

MIDDLE SCHOOL

Sept. 1st - 5th



CHARLOTTE
COUNTRY DAY
SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	LABOR DAY	Zuppa Toscana	Chicken Noodle	Broccoli Cheese	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
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
COMFORT ZONE		🌱 Italian Chicken & Fettucine 🌱 Tomato, Basil Bruschetta 🌱 Sautéed Spinach 🌱 Grilled Flatbread	🌱 Cheese or Pepperoni Pizza 🌱 Buffalo Cauliflower 🌱 Roasted Zucchini 🌱 BLT Wrap	🌱 Baked Penne Pasta with Italian Sausage 🌱 Roasted Vegetables 🌱 Garlic Bread	🌱 Chicken Enchiladas w/ Roasted Poblano Cream 🌱 Tofu & Vegetable Enchiladas 🌱 Sour Cream 🌱 Cilantro Rice 🌱 Mexican Roasted Vegetables
MADE WITHOUT GLUTEN		🌱 Grilled Chicken 🌱 Baked Potato	🌱 Grilled Chicken 🌱 Quinoa with Chickpeas and Tomatoes	🌱 Grilled Chicken 🌱 Baked Sweet Potato	🌱 Grilled Chicken 🌱 Lemon Broccoli
PANINI		Turkey, Bacon & Mozzarella Panini	Chicken Club Panini	Ham & Swiss Panini	Turkey & Cheddar Panini
FAST FOOD		Chicken Tenders Calzones Sweet Potato Fries	BBQ Boneless Wings Waffle Fries	Nachos w/ Beef & Queso Corn Dogs	Chicken Tender 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



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

MIDDLE SCHOOL

Sept. 8-12



CHARLOTTE
COUNTRY DAY
SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Italian Wedding	Chicken Noodle	Corn Chowder	Vegetable	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 	Mexican Rice Bowl Chipotle Chicken or  Ground Beef  Cilantro Rice Pinto Beans Pico De Gallo Cheese Fried Tortilla Strips Chipotle Sour Cream	Chicken Tenders French Toast Sticks w/ Syrup  Roasted Sweet Potatoes Kale Chips	Cheese or Pepperoni  Green Beans w/ Tomatoes & Mushroom Carrot Fries Hummus & Veggie Wrap	Pasta Carbonara w/ Chicken  Chipotle Ratatouille Sautéed Snow Peas Garlic Bread	Pulled Pork Street Tacos w/ Pineapple Salsa  Sour Cream Cheese Black Beans Mexican Rice
MADE WITHOUT GLUTEN 	 Grilled Chicken Loaded Baked Potato Casserole	 Grilled Chicken Baked Potato	 Grilled Chicken Quinoa with Chickpeas and Tomatoes	 Grilled Chicken Baked Sweet Potato	 Grilled Chicken Lemon Broccoli
PANINI	Turkey & Cheddar Panini	Italian Panini	Turkey, Bacon & Mozzarella Panini	Chicken Club Panini	Ham & Swiss Panini
FAST FOOD	Chicken Tenders Cheese Sticks w/ Marinara	Pepperoni Calzones Chicken Nuggets Waffle Fries	Chicken Sandwich Waffle Fries	Chicken Caesar Wrap Grilled Cheese Waffle Fries	Nachos w/ Beef & Queso 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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- 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

Sept. 15-19



CHARLOTTE
COUNTRY DAY
SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Potato Soup	Beef Vegetable	Chicken Tortilla	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	 Caribbean Chicken Wrap  Refried Black Beans and Sweet Potatoes Pineapple- Mango Salsa Mixed Greens, Avocado Crema	 Bang Bang Chicken Taco  Bang Bang Tofu Taco Mexican Slaw Sour Cream Cilantro Rice Mexican Street Corn on the Cob	 Cheese or Pepperoni Pizza  Egyptian Green Beans w/ Carrots Greek Salad Turkey Club Wrap	 Orange Chicken  Orange Tofu Fried Brown Rice Garlicky Swiss Chard	 Sticky Korean Meatball Bao Buns  Thai Tofu Bao Bun w/Asian Slaw, Pineapple Fried Rice, Gochujang Sauce
MADE WITHOUT GLUTEN	 Grilled Chicken Cauliflower	 Grilled Chicken Baked Potato	 Grilled Chicken	 Grilled Chicken Baked Sweet Potato	 Grilled Chicken Lemon Broccoli
PANINI	Italian Panini	Turkey, Bacon & Mozzarella Panini	Chicken Club Panini	Ham & Swiss Panini	Turkey & Cheddar Panini
FAST FOOD	Roasted Vegetable Quesadilla Cheese Quesadilla ¼lb All Beef Hot Dog	Calzones Chicken Nuggets Waffle Fries	Chicken Sandwich Waffle Fries	Nachos w/ Beef & Queso Sour Cream & Salsa	Spicy Chicken Sandwich 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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- 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



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MIDDLE SCHOOL

Sept. 22-26



CHARLOTTE
COUNTRY DAY
SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Taco Soup	Egg Drop	Spinach Parmesan	Chicken Noodle	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	Meat or Meatless Spaghetti Steamed Carrots & Green Beans Breadstick	Crispy Chicken Bowl/w Mashed Potatoes, Corn Roasted Kale Cheese & Pan Gravy	Cheese or Pepperoni Pizza Sautéed Spinach Roasted Red Potatoes Chicken Caesar Wrap	Fried Chicken Baked Chicken Balsamic Roasted Vegetables House Made Mac & Cheese	Four Cheese Pasta Teriyaki Glazed Chicken Caesar salad Garlic Toast
MADE WITHOUT GLUTEN	Grilled Chicken Sautéed Cabbage	Grilled Chicken Baked Potato	Grilled Chicken Quinoa with Chickpeas and Tomatoes	Grilled Chicken Baked Sweet Potato	Grilled Chicken Lemon Broccoli
PANINI	Ham, Turkey & Cheese Panini	Italian Panini	Turkey & Cheddar Panini	Ham & Swiss Panini	Turkey, Bacon & Mozzarella Panini
FAST FOOD	Boneless Buffalo Wings Cheese Sticks w/ Marinara	Chicken Caesar Wrap Grilled Cheese Waffle Fries	Chicken Nuggets Waffle Fries	Calzone Buffalo Chicken Tenders Waffle Fries	Nachos w/ Beef & Queso Corn Dogs
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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