



**Holy Spirit Episcopal School Menu**  
**Lower - Middle School**  
**August--2020**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3-Aug</b>	<b>4-Aug</b>	<b>5-Aug</b>	<b>6-Aug</b>	<b>7-Aug</b>
<b>10-Aug</b>	<b>11-Aug</b>	<b>12-Aug</b>	<b>13-Aug</b>	<b>14-Aug</b>
<b>17-Aug</b>	<b>18-Aug</b>	<b>19-Aug</b>	<b>20-Aug</b>	<b>21-Aug</b>
		Parmesan & Ricotta Ravioli, Green Peas & Diced Carrots, Garlic Bread, Fresh Cut Fruit  Grilled Cheese Sandwich	Chicken Baked Ziti, Vegetable Medley, Garlic Bread, Fresh Cut Fruit  100% Beef Hot Dog	Chicken and Waffles, Roasted Red Potatoes, Steamed Broccoli, Ketchup, Fresh Cut Fruit  Grilled Chicken & Cheese Sandwich
<b>24-Aug</b>	<b>25-Aug</b>	<b>26-Aug</b>	<b>27-Aug</b>	<b>28-Aug</b>
Baked Chicken Breast with Alfredo Sauce, Farfalle Pasta, Oven Roasted Carrots, Fresh Cut Fruit  Roast Beef & Cheddar Sandwich	Sweet and Sour Chicken, Steamed Rice, Broccoli, Fresh Cut Fruit  Turkey & Cheddar Sandwich	Beef Sloppy Joe Sliders, Sweet Potato Tots, Fresh Corn, Fresh Cut Fruit  Grilled Cheese Sandwich	Spaghetti with Turkey Meat Sauce, Fresh Green Beans and Carrots, Fresh Cut Fruit  100% Beef Hot Dog	Cheese Pizza, Sliced Cucumber with House Made Ranch Dressing, Fresh Cut Fruit  Grilled Chicken & Cheese Sandwich
<b>31-Aug</b>	<b>1-Sep</b>	<b>2-Sep</b>	<b>3-Sep</b>	<b>4-Sep</b>
Macaroni and Cheese with Oven Roasted Chicken Breast, Steamed Broccoli, Fresh Cut Fruit  Roast Beef & Cheddar Sandwich				

\*Sandwich Option