

UPPER SCHOOL May 20-24, 2024



**CHARLOTTE
COUNTRY DAY
SCHOOL**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	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	Graduation	
SOUP	Taco Soup Minestrone	Beef Vegetable Navy Bean	Beef Noodle Cauliflower Cheese	Chicken Noodle Cream of Mushroom		
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		
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		
COMFORT ZONE	Blackened Chicken Red Beans and Rice Tomatoes, Peppers Onions Fried Okra	Beef & Broccoli Stir Fry With Mango, Onions & Peppers Grilled Baby Bok Choy Jasmine Rice	Italian Penne Pasta w/ Herbed Grilled Chicken Spinach, Peppers, Onions, Tomatoes Balsamic Reduction and Shaved Parmesan	Sliced Jerk Pork-Loin w/ Garlic Red Potatoes, Corn on the Cob Mango Black-Bean Salsa		
PIZZA	Pepperoni or Cheese Sausage & Mushroom	Pepperoni or Cheese Chicken Alfredo Pizza	Pepperoni or Cheese California Vegetable	Pepperoni or Cheese Greek Pizza		
GLUTEN FREE	Sweet Potato Casserole	Chili Lime Chicken Lemon Roasted Broccoli	Italian Baked Chicken Baked Potato	Brazilian Zucchini 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		
SHOW THYME	Brisket Fajitas Mexican Street Corn Roasted Root Vegetables	Pork Carnitas w/ Refried Beans, Mexican Rice, Lettuce Tomato, Cheese Cucumber Apple Salsa Tortillas	Chicken Tikki w/ Lentils Eggplant, Carrots Peppers Spicy Coconut Broth	Rice Stick Noodles w/ Spicy Chicken Carrots, Radish Cucumber Spicy Edamame Slaw		
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		

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

