

January 2024

Holy Spirit Lower School

Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

1 CLOSED	2 Roasted Pulled Pork Baked Beans Corn on the Cobb French Fry	3 Chicken and Waffles French Fry Mixed Vegetables Cheese Grits	4 Beef Nachos Black Beans Corn With Peppers Churros	5 Cheese Tortellini Alfredo Sauce Green Beans Roasted Zucchini Garlic Bread
8 Smoked Sausage Red Beans Steamed White Rice Green Beans Corn Bread	9 Chicken Fried Rice Vegetable Stir Fry Sugar Snap Peas Vegetable Egg Rolls	10 Grilled Cheese Burger Crispy French Fries Roasted Broccoli Spiced Apples	11 Herb Roasted Chicken Steamed Broccoli Mash Potatoes Gravy Dinner Roll	12 Cheese Pizza Potato Wedges Mixed Vegetables Steamed Corn
15 CLOSED	16 Chicken Enchiladas Black Beans Roasted Corn Cilantro Rice Churros	17 Chicken Nuggets Macaroni and Cheese Steamed Green Beans Baked Apples	18 Baked Beef Lasagna Cheese Lasagna Garlic Green Beans Mixed Vegetables Bread Sticks	19 Teriyaki Shrimp Fried Rice Vegetable Stir Fry Egg Rolls Ginger Soy Broccoli
22 Crispy Chicken Sandwich Jasmine Rice Steamed Broccoli French Fries Succotash	23 Chicken Flautas Yellow Spanish Rice Pinto Brans Roasted Corn n Peppers	24 Spaghetti with Meatballs Steamed Broccoli Garlic Green Beans Breadsticks	25 Mojo Chicken Cilantro lime Rice Black Beans Roasted Cauliflower	26 Cheese Tortellini Alfredo Sauce Green Beans Roasted Zucchini Garlic Bread
29 Breakfast for Lunch French Toast Turkey Sausage Hash Brown Potato Maple Glazed Carrots	30 Chicken Fajitas Street Corn Casserole Pinto Beans Yellow Rice Churros	31 Jerked Chicken Alfredo Garlic Bread Green Beans		

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 will be available Every Day

