

MIDDLE SCHOOL

April 29th
May 3rd.



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Matzo Ball Soup	Matzo Ball Soup	Chicken Noodle	Spinach Parmesan	Chili
DELI	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread
SALAD BAR	🌱 Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	🌱 Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	🌱 Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	🌱 Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	🌱 Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons
COMFORT ZONE	Turkey Tacos Mexican Street Corn Salad 🌱 Refried Beans	Stuffed Shells with Marinara Garlic Toast 🌱 Collard Greens	Cheese or Pepperoni Pizza Honey Glazed Carrots 🌱 Grilled Zucchini	Peruvian Chicken Cilantro Rice Black Beans 🌱 Jicama Slaw Aji Verde Sauce	Baked Penne Pasta Italian Sausage Peppers & Onions 🌱 Breadstick
GLUTEN FREE	🌱 Italian Sausage w/ Peppers, Onions & Potatoes	🌱 Garlic Parmesan Chicken Lemon Broccoli	🌱 Lime Chicken w/ Black Bean Sauce	🌱 Vegetarian Stuffed Pepper	🌱 Italian Roasted Chicken w/ Broccoli
PANINI	Italian Panini	Turkey, Bacon & Mozzarella Panini	BBQ Chicken Cheddar Melt	Ham & Swiss Panini	Turkey & Cheddar Panini
FAST FOOD	Cheese Quesadilla Cheese Sticks w/ Marinara	Calzones Cheeseburgers Waffle Fries	Spicy Chicken Sandwich Tater Tots	Nachos w/ Spicy Beef & Cheese Sauce	Buffalo Chicken Wrap Grilled Cheese Waffle Fries
DESSERT	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit

 **Eat the BeWell Way! Look for the BeWell Blueberry!**

 **Supports the Nutritional Needs of Young Athletes**

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

MIDDLE SCHOOL MAY 6-10



**CHARLOTTE
COUNTRY DAY
SCHOOL**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Vegetable Beef	Zuppa Toscana	Chicken Noodle	Spinach Parmesan	Chili
DELI	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread
SALAD BAR	🌱🍓 Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	🌱🍓 Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	🌱🍓 Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	🌱🍓 Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	🌱🍓 Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons
COMFORT ZONE	Carnitas w/ Pineapple Salsa Mexican Street Corn Salad 🌱🍓 Refried Beans	Bowtie Pasta w/ Crispy Bacon, Fried Brussel Sprouts, Roasted Red Peppers, Carbonara	Cheese or Pepperoni Pizza 🌱🍓 Buffalo Cauliflower Grilled Zucchini	Asian Rice Bowl Teriyaki Chicken 🌱🍓 Teriyaki Tofu Brown Rice Edamame	Sticky Korean Meatballs Bao Buns 🌱🍓 Asian Slaw Balsamic Roasted Vegetables
GLUTEN FREE	🌱🍓 Italian Sausage w/ Peppers, Onions & Potatoes	🌱🍓 Garlic Parmesan Chicken Lemon Broccoli	🌱🍓 Lime Chicken w/ Black Bean Sauce	🌱🍓 Vegetarian Stuffed Pepper	🌱🍓 Italian Roasted Chicken w/ Broccoli
PANINI	Italian Panini	Turkey, Bacon & Mozzarella Panini	BBQ Chicken Cheddar Melt	Ham & Swiss Panini	Turkey & Cheddar Panini
FAST FOOD	Cheese Quesadilla Cheese Sticks w/ Marinara	Calzones Cheeseburgers Waffle Fries	Chicken Sandwich Tater Tots	Taco Salad w/ lettuce, cheese, sour cream & salsa	Buffalo Chicken Wrap Grilled Cheese Waffle Fries
DESSERT	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit

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 - 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

MIDDLE SCHOOL MAY 13-17



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Italian Wedding	Chicken Tortilla	Corn Chowder	Beef Barley	Chili
DELI	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread
SALAD BAR	🌱 Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	🌱 Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	🌱 Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	🌱 Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	🌱 Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons
COMFORT ZONE	Chicken Parmesan or Eggplant Parmesan Herbed Pasta Sautéed Kale, Pomodoro Sauce	Szechuan Chicken w/ Lo Mein, Edamame, Mushrooms, Fire Roasted Corn Yum Yum Sauce	Greek Pizza Cheese or Pepperoni Green Beans w/ Tomatoes & Mushroom Carrot Fries	Brisket Rice Bowl Soy Ginger Braised Beef Brisket with Kimchi, Cucumbers, and Radish on a Bed of Rice Topped with Korean BBQ Sauce	Mojo Grilled Chicken Spanish Batatas Bravas Potatoes Zucchini & Roasted Tomatoes Chimichurri Sauce
GLUTEN FREE	🌱 Red Bean and Vegetable Hash w/ Egg	🌱 Baked Chipotle Chicken w/ Cumin Black Beans	🌱 Italian Roasted Chicken w/ Broccoli	Loaded Baked Potato Casserole	🌱 Spicy Chicken & Rice
PANINI	Turkey & Cheddar Panini	Italian Panini	Turkey, Bacon & Mozzarella Panini	Chicken Parmesan Panini	Ham & Swiss Panini
FAST FOOD	Cheese Quesadilla Cheese Sticks w/ Marinara	Calzones Cheeseburgers Waffle Fries	Chicken Sandwich Tater Tots	Chicken Caesar Wrap Grilled Cheese Waffle Fries	Taco Salad w/ lettuce, cheese sour cream & salsa
DESSERT	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit

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 - 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

MIDDLE SCHOOL MAY 20-24



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Minestrone	Navy Bean	Chicken Noodle	Chicken Gumbo	Chili
DELI	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread
SALAD BAR	Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons
COMFORT ZONE	Fried Chicken Baked Chicken House Made Mac & Cheese Lemon Broccoli	Santa Fe Chicken Pita Oven Roasted Red Potatoes w/ Garlic Spiced Brussel Sprouts	Cheese or Pepperoni Pizza Egyptian Green Beans w/ Carrots Greek Salad	Chicken & Waffles Waffles w/ Maple Syrup Chicken Tenders Sweet Potato Hash	Cheeseburger Black Bean Burger Baked or Sweet Potato Coleslaw
GLUTEN FREE	Sweet Potato Casserole	Chili Lime Chicken Roasted Broccoli	Italian Baked Chicken Baked Potato	Brazilian Zucchini Casserole	Brown Rice & Red Pepper Casserole
PANINI	Italian Panini	Turkey, Bacon & Mozzarella Panini	BBQ Chicken Cheddar Melt Panini	Ham & Swiss Panini	Turkey & Cheddar Panini
FAST FOOD	Cheese Quesadilla Cheese Sticks w/ Marinara	Calzones Cheeseburgers Seasoned Fries	Chicken Sandwich Tater Tots	Taco Salad w/ lettuce, cheese sour cream & salsa	Buffalo Chicken Wrap Grilled Cheese Seasoned Fries
DESSERT	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit

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MIDDLE SCHOOL MAY 27-31



**CHARLOTTE
COUNTRY DAY
SCHOOL**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Memorial Day NO SCHOOL	Loaded Baked Potato	LAST DAY Chicken Enchilada	NO SCHOOL	NO SCHOOL
DELI		Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread		
SALAD BAR		Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons		
COMFORT ZONE		Korean Chicken Bao Buns w/ Slaw Pickled Vegetables Parmesan Potato Wedges	Cheese or Pepperoni Pizza Sautéed Spinach & Grape Tomatoes Carrot Fries		
GLUTEN FREE		Vegetarian Stuffed Pepper	Cajun Chicken Breast & Broccoli		
PANINI		Italian Panini	Turkey & Cheddar Panini		
FAST FOOD		Chicken Caesar Wrap Grilled Cheese Waffle Fries	Chicken Nuggets Tater Tots		
DESSERT		Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit		

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