

UPPER SCHOOL APRIL– 29-MAY-3 2024



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	🌱🍳 Scrambled Eggs Waffles Tater Tots Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	🌱🍳 Scrambled Eggs Pancakes Cheesy Grits Sausage Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	🌱🍳 Scrambled Eggs Biscuits Sausage Gravy Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	🌱🍳 Scrambled Eggs French Toast Sticks Cheesy Grits Sausage Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	🌱🍳 Scrambled Eggs Waffles Tater Tots Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit
SOUP	Matzo Ball Soup Cauliflower Cheese	Matzo Ball Soup Navy Bean	Minestrone Taco Soup	Chicken Noodle Spinach Parmesan	Corn & Sweet Potato Chili
DELI	Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread
SALAD BAR	🌱🥬 Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumber, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons	🌱🥬 Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons	🌱🥬 Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons	🌱🥬 Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons	🌱🥬 Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons
COMFORT ZONE	🌱🍷 Bourbon Chicken Honey Glazed Carrots Brown Fried Rice	🌱🍷 Soft Tacos w/ Spicy Beef Black Beans 🌱🍷 Corn Salsa Cilantro Rice Lettuce & Sour Cream PASSOVER ENDS	🌱🍷 Stir Fry Thai Chicken Jasmine Rice Mango Green Onions Broccoli Coconut Curry Dressing	🌱🍷 Blackened Chicken Caesar Wrap 🌱🍷 Roasted Brussel Sprouts Butternut Squash Cranberries Dijon Vinaigrette	🌱🍷 Fettuccine w/ Italian Chicken 🌱🍷 Tomato Basil Bruschetta Grilled Flatbread
PIZZA	Pepperoni or Cheese Sausage & Mushroom	Pepperoni or Cheese Chicken Alfredo Pizza	Pepperoni or Cheese California Vegetable	Pepperoni or Cheese Greek Pizza	Pepperoni or Cheese Philly Cheese Steak Pizza
GLUTEN FREE	🌱🍷 Sausage & Hashbrown Frittata	🌱🍷 Potato, Bacon, Onion & Egg Skillet	🌱🍷 Vegetarian Stuffed Pepper	🌱🍷 Risotto with Cherry Tomatoes & Mushrooms	🌱🍷 Turkey & Rice Casserole
GRILL	Hamburger, Cheeseburger or Black Bean Burger, Grilled Chicken, French Fries	Hamburger, Cheeseburger or Black Bean Burger, Grilled Chicken, French Fries	Hamburger, Cheeseburger or Black Bean Burger, Grilled Chicken, French Fries	Hamburger, Cheeseburger or Black Bean Burger, Grilled Chicken, French Fries	Hamburger, Cheeseburger or Black Bean Burger, Grilled Chicken, French Fries
SHOW THYME	Mexican Rice Bowl w/ Chipotle Chicken, Pinto Beans, Pico De Gallo, Fried Tortilla Strips	Chicken Shawarma Bowl Quinoa Tabbouleh, Black Bean Hummus, Fried Eggplant, Mixed Greens	Thinly Sliced Brazilian Pork w/ Chimichurri Fried Sweet Potatoes Honey Roasted Root Vegetables	Santa Fe Chicken Pita Oven Roasted Red Potatoes w/ Garlic Spiced Brussel Sprouts	Smoked St Louis Ribs Baked Sweet Potato Buffalo Cauliflower Texas Toast
DESSERT	Cookies, Cake or Ice Cream Assorted Hand Fruit	Cookies, Cake or Ice Cream Assorted Hand Fruit	Cookies, Cake or Ice Cream Assorted Hand Fruit	Cookies, Cake or Ice Cream Assorted Hand Fruit	Cookies, Cake or Ice Cream Assorted Hand Fruit

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

 **Supports the Nutritional Needs of Young Athletes**



- 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

UPPER SCHOOL MAY-6-10-2024



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Scrambled Eggs French Toast Tater Tots Sausage Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	Scrambled Eggs Pancakes Cheesy Grits Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	Scrambled Eggs Waffles Tater Tots Sausage Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	Scrambled Eggs French Toast Sticks Cheesy Grits Sausage Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	Scrambled Eggs Biscuits Sausage Gravy Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit
SOUP	Tomato Sausage & Lentil	Chicken Enchilada Vegetable	Cream Of Mushroom Spicy Beef & Rice	Chicken Noodle Zuppa Toscana	Island Kale & Sweet Potato Chili
DELI	Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread
SALAD BAR	Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings, House Made Croutons	Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings, House Made Croutons	Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings, House Made Croutons	Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings, House Made Croutons	Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings, House Made Croutons
COMFORT ZONE	Huli Huli Chicken w/ Apple Cabbage Slaw Orange Glazed Sweet Potatoes Grilled Pineapple	BBQ Chicken Fried Chicken Warm German Potato Salad w/ Bacon Roasted Broccoli	Spaghetti w/ Meatballs Marinara or Alfredo Balsamic Roasted Vegetables Breadstick	Buffalo Chicken Bacon Wrap Herbed Potatoes Chili Roasted Kale	Bourbon Chicken Mashed Potatoes Sautéed Spinach w/Onion Strings
PIZZA	Pepperoni & Cheese Sausage & Mushroom	Pepperoni & Cheese Bacon Cheeseburger	Pepperoni & Cheese Vegetable	Pepperoni & Cheese Pizza Meat Lover's	Pepperoni & Cheese Buffalo Chicken
GLUTEN FREE	Italian Sausage with Peppers, Onions & Potatoes	Garlic Parmesan Chicken Lemon Broccoli	Vegetarian Stuffed Peppers	Lime Chicken w/ Black Bean Sauce	Turkey & Rice Casserole Snap Peas
GRILL	Hamburger, Cheeseburger, or Black Bean Burger, Grilled Chicken, French Fries	Hamburger, Cheeseburger or Black Bean Burger, Grilled Chicken, French Fries	Hamburger, Cheeseburger or Black Bean Burger, Grilled Chicken, French Fries	Hamburger, Cheeseburger or Black Bean Burger, Grilled Chicken, French Fries	Hamburger, Cheeseburger or Black Bean Burger, Grilled Chicken, French Fries
SHOW THYME	Mediterranean Rice Bowl w/ Koftas, Rice Pilaf, Eggplant Dip, Cucumbers, Tomatoes, Spring Mix, Lemon Tahini Dressing	Chopped Pork Belly Street Tacos Spicy Pinto Beans, Mexican Slaw, Salsa Verde, Avocado Crema	Cheesy Grit Bowl w/ Blackened Shrimp, Smoked Chicken, Pepper & Onions, Chili Roasted Kale	Asian Beef w/ Spicy Noodles, Carrots, Sugar Snaps, Bell Peppers, Mushrooms, Garlic Sauce, Miso Broth	Pasta w/ Chicken & Roasted Red Pepper Sauce Lemon Broccoli Garlic Bread
DESSERT	Cookies, Cake or Ice Cream Assorted Hand Fruit	Cookies, Cake or Ice Cream Assorted Hand Fruit	Cookies, Cake or Ice Cream Assorted Hand Fruit	Cookies, Cake or Ice Cream Assorted Hand Fruit	Cookies, Cake or Ice Cream Assorted Hand Fruit

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an elior company

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- 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

UPPER SCHOOL MAY-13-17-2024



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Scrambled Egg French Toast Tater Tots Sausage Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	Scrambled Eggs Pancakes Cheesy Grits Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	Last Day for Seniors Scrambled Eggs Waffles Tater Tots Sausage Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	SR EXAMS Scrambled Eggs Biscuits Sausage Gravy Sausage Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	SR EXAMS Scrambled Eggs French Toast Cheesy Grits Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit
SOUP	Tomato Sausage & Lentil	Chicken Enchilada Vegetable	Cream Of Mushroom Spicy Beef & Rice	Chicken Noodle Zuppa Toscana	Island Kale & Sweet Potato Chili
DELI	Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread
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COMFORT ZONE	Balsamic Italian Chicken Butternut Squash Risotto Snow Peas	Bruschetta Chicken w/ Bowtie Pasta, Roasted Vegetables, Balsamic Glaze Herbed Ricotta	Open Faced-BBQ Pork Sandwich Pineapple Carrot Slaw Charro Pinto Beans Fried Squash	Peruvian Chicken Cilantro Rice, Black Beans Jicama Slaw Aji Verde Sauce	Baked Penne Pasta Italian Sausage Peppers & Onions Breadstick
PIZZA	Pepperoni or Cheese Cajun Sausage	Pepperoni or Cheese Basil Chicken & Roasted Pepper	Pepperoni or Cheese Meat Lovers	Pepperoni or Cheese Roasted Vegetable	Pepperoni or Cheese Buffalo Chicken
GLUTEN FREE	Red Bean & Vegetable Hash w/ Egg	Baked Chipotle Chicken w/ Cumin Black Beans	Sweet Potato, Peppers and Black Bean Hash	Loaded Baked Potato Casserole	Spicy Chicken and Rice Sautéed Cabbage
GRILL	Hamburger, Cheeseburger or Black Bean Burger, Grilled Chicken, French Fries	Hamburger, Cheeseburger or Black Bean Burger, Grilled Chicken, French Fries	Hamburger, Cheeseburger or Black Bean Burger, Grilled Chicken, French Fries	Hamburger, Cheeseburger or Black Bean Burger, Grilled Chicken, French Fries	Hamburger, Cheeseburger or Black Bean Burger, Grilled Chicken, French Fries
SHOW THYME	Korean Pork Bao Bun Asian Slaw, Pineapple Fried Rice Gochujang Sauce	Chicken or Beef Soft Tacos Refried Beans, Mexican Rice, Green Mango Slaw, Chipotle Ranch Dressing	Thai Coconut Curry Noodle Bowl w/ Spiced Chicken Kebabs Bok Choy, Carrots, Radishes', Green Onions, Napa Cabbage	Beef Bolognese w/ Herbed Pasta Carrots Bread Sticks	Carna Asada Roasted Root Vegetables, Mexican Rice Salad Chimichurri
DESSERT	Cookies, Cake or Ice Cream Assorted Hand Fruit	Cookies, Cake or Ice Cream Assorted Hand Fruit	Cookies, Cake or Ice Cream Assorted Hand Fruit	Cookies, Cake or Ice Cream Assorted Hand Fruit	Cookies, Cake or Ice Cream Assorted Hand Fruit

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