



# August 2010 Holy Spirit Episcopal School

HSES Cafeteria (713) 468-5138

<i><b>Monday</b></i>	<i><b>Tuesday</b></i>	<i><b>Wednesday</b></i>	<i><b>Thursday</b></i>	<i><b>Friday</b></i>
16	17	18	19	20
Orientation	Orientation	<ul style="list-style-type: none"> <li>•Southern Baked Chicken Drummetts</li> <li>•Whipped Fluffy Mashed Potatoes &amp; gravy</li> <li>•Fresh Sliced Cantaloupe</li> <li>•Choice of milk, juice, or bottled spring water</li> </ul>	<ul style="list-style-type: none"> <li>•Po-boys made with turkey and cheese on French Bread with self-serve toppings on the side</li> <li>•Sherbet cup</li> <li>•Fresh Carrots with Ranch Dip</li> <li>•Choice of milk, juice, or bottled spring water</li> </ul>	<ul style="list-style-type: none"> <li>•Hot Pizza! Choose Cheese or Pepperoni made with our homemade sauce</li> <li>•Green Leaf Salad</li> <li>•Sliced Peaches</li> <li>•Choice of milk, juice, or bottled spring water</li> </ul>
23	24	25	26	27
<ul style="list-style-type: none"> <li>•BBQ Stuffed Baked Potato Or</li> <li>•BBQ beef on a bun</li> <li>•Fresh Vegetable with Ranch Dip</li> <li>•Pickle Wedge</li> <li>•Choice of milk, juice, or bottled spring water</li> </ul>	<ul style="list-style-type: none"> <li>•Bistro Beef with smooth brown gravy</li> <li>•Steamed Rice</li> <li>•Hot steamy vegetable</li> <li>•Choice of milk, juice, or bottled spring water</li> </ul>	<ul style="list-style-type: none"> <li>•Choose Southern Baked Chicken Breast, Hamburger, or Cheeseburger on a whole wheat bun</li> <li>•Oven Crisped Tater Tots (0 Trans Fats)</li> <li>•Fruit</li> <li>•Choice of milk, juice, or bottled spring water</li> </ul>	<ul style="list-style-type: none"> <li>•Spaghetti Italiano</li> <li>•Green Salad with toppings</li> <li>•Warm Toasty Garlic Bread</li> <li>•Choice of milk, juice, or bottled spring water</li> </ul>	<ul style="list-style-type: none"> <li>•Hot Pizza! Choose Cheese or Pepperoni made with our homemade sauce</li> <li>•Fresh Celery with Ranch Dip</li> <li>•Sliced Pears</li> <li>•Choice of milk, juice, or bottled spring water</li> </ul>
30	31	<p><b>Welcome Back!</b></p> <p>We do not sell candy, soda, or anything fried. Shhhh, the “Fried” Green Beans are baked. Also, we use turkey in most of our meat recipes to lower the fat content. Even the hot dogs are turkey dogs! And it’s all still <b>delish!</b></p>		
<ul style="list-style-type: none"> <li>•Baked Shrimp Mini-Bites</li> <li>•Steamed Rice</li> <li>•Steamed Broccoli with Cheese Sauce</li> <li>•Choice of milk, juice, or bottled spring water</li> </ul>	<ul style="list-style-type: none"> <li>•Ravioli Formaggio</li> <li>•Steamed Veggie Mix</li> <li>•Warm Toasted Garlic Bread</li> <li>•Choice of milk, juice, or bottled spring water</li> </ul>			