

Monday 2

Tuesday 3

Wednesday 4

Thursday 5

Friday 6



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

**CLOSED**

**Staff Only**

Spaghetti with Meatballs  
Roasted Broccoli  
Garlic Breadsticks

Chicken Nuggets  
Macaroni and Cheese  
Steamed Green Beans  
Potato Wedges

Fish Sticks  
Roasted Zucchini and Garlic  
Dinner Roll  
Fresh Fruit



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

Sesame Cucumber Salad  
Pasta with Butter  
Marinara  
Soup of the Day

Broccoli 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

January 2022

Monday 9

Tuesday 10

Wednesday 11

Thursday 12

Friday 13



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

Breakfast for Lunch  
Biscuits n Gravy  
Turkey Sausage  
Hash Brown Potato

Chicken Flautas  
Yellow Spanish Rice  
Pinto Brans  
Roasted Corn n Peppers

Crispy Chicken Sandwich  
Roasted Broccoli  
French Fries

Sweet n Sour Chicken  
Vegetable Stir Fry  
Fried Rice  
Vegetable Egg Rolls

Cheese Tortellini  
Alfredo Sauce  
Sauteed Green Beans  
Garlic Bread Stick



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

Nacho Bar  
Pasta with Butter  
Marinara  
Soup of the Day

Baked Potato Bar  
Pasta with Butter  
Marinara  
Soup of the Day

Asian Cucumber Salad  
Pasta with Butter  
Marinara  
Soup of the Day

Kale Salad  
Pasta with Butter  
Marinara  
Soup of the Day



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Monday 16

Tuesday 17

Wednesday 18

Thursday 19

Friday 20



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

Baked Beef Lasagna  
Steamed Peas n Carrots  
Roasted Sweet Potatoes  
Dinner Rolls

Grilled Chicken Fajitas  
Flour Tortillas  
Refried Beans  
Yellow Spanish Rice  
Roasted Corn with Peppers

Buffalo Chicken Mac  
Roasted Broccoli  
Honey Carrots

All American  
Hot Dogs n Corn dogs  
Crispy French Fries  
Baked Brans  
Spiced Apples

Cheese Pizza  
Roasted Potatoes  
Steamed Butter Broccoli  
Maple Glazed Carrots



**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

Nacho Bar  
Pasta with Butter  
Marinara  
Soup of the Day

Pasta Salad  
Pasta with Butter  
Marinara  
Soup of the Day

BLT Cole Slaw  
Pasta with Butter  
Marinara  
Soup of the Day

Super Food Salad  
Pasta with Butter  
Marinara  
Soup of the Day



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Monday 23

Tuesday 24

Wednesday 25

Thursday 26

Friday 27



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

Grilled Cheese Burger  
Crispy French Fries  
Slow Cooked Baked Beans  
Roasted Broccoli

Beef Nachos  
Cheese Sauce  
Spanish Rice  
Black Beans

Crispy Chicken & Waffles  
Cheesy Cheddar Grits  
Roasted Potatoes

Seared Chicken Breast  
Mash Potato w Gravy  
Honey Roasted Carrots  
Garlic Green Beans

Fish Sticks  
Honey Carrots  
French Fries  
Dinner Rolls



**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

Nacho Bar  
Pasta with Butter  
Marinara  
Soup of the Day

Potato Salad  
Pasta with Butter  
Marinara  
Soup of the Day

Cucumber n Tomato Salad  
Pasta with Butter  
Marinara  
Soup of the Day

Kale Salad  
Pasta with Butter  
Marinara  
Soup of the Day



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Monday 30

Tuesday 31

Wednesday 1

Thursday 1

Friday 3



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

Sloppy Joe  
French Fries  
Peas n Carrots  
Cheesy Broccoli Rice

Pasta with Meat Sauce  
Garlic Green Beans  
Roasted Red Potatoes  
Bread sticks



**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

Broccoli Salad  
Pasta with Butter  
Marinara  
Soup of the Day



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