

Monday

Tuesday

Wednesday

Thursday

Friday 1



Sizzle and Main-Served with Choice of Fruit and a Fountain Beverage

Cheese Pizza  
 Potato Wedges  
 Mixed Vegetables  
 Steamed Corn



The Balanced Bite-Served with Choice of Fruit and Beverage: buttered pasta & marinara served daily along with vegetarian plant based options

Kale Salad  
 Pasta with Butter  
 Marinara  
 Soup of the Day



SproutBerry's Salad Bar and Deli—Served with Choice of Fruit and Beverage

SproutBerry's Salad Bar will include Romaine, Mixed Greens, Two Composed Salads, Twelve Fresh Toppings and Six Homemade Dressings Every Day

SproutBerry's Deli will offer a Variety of Sandwiches, Wraps, & Paninis made Fresh Each Day.

Turkey and Cheese Sandwiches and PB&J Uncrustables will be available Every Day



*ChefAdvantage is committed to serving  
 Nutritious and Delicious Meals!*  
 Locally sourced ingredients whenever possible  
 No High Fructose Corn Syrup, Trans Fats, or MSG



Monday 4

Tuesday 5

Wednesday 6

Thursday 7

Friday 8



**Sizzle and Main-Served with Choice of Fruit and a Fountain Beverage**

CLOSED

STAFF ONLY  
Baked Chicken  
Rice Pilaf  
Steamed Broccoli  
Roasted Sweet Potatoes

Sloppy Joes  
Crispy French Fries  
Roasted Broccoli  
Soft Pretzels w/ Cheese Sauce

Crispy Chicken & Waffles  
Roasted Potatoes  
Steamed Broccoli  
Cheese Grits

Cheese Tortellini  
Alfredo Sauce  
Green Beans  
Roasted Zucchini  
Garlic Bread



**The Balanced Bite-Served with Choice of Fruit and Beverage: buttered pasta & marinara served daily along with vegetarian plant based options**

BLT Cole Slaw  
Pasta with Butter  
Marinara  
Soup of the Day

Caprese Salad  
Pasta with Butter  
Marinara  
Soup of the Day

Antipasto Pasta Salad  
Pasta with Butter  
Marinara  
Soup of the Day

Kale Salad  
Pasta with Butter  
Marinara  
Soup of the Day

Sesame Cucumber Salad  
Pasta with Butter  
Marinara  
Soup of the Day



**SproutBerry's Salad Bar and Deli—Served with Choice of Fruit and Beverage**

SproutBerry's Salad Bar will include Romaine, Mixed Greens, Two Composed Salads, Twelve Fresh Toppings and Six Homemade Dressings Every Day

SproutBerry's Deli will offer a Variety of Sandwiches, Wraps, & Paninis made Fresh Each Day.

Turkey and Cheese Sandwiches and PB&J Uncrustables will be available Every Day



*ChefAdvantage is committed to serving Nutritious and Delicious Meals!*  
Locally sourced ingredients whenever possible  
No High Fructose Corn Syrup, Trans Fats, or MSG



Monday 11

Tuesday 12

Wednesday 13

Thursday 14

Friday 15



**Sizzle and Main-Served with Choice of Fruit and a Fountain Beverage**

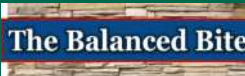
Crispy Chicken Sandwich  
 Jasmine Rice  
 Steamed Broccoli  
 French Fries  
 Succotash

Mojo Chicken  
 Cilantro lime Rice  
 Black Beans  
 Roasted Cauliflower

General Tso's Chicken  
 Lo Mein Noodles  
 Sugar Snap Peas  
 Teriyaki Roasted Broccoli

Jerked Chicken Alfredo  
 Steamed Broccoli  
 Potato Wedge  
 Garlic Bread

Teriyaki Shrimp  
 Fried Rice  
 Vegetable Stir Fry  
 Egg Rolls  
 Ginger Soy Broccoli



**The Balanced Bite-Served with Choice of Fruit and Beverage: buttered pasta & marinara served daily along with vegetarian plant based options**

Cole Slaw  
 Pasta with Butter  
 Marinara  
 Soup of the Day

South West Pasta Salad  
 Pasta with Butter  
 Marinara  
 Soup of the Day

Caprese Salad  
 Pasta with Butter  
 Marinara  
 Soup of the Day

Cucumber Tomato Salad  
 Pasta with Butter  
 Marinara  
 Soup of the Day

Kale Salad  
 Pasta with Butter  
 Marinara  
 Soup of the Day



**SproutBerry's Salad Bar and Deli—Served with Choice of Fruit and Beverage**

SproutBerry's Salad Bar will include Romaine, Mixed Greens, Two Composed Salads, Twelve Fresh Toppings and Six Homemade Dressings Every Day

SproutBerry's Deli will offer a Variety of Sandwiches, Wraps, & Paninis made Fresh Each Day.

Turkey and Cheese Sandwiches and PB&J Uncrustables will be available Every Day



*ChefAdvantage is committed to serving Nutritious and Delicious Meals!*  
 Locally sourced ingredients whenever possible  
 No High Fructose Corn Syrup, Trans Fats, or MSG



**Lunch Menu**

**Holy Spirit Upper School**

**September 2023**

**Monday 18**

**Tuesday 19**

**Wednesday 20**

**Thursday 21**

**Friday 22**



**Sizzle and Main-Served with Choice of Fruit and a Fountain Beverage**

**Grilled Cheese Burger**  
**Crispy French Fries**  
**Roasted Broccoli**  
**Spiced Apples**

**Chicken Flautas**  
**Yellow Spanish Rice**  
**Pinto Brans**  
**Roasted Corn n Peppers**

**Baked Beef Lasagna**  
**Cheese Lasagna**  
**Garlic Green Beans**  
**Mixed Vegetables**  
**Bread Sticks**

**Herb Roasted Chicken**  
**Steamed Broccoli**  
**Mash Potatoes**  
**Gravy**  
**Dinner Roll**

**Cheese Pizza**  
**Potato Wedges**  
**Mixed Vegetables**  
**Sweet Corn Succotash**



**The Balanced Bite-Served with Choice of Fruit and Beverage: buttered pasta & marinara served daily along with vegetarian plant based options**

**Pasta with Butter**  
**Marinara**  
**Soup of the Day**

**Antipasto Pasta Salad**  
**Pasta with Butter**  
**Marinara**  
**Soup of the Day**

**Broccoli Salad**  
**Pasta with Butter**  
**Marinara**  
**Soup of the Day**

**Cole Slaw**  
**Pasta with Butter**  
**Marinara**  
**Soup of the Day**

**Pasta Salad**  
**Pasta with Butter**  
**Marinara**  
**Soup of the Day**



**SproutBerry's Salad Bar and Deli—Served with Choice of Fruit and Beverage**

**SproutBerry's Salad Bar will include Romaine, Mixed Greens, Two Composed Salads, Twelve Fresh Toppings and Six Homemade Dressings Every Day**

**SproutBerry's Deli will offer a Variety of Sandwiches, Wraps, & Paninis made Fresh Each Day.**

**Turkey and Cheese Sandwiches and PB&J Uncrustables will be available Every Day**



*ChefAdvantage is committed to serving  
 Nutritious and Delicious Meals!*  
 Locally sourced ingredients whenever possible  
 No High Fructose Corn Syrup, Trans Fats, or MSG



Monday 25

Tuesday 26

Wednesday 27

Thursday 28

Friday 29



**Sizzle and Main-Served with Choice of Fruit and a Fountain Beverage**

Smoked Sausage  
Red Beans  
Steamed White Rice  
Green Beans  
Corn Bread

Chicken Enchiladas  
Black Beans  
Roasted Corn  
Cilantro Rice  
Churros

Chicken Nuggets  
Macaroni and Cheese  
Steamed Green Beans  
Baked Apples

Spaghetti with Meatballs  
Steamed Broccoli  
Garlic Green Beans  
Breadsticks

Cheese Tortellini  
Alfredo Sauce  
Green Beans  
Roasted Zucchini  
Garlic Bread



**The Balanced Bite-Served with Choice of Fruit and Beverage: buttered pasta & marinara served daily along with vegetarian plant based options**

Caprese Salad  
Pasta with Butter  
Marinara  
Soup of the Day

South West Pasta Salad  
Pasta with Butter  
Marinara  
Soup of the Day

Broccoli Salad  
Pasta with Butter  
Marinara  
Soup of the Day

Cucumber Tomato Salad  
Pasta with Butter  
Marinara  
Soup of the Day

Kale Salad  
Pasta with Butter  
Marinara  
Soup of the Day



**SproutBerry's Salad Bar and Deli—Served with Choice of Fruit and Beverage**

SproutBerry's Salad Bar will include Romaine, Mixed Greens, Two Composed Salads, Twelve Fresh Toppings and Six Homemade Dressings Every Day

SproutBerry's Deli will offer a Variety of Sandwiches, Wraps, & Paninis made Fresh Each Day.

Turkey and Cheese Sandwiches and PB&J Uncrustables will be available Every Day



*ChefAdvantage is committed to serving Nutritious and Delicious Meals!*  
Locally sourced ingredients whenever possible  
No High Fructose Corn Syrup, Trans Fats, or MSG

