

UPPER SCHOOL MAY. 5-9, 2025



**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	Scrambled Eggs Waffles Tater Tots Sausage Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	Scrambled Eggs Biscuits Cheesy Grits Sausage Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	Scrambled Eggs French Toast Tater Tots Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit
SOUP	Italian Wedding Tomato	Chicken Noodle Loaded Baked Potato	Black Bean Soup Spicy Beef & Rice	Vegetable Chicken Enchilada	Chili Kale & Sweet Potato
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	Loaded French Fries Southwest Chicken Nacho Cheese Sauce Pico de Gallo Chili, Onions, Jalapenos	Herbed Ricotta Bruschetta Chicken Balsamic Glaze Bowtie Pasta Roasted Vegetables	Open Faced-BBQ Pork Sandwich Carolina Coleslaw Root Beer Baked Beans Fried Squash	Sweet And Sour Chicken Pineapple, Carrots, Green Bell Pepper, Green Onions Egg Fried Rice Vegetable Egg Roll	Baked Penne Pasta w/ Italian Sausage Caesar Salad Breadstick
PIZZA	Pepperoni or Cheese	Pepperoni or Cheese	Pepperoni or Cheese	Pepperoni or Cheese	Pepperoni or Cheese
MADE WITHOUT GLUTEN	Italian Sausage w/ Peppers, Onions & Potatoes	Garlic Parmesan Chicken Lemon Broccoli	Lime Chicken w/ Black Bean Sauce	Honey Glazed Shredded Pork Baby Carrots	Veracruz Cod Baked Potato
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	Chicken, Beef or Tofu Soft Tacos Refried Beans, Mexican Rice, Green Mango Slaw Chipotle Ranch Dressing	Tostada Adobo Beef Barbacoa, Black Beans, Romaine Lettuce, Pico De Gallo, Pickled Red Onion & Jalapeno	Thai Coconut Curry Noodle Bowl w/ Spiced Chicken Kebabs Bok Choy, Carrot Radishes', Green Onions Napa Cabbage	Grilled Chicken Hummus Bowl Quinoa Tabouleh, Spinach, Red Onions, Carrots, Yogurt Dressing	Hot Dog or Brat Chili, Peppers & Onions Cheese Sauce, Jalapeños Coleslaw Parmesan Potato Wedges
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

Aladdin
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UPPER SCHOOL MAY. 12-16, 2025



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Scrambled Egg French Toast 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 Waffles Tater Tots Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	Scrambled Eggs Biscuits Cheesy Grits Sausage Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	Scrambled Eggs French Toast Tater Tots Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit
SOUP	Tomato White Chicken Chili	Vegetable Broccoli Cordon Bleu	Spicy Beef & Rice Curried Butternut Squash	Chicken Noodle Mushroom Barley	Chili Cream of Broccoli
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	Buffalo Chicken Mac & Cheese Ranch Drizzle Steamed Broccoli	Nachos w/ Spicy Beef Queso Blanco, Charred Tomato Salsa Chimichurri Slaw	Blackened Chicken Caesar Wrap Roasted Brussel Sprouts & Butternut Squash, Cranberries, Dijon Vinaigrette	Cheese Manicotti with Roasted Fennel Mushrooms & Spinach Pomodoro Sauce Breadstick	Greek Chicken w/ Chermoula Roasted Potatoes Tomato & Cucumber Salad w/ Feta
PIZZA	Pepperoni or Cheese	Pepperoni or Cheese	Pepperoni or Cheese	Pepperoni or Cheese	Pepperoni or Cheese
MADE WITHOUT GLUTEN	Sausage & Garden Vegetable Frittata Sweet Potato	Baked Chipotle Chicken with Cumin Black Beans	Sweet Potato Peppers and Black Bean Hash Sautéed Cabbage	Grilled Chicken Baked Potato	Provencal Cod Sautéed 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	Mexican Rice Bowl w/ Chipotle Chicken, Pinto Beans, Pico De Gallo, Fried Tortilla Strips	Soba Hot Pot Thai Chicken, Bok Choy, Carrots, Edamame, Red Radish, Green Onions, Hard Boiled Egg	Baked Potato Bar Pulled Pork, Chili, Broccoli, Jalapenos, Green Onions, Cheddar Cheese Sour Cream & Butter	Crispy Chicken Bowl w/ Mash Potatoes, Corn, Roasted Kale, Cheddar Cheese, Pan Gravy	Sticky Korean Meatball Bao Buns Thai Tofu Bun w/ Asian Slaw, Pineapple Fried Rice, Gochujang Sauce
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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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. 19-23, 2025



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Scrambled Eggs French Toast 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 Tater Tots Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	Scrambled Eggs French Toast Cheesy Grits Sausage Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	NO UPPER SCHOOL GRADUATION
SOUP	Minestrone Cheeseburger	Beef Vegetable Cauliflower Cheese	Beef Noodle Greek Cannellini & Greens	Chicken Noodle Tomato Lentil	
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, 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	Four Cheese Pasta Teriyaki Glazed Chicken Caesar Salad Garlic Toast	Chicken Fajitas Or Cheese Quesadillas Pepper, Onions, Refried Beans, Mexican Rice Charred Tomato Salsa	Spaghetti w/ Meatballs Marinara or Alfredo Balsamic Roasted Vegetables Breadstick	Bourbon Chicken Smashed Gold Potatoes Sautéed Spinach and Cherry Tomatoes	
PIZZA	Pepperoni or Cheese	Pepperoni or Cheese	Pepperoni or Cheese	Pepperoni or Cheese	
MADE WITHOUT GLUTEN	Sweet Potato Casserole Garden Vegetables	Chili Lime Chicken Green Beans	Italian Baked Chicken Baked Potato	Brazilian Zucchini Casserole Sweet Potato	
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	Asian Beef w/ Spicy Noodles, Carrots, Sugar Snaps, Bell Peppers, Mushrooms, Garlic Sauce, Miso Broth	Mediterranean Chicken Gyro Lentil Rice and Spinach Pilaf Tzatziki	Ancient Grain Bowl Farro, Blackened Chicken, Carrots, Olives, Feta, Kale, Cucumber Yogurt Dressing	Chaat Waalaha Bar Kheema or Tandoori Chicken, Garbanzo Beans, Corn, Jalapenos, Diced Tomatoes, Coconut Curry	
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	

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- 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 MAY26-30, 2025



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MEMORIAL DAY SCHOOL CLOSED				
SOUP		NO UPPERSCHOOL	NO UPPERSCHOOL	NO UPPERSCHOOL	NO UPPERSCHOOL
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, 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		Soft Tacos w/ Spicy Beef Mexican Vegetables Corn Salsa Cilantro Rice Lettuce & Sour Cream 🍷	Buffalo Chicken Bacon Wrap Herbed Potatoes Green Beans 🍷	Blackened Chicken Roasted Brussel Sprouts Butternut Squash & Cranberries, Dijon Vinaigrette 🍷	Fettuccine w/ Italian Chicken Sauteed Kale Tomato Basil Bruschetta Grilled Flatbread 🍷
PIZZA					
MADE WITHOUT GLUTEN					
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					
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

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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