






September 2010
Holy Spirit Episcopal School

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
		<p>1</p> <ul style="list-style-type: none"> •Choose Southern Baked Chicken Breast, Hamburger, or Cheeseburger on a whole wheat bun •Oven Crisped Tater Tots (0 Trans Fats) •Fresh Pears •Choice of milk, juice, or bottled spring water 	<p>2</p> <ul style="list-style-type: none"> •Po-boys made with turkey and cheese on French Bread with self-serve toppings on the side •Sherbet cup •Tomato Wedges with Ranch Dip •Choice of milk, juice, or bottled spring water 	<p>3</p> <ul style="list-style-type: none"> •Hot Pizza! Choose Cheese or Pepperoni made with our homemade sauce •Fresh Fruit •Fresh vegetables with Ranch dip on the side •Choice of milk, juice, or bottled spring water
6 	<p>7</p> <ul style="list-style-type: none"> •Steak Fingers with BBQ dipping sauce available •Buttered Rice •Hot Steamy Green Beans •Choice of milk, juice, or bottled spring water 	<p>8</p> <ul style="list-style-type: none"> •Choose Southern Baked Chicken Breast, Hamburger, or Cheeseburger on a whole wheat bun •Oven Crisped Tater Tots (0 Trans Fats) •Fresh Veggies with Ranch Dip •Choice of milk, juice, or bottled spring water 	<p>9</p> <ul style="list-style-type: none"> •Spaghetti Italiano •Green Salad with toppings •Warm Toasty Garlic Bread •Choice of milk, juice, or bottled spring water 	<p>10</p> <ul style="list-style-type: none"> •Hot Pizza! Choose Cheese or Pepperoni made with our homemade sauce •Fresh Fruit •Fresh vegetables with Ranch dip on the side •Choice of milk, juice, or bottled spring water
<p>13</p> <ul style="list-style-type: none"> •Marinara Meatball Subs with mozzarella •Cold Peaches •Green Leaf Salad •Choice of milk, juice, or bottled spring water 	<p>14</p> <ul style="list-style-type: none"> •Cheesy Broccoli Rice made from scratch •Little Sausages •Fruit •Choice of milk, juice, or bottled spring water 	<p>15</p> <ul style="list-style-type: none"> •Choose Southern Baked Chicken Breast, Hamburger, or Cheeseburger on a whole wheat bun •Oven Crisped Tater Tots (0 Trans Fats) •Fresh Fruit •Choice of milk, juice, or bottled spring water 	<p>16</p> <ul style="list-style-type: none"> •Po-boys made with turkey and cheese on French Bread with self-serve toppings on the side •Sherbet cup •Cucumber slices with Ranch Dip •Choice of milk, juice, or bottled spring water 	<p>17</p> <ul style="list-style-type: none"> •Hot Pizza! Choose Cheese or Pepperoni made with our homemade sauce •Fruit Juice Gelatin •Fresh vegetables with Ranch dip on the side •Choice of milk, juice, or bottled spring water
<p>20</p> <ul style="list-style-type: none"> •3 Cheese Manicotti •Hot steamy Green Beans •Warm Toasted Garlic Bread •Choice of milk, juice, or bottled spring water 	<p>21</p> <ul style="list-style-type: none"> •Southern Baked Chicken Drummetts •Whipped Fluffy Mashed Potatoes & gravy •Hot Steamy Green Beans •Choice of milk, juice, or bottled spring water 	<p>22</p> <ul style="list-style-type: none"> •Choose Southern Baked Chicken Breast, Hamburger, or Cheeseburger on a whole wheat bun •Oven Crisped Tater Tots (0 Trans Fats) •Fresh Veggies with Ranch Dip •Choice of milk, juice, or bottled spring water 	<p>23</p> <ul style="list-style-type: none"> •Spaghetti Italiano •Green Salad with toppings •Warm Toasty Garlic Bread •Choice of milk, juice, or bottled spring water 	<p>24</p> <ul style="list-style-type: none"> •Hot Pizza! Choose Cheese or Pepperoni made with our homemade sauce •Fresh Fruit •Fresh vegetables with Ranch dip on the side •Choice of milk, juice, or bottled spring water
<p>27</p> <ul style="list-style-type: none"> •Crispy oven baked Fish Sticks with Ketchup and Tarter Sauce on the side •Hot Steamy Vegetable •Warm Cinnamon Roll •Choice of milk, juice, or bottled spring water 	<p>28</p> <ul style="list-style-type: none"> •Grilled Quesadilla with Cheese and chicken in a soft flour tortilla •Spanish Rice •Tropical Fruit Salad •Choice of milk, juice, or bottled spring water 	<p>29</p> <ul style="list-style-type: none"> •Choose Southern Baked Chicken Breast, Hamburger, or Cheeseburger on a whole wheat bun •Oven Crisped Tater Tots (0 Trans Fats) •Ranch Beans •Choice of milk, juice, or bottled spring water 	<p><i>Need to Know Your Child's Balance?</i></p> <p><i>For up to date balances on your child's account and other account questions, please call the cafeteria. This is fastest and most accurate.</i></p>	

