

LOWER SCHOOL APR 29-May 3



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Matzo Ball Soup	Matzo Ball Soup	Taco Soup	Chicken Noodle	Chili
DELI	Ham & Cheese Turkey & Cheese Cheese PB & J	Ham & Cheese Turkey & Cheese Cheese PB & J	Ham & Cheese Turkey & Cheese Cheese PB & J	Ham & Cheese Turkey & Cheese Cheese PB & J	Ham & Cheese Turkey & Cheese Cheese PB & J
SALAD	Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups	Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups	Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups	Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups	Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups
COMFORT ZONE	Chicken Tenders Grilled Chicken Roasted Vegetables Corn	Stuffed Shells with Marinara Garlic Toast Collard Greens with Garlic Grilled Chicken Caesar Wrap	Cheese Pizza Parmesan Cauliflower Zucchini Chili Lime Chicken	Teriyaki Chicken House Made Mac & Cheese Lemon Broccoli	Beef Burrito Cilantro Rice Chili Roasted Kale Bean Burrito
GLUTEN FREE	Sausage & Hashbrown Frittata	Potato, Bacon, Onion & Egg Skillet	Vegetarian Stuffed Pepper	Risotto with Cherry Tomatoes & Mushrooms	Turkey & Rice Casserole
DESSERT	Two Hand Fruits Fruit & Yogurt Parfait	Two Hand Fruits Cookies	Two Hand Fruits Fruit & Yogurt Parfait	Two Hand Fruits Cookies	Two Hand Fruits Fruit & Yogurt Parfait

Eat the BeWell Way! Look for the BeWell Blueberry!

Lexington
INDEPENDENTS

DID YOU KNOW

- primarily cook from scratch, reducing use of processed foods
- Use fresh and frozen organic vegetables to maximize nutritional value
- Offer fresh salads and fresh fruit daily
- Offer 2% and skim milk
- Offer a variety of whole grain breads, bagels, and rolls
- Cook with trans-fat-free oil, olive, and canola oil
- Use MSG-free seasonings
- Use a variety of spices to reduce the use of salt
- Use shell eggs that are cage-free and certified humane

LOWER SCHOOL MAY 6-10



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Tomato	Vegetable Soup	Spicy Beef & Rice	Chicken Noodle	Chili
DELI	Ham & Cheese Turkey & Cheese Cheese PB & J	Ham & Cheese Turkey & Cheese Cheese PB & J	Ham & Cheese Turkey & Cheese Cheese PB & J	Ham & Cheese Turkey & Cheese Cheese PB & J	Ham & Cheese Turkey & Cheese Cheese PB & J
SALAD	  Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups	  Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups	  Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups	  Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups	  Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups
COMFORT ZONE	Chicken Tenders Grilled Chicken   Roasted Vegetables Carrot Fries	Bowtie Pasta w/ Meatballs Alfredo or Marinara   Garlic Toast Collard Greens w/ Garlic	  Cheese Pizza Corn on the Cob Zucchini Turkey & Cheese Wrap	  BBQ Chicken House Made Mac & Cheese Broccoli & Cauliflower	  Nachos w/ Beef Cheese Sauce Salsa & Sour Cream Buttered Corn Black Beans
GLUTEN FREE	  Italian Sausage with Peppers, Onions & Potatoes	  Garlic Parmesan Chicken Lemon Broccoli	  Vegetarian Stuffed Pepper	  Lime Chicken w/ Black Bean Sauce	  Turkey & Rice Casserole
DESSERT	Two Hand Fruits Fruit & Yogurt Parfait	Two Hand Fruits Cookies	Two Hand Fruits Fruit & Yogurt Parfait	Two Hand Fruits Cookies	Two Hand Fruits Fruit & Yogurt Parfait

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LOWER SCHOOL MAY 13-17



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Tomato	Vegetable	Spicy Beef & Rice	Chicken Noodle	Chili
DELI	Ham & Cheese Turkey & Cheese Cheese PB & J	Ham & Cheese Turkey & Cheese Cheese PB & J	Ham & Cheese Turkey & Cheese Cheese PB & J	Ham & Cheese Turkey & Cheese Cheese PB & J	Ham & Cheese Turkey & Cheese Cheese PB & J
SALAD	Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups	Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups	Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups	Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups	Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups
COMFORT ZONE	Turkey Sloppy Joe Waffle Fries Lemon Broccoli Chicken Bacon Ranch Wrap	Chicken Nuggets Jasmine Rice w/ Cilantro lime Snap Peas BLT Wrap	Cheese Pizza Roasted Vegetables Honey Glazed Carrots Hummus & Spinach Wrap	Cheese Quesadilla Turkey Taco Spanish Rice Mexican Vegetable	Cheeseburger Black Bean Burger Baked Sweet Potato Fries Green Beans
GLUTEN FREE	Red Bean & Vegetable Hash w/ Egg	Baked Chipotle Chicken with Cumin Black Beans	Sweet Potato Peppers and Black Bean Hash	Loaded Baked Potato Casserole	Spicy Chicken and Rice
DESSERT	Two Hand Fruits Fruit & Yogurt Parfait	Two Hand Fruits Cookies	Two Hand Fruits Fruit & Yogurt Parfait	Two Hand Fruits Cookies	Two Hand Fruits Fruit & Yogurt Parfait

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LOWER SCHOOL MAY 20-24



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Minestrone	Beef Vegetable	Beef Noodle	Chicken Noodle	Chili
DELI	Ham & Cheese Turkey & Cheese Cheese PB & J	Ham & Cheese Turkey & Cheese Cheese PB & J	Ham & Cheese Turkey & Cheese Cheese PB & J	Ham & Cheese Turkey & Cheese Cheese PB & J	Ham & Cheese Turkey & Cheese Cheese PB & J
SALAD	  Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups	  Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups	  Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups	  Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups	  Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups
COMFORT ZONE	All Beef ¼ lb Hot Dog Southwest Spiced Roasted Potatoes   Baked Beans Grilled Chicken Caesar Wrap	Fried Chicken Sauteed Spinach and Tomatoes   Baked or Sweet Potato Ham & Swiss Wrap	Cheese Pizza  Green Peas  Sweet Corn Sweet & Sour Tofu	French Toast w/ Maple Syrup   Sweet Potatoes   Turkey Sausage Links Chicken Fried Rice	Penne Pasta w/ Beef Bolognese Sauce   Balsamic Roasted Vegetables Bread Sticks
GLUTEN FREE	  Sweet Potato Casserole	  Chili Lime Chicken	  Italian Baked Chicken Baked Potato	  Brazilian Zucchini Casserole	  Cabbage Roll Casserole
DESSERT	Two Hand Fruits Fruit & Yogurt Parfait	Two Hand Fruits Cookies	Two Hand Fruits Fruit & Yogurt Parfait	Two Hand Fruits Cookies	Two Hand Fruits Fruit & Yogurt Parfait

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 - Use shell eggs that are cage-free and certified humane

LOWER SCHOOL MAY 27-31



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	MEMORIAL DAY NO SCHOOL	Chicken Tortilla	Minestrone	LAST DAY Chicken Noodle	NO SCHOOL
DELI		Ham & Cheese Turkey & Cheese Cheese PB & J	Ham & Cheese Turkey & Cheese Cheese PB & J	Ham & Cheese Turkey & Cheese Cheese PB & J	
SALAD		Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups	Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups	Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups	
COMFORT ZONE		Meat or Meatless Spaghetti Breadstick Balsamic Roasted Vegetables	Cheese Pizza Green Beans w/ Tomatoes & Mushrooms Carrot Fries Hummus & Spinach Wrap	Sweet & Sour Chicken Fried Brown Rice Zucchini Sticks Herbed Pasta	
GLUTEN FREE		Mushroom, Ham & Swiss Frittata	Smoked Cheddar Jalapeno Meatloaf Baked Potato	Loaded Baked Potato Casserole	
DESSERT		Two Hand Fruits Cookies	Two Hand Fruits Fruit & Yogurt Parfait	Two Hand Fruits Cookies	

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