted Vegetables <i>3 Cheese Grill Cheese</i> Vegetarian Feature <i>Avocado Corn Salad</i> Organic/ Local <i>Tomato, Cucumber & Onion Salad</i>
27 Chef Robin's Chicken Pot Pie Seasoned Rice Confetti Corn <i>Chicken Pesto Wrap</i> Vegetarian Feature <i>Green Pea Salad</i> Organic /Local <i>Kale & Quinan Salad</i>	28 Sweedish Meatballs Seasoned Pasta Green Peas <i>Chicken Pesto Wrap</i> Vegetarian Feature <i>Green Pea Salad</i> Organic/ Local <i>Kale & Quinan Salad</i>	29 Oven Roasted Top Round Of Beef New Potatoes Roasted Seasoned Green Beans Fresh Baked Rolls <i>Chicken Pesto Wrap</i> Vegetarian Feature <i>Green Pea Salad</i> Organic/Local <i>Kale & Quinan Salad</i>	30 Grilled & Baked Chicken Sandwich French Fries Roasted Root Vegetables <i>Chicken Pesto Wrap</i> Vegetarian Feature <i>Green Pea Salad</i> Organic / Local <i>Kale & Quinan Salad</i>	31 No Lunch



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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.

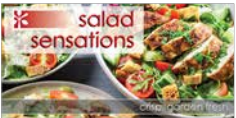


Stock Market Soup – Freshly prepared soup offered daily from October thru March



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.

