

LOWER SCHOOL

Sept. 1-5



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	LABOR DAY	Chicken Noodle	Chicken Enchilada	Vegetable Soup	Chili
DELI	LABOR DAY	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	LABOR DAY	Fresh Toss Salad Fresh Fruit Orange Wedges Yogurt Cups	Fresh Toss Salad Fresh Fruit Orange Wedges Yogurt Cups	Fresh Toss Salad Fresh Fruit Orange Wedges	Fresh Toss Salad Fresh Fruit Orange Wedges Yogurt Cups
COMFORT ZONE	LABOR DAY	<u>TACO TUESDAYS</u> Beef Burrito Cilantro Rice Chili Roasted Kale Bean Burrito	<u>PIZZA WEDNESDAYS</u> Cheese Pizza Parmesan Cauliflower Zucchini Chili Lime Chicken	Teriyaki Chicken House Made Mac & Cheese Lemon Broccoli	<u>FUN FOOD FRIDAY</u> Grilled Chicken Sandwich or Crispy Chicken Sandwich Waffle Fries Snow Peas
MADE WITHOUT GLUTEN	LABOR DAY	Tahini Chicken Lentil Rice & Spinach Pilaf	Tofu Thai Curry Jasmine Rice	Honey Glazed Pork Baked Sweet Potato	Mid-Summer Risotto Grilled Chicken
DESSERT	LABOR DAY	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!

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

Sept. 8-12



CHARLOTTE
COUNTRY DAY
SCHOOL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP	Tomato	Vegetable	Beef Barley	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	 Fresh Toss Salad Fresh Fruit Orange Wedges Yogurt Cups	 Fresh Toss Salad Fresh Fruit Orange Wedges Yogurt Cups	 Fresh Toss Salad Fresh Fruit Orange Wedge Yogurt Cups	 Fresh Toss Salad Fresh Fruit Orange Wedges Yogurt Cups	 Fresh Toss Salad Fresh Fruit Orange Wedges Yogurt Cups
COMFORT ZONE	BBQ Pulled Pork Sandwich Coleslaw Pasta w/ Alfredo Sauce Corn on the Cob	<u>TACO TUESDAYS</u>  Cheese Quesadilla Turkey & Cheese Soft Taco  Spanish Rice Mexican Vegetable	<u>PIZZA WEDNESDAYS</u>  Cheese Pizza  Roasted Vegetables Smashed Gold Potatoes	 Cheeseburger  Black Bean Burger  Baked Sweet Potato Fries Baked Beans	<u>FUN FOOD FRIDAYS</u> Chicken Nuggets Fried Brown Rice  Snap Peas Ham & Cheese Wrap
MADE WITHOUT GLUTEN	Beef & Cheese Stuffed Potato Lemon Pepper Broccoli	 Baked Chipotle Chicken with Cumin Black Beans	 Palak Paneer Tofu Basmati Spiced Rice	Sweet & Sassy Chicken Roasted Butternut Squash & Pineapple	 Italian Sausage with Onions & Peppers Baked Potato
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

Sept. 15-19



CHARLOTTE
COUNTRY DAY
SCHOOL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP	Chicken Florentine	Potato Leek	Cabbage 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	Cheese Tortellini with Butter Marinara Sauce Parmesan Herbed Garlic Breadstick Garlic Broccoli BLT Wrap	TACO TUESDAYS Cheese Quesadilla Chicken Tacos Spanish Rice Steamed Bok Choy	PIZZA WEDNESDAYS Cheese Pizza Green Peas Sauteed Squash Sweet & Sour Tofu	<u>Chicken & Waffles</u> Waffles w/ Maple Syrup Chicken Tenders Sweet Potatoes Grilled Chicken	FUN FRIDAYS Grill Cheese Roasted Red Potatoes Roasted Vegetables
MADE WITHOUT GLUTEN	Parmesan Chicken Sweet Baked Potato	Sweet & Sour Meatballs Fried Cabbage	Italian Baked Chicken Baked Potato	Beef & Cheese Stuffed Potato Lemon Pepper Broccoli	Cuban Marinated Mojo Pork Tenderloin Cilantro 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

Sept. 22-26



**CHARLOTTE
COUNTRY DAY
SCHOOL**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP	Chicken Gumbo		Potato Corn Chowder	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
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
COMFORT ZONE	Fried Chicken BBQ Chicken Mashed Potatoes Winter Blend Vegetable Honey Butter Hushpuppies BLT Wrap	CLOSED ROSH HASHANAH	PIZZA WEDNESDAYS Cheese Pizza Green Beans w/ Tomatoes & Mushrooms Carrot Fries	Creamy Chicken Alfredo w/ Fettuccini Kale Chips Breadstick Vegetable Wrap	FUN FRIDAYS Crispy Chicken Nuggets Smiley Fries Marinated Vegetable Salad BLT Wrap
MADE WITHOUT GLUTEN	Chicken Picatta Quinoa Risotto		Chili Lime Pork Tenderloin Corn Salad	Italian Chicken Baked Potato	Tofu Thai Curry Jasmine Rice
DESSERT	Two Hand Fruits Fruit & Yogurt Parfait		Two Hand Fruits Fruit & Yogurt Parfait	Two Hand Fruits Cookies	Two Hand Fruits Fruit & Yogurt Parfait



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ELIOR