

UPPER SCHOOL SEPT. 1st – 5th



**CHARLOTTE
COUNTRY DAY
SCHOOL**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	DELI	Closed Labor Day	Scrambled Eggs Pancakes Tater Tots Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	Scrambled Eggs Toast 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 Tater Tots Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit
			Chicken Noodle White Bean & Kale	Chicken Enchilada Traditional Black-Bean	Vegetable Soup Cheeseburger Chowder	Chili Tucson Onion
SALAD BAR	COMFORT ZONE		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
			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
PIZZA	GRILL		Bean Burrito Bowl Chipotle Chicken Pinto Beans, Brown Rice Pico De Gallo Cheese, Sour Cream	Baked Penne & Italian Sausage Sauteed Broccoli Marinara Bread Stick	Open- Faced Pulled Pork Sandwich Root Bear Baked Beans Fried okra Cole Slaw	Fried Chicken Bowl Mashed Potatoes Creamed Corn Crispy Kale Cheddar Cheese Pan Gravy
			Pepperoni & Cheese	Pepperoni & Cheese	Pepperoni & Cheese	Pepperoni & Cheese
SHOW THYME	DESSERT		Tahini Chicken Lentil, Rice, and Spinach Pilaf	Tofu Thai Curry Jasmine Rice	Honey Glazed Pork Baked Sweet Potato	Mid-Summer Risotto Grilled Chicken
			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
			<u>Mezze Table</u> Greek Chicken Bowl Quinoa Tabbouleh, Mixed Greens, Hummus Cucumber, Tomato, Feta Greek Dressing	<u>Mezze Table</u> Greek Style Meatballs Mediterranean Rice Pilaf Spiced Cauliflower Yogurt Dressing Pita Chips	<u>Mezze Table</u> Chicken & Zucchini Skewers Fresh Roasted Vegetables w/ Chickpeas Greek Sweet Potato Fries	<u>Mezze Table</u> Pita Sandwich w/ Beef or Falafel, Mixed Greens Tomato, Red Onion Cucumber, Tzatziki Tahini Sauce
			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 SEPT. 8th-12th



CHARLOTTE
COUNTRY DAY
SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Scrambled Egg Biscuits Cheesy Grits Sausage Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	Scrambled Eggs Pancakes Tater Tots Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	Scrambled Eggs Toast 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 Sticks Tater tots Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit
SOUP	Tomato Chicken Corn Chowder	Vegetable Chicken Lemon Orzo	Beef Barley Tomato Lentil	Chicken Noodle Loaded Baked Potato	Chili Curried Butternut Squash
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	Grilled Chicken Hummus Bowl Quinoa Tabouleh Avocado, Spinach, Red Onions, Carrots, Yogurt Dressing	Spaghetti w/ Meatballs Marinara or Alfredo Balsamic Roasted Vegetables Breadstick	General Tso's Chicken Cauliflower Kung Pao Fried Rice Sautéed Bok Choy	Baked Potato Bar Pulled Pork, Chili, Broccoli, Jalapenos Green Onions, Cheddar Cheese Sour Cream & Butter	Herbed Ricotta Bruschetta Chicken Balsamic Glaze Bowtie Pasta Roasted Vegetables
PIZZA	Pepperoni or Cheese	Pepperoni or Cheese	Pepperoni or Cheese	Pepperoni or Cheese	Pepperoni or Cheese
GLUTEN FREE	Beef & Cheese Stuffed Potato Lemon Pepper Broccoli	Baked Chipotle Chicken Cumin Black-Beans	Palak Paneer Tofu Spiced Basmati Rice	Sweet & Sassy Chicken Roasted Butternut Squash & Pineapple	Italian Sausage w/ Peppers and Onions 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	Chilaca Carnitas or Fajita Vegetables Cilantro Rice, Pinto Beans, Corn Salsa Queso	Chilaca Spicy Beef, Chicken or Tofu Soft Tacos Refried Beans, Mexican Rice, Pico De Gallo	Chilaca Shredded Beef Tostada Black Beans, Cilantro Rice, Mexican Slaw Pickled Red Onions Jalapeños, Mexican Crema	Chilaca Chicken or Cheese Enchiladas, Refried Beans Mexican Street Corn Salad Sour Cream	Chilaca Spicy Beef or Shredded Pork Nachos Black Beans, Spanish Rice, Pico De Gallo Queso
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 SEPT. 15th-19th



CHARLOTTE
COUNTRY DAY
SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<p>Scrambled Eggs Toast Tater Tots Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit</p>	<p>Scrambled Eggs Pancakes Cheesy Grits Sausage Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit</p>	<p>Scrambled Eggs Biscuits Sausage Gravy Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit</p>	<p>Scrambled Eggs French Toast Sticks Cheesy Grits Sausage Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit</p>	<p>Scrambled Eggs Biscuits Tater Tots Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit</p>
SOUP	Chicken Florentine Split Pea	Potato Leek Thai Chicken	Cabbage Soup Chicken Corn Chowder	Chicken Noodle Egg Drop Soup	Chili Lentil & Sausage
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	<p>Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons</p>	<p>Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons</p>	<p>Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons</p>	<p>Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons</p>	<p>Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons</p>
COMFORT ZONE	<p>Chicken Parmesan Eggplant Parmesan Pomodoro Sauce Herbed Pasta Roasted Vegetables</p>	<p>Smoked Pork Tenderloin Corn Pudding Collard Greens Texas Toast</p>	<p>Blackened Chicken Caesar Wrap Roasted Brussel Sprouts Butternut Squash Cranberries & Dijon Vinaigrette</p>	<p>Bourbon Chicken Smashed Gold Potatoes Sautéed Spinach and Cherry Tomatoes</p>	<p>Spaghetti w/ Meat Sauce or Meatless Sauce Balsamic Roasted Vegetables Garlic Bread</p>
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	<p>Parmesan Chicken Baked Sweet Potato</p>	Sweet & Sour Meatballs Fried Cabbage	<p>Italian Chicken Baked Potato</p>	Beef & Cheese Stuff Potato Lemon Pepper Broccoli	Mojo Pork Tenderloin Cilantro Rice
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	<p><u>Bowl & Broth</u> Sliced Brisket or Tofu Spicy Rice Noodles Mushrooms, Edamame Bok Choy, Green Onion Miso Broth</p>	<p><u>Bowl & Broth</u> Thai Garlic Chicken or Tofu Soba Noodle Carrot, Red Onion, Baby Corn, Radish Hard Boiled Egg Thai Coconut Curry Broth</p>	<p><u>Bowl & Broth</u> Crispy Pork Belly or Tofu Ramen Noodle, Broccoli, Shitake Mushroom, Grill Red Onion, Fresh Cilantro Sweet & Sour Broth</p>	<p><u>Bowl & Broth</u> Spicy Beef or Tofu Rice Noodle Salad w/ Cabbage, Carrot, Cucumber, Green Onion Fresh Lime Asian Vinaigrette</p>	<p><u>Bowl & Broth</u> Spicy Thai Chicken or Tofu Soba Noodle, Grilled Bok Choy, Carrots, Jalapeños, Spicy Miso Broth</p>
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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UPPER SCHOOL

Sept. 22nd-26th



CHARLOTTE
COUNTRY DAY
SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Scrambled Eggs Toast * Tater Tots Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	Closed Rosh Hashanah	Scrambled Eggs Biscuits * 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 French Toast Sticks * Tater Tots Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit
SOUP	Chicken Gumbo Traditional Black Bean		Potato Corn Chowder Chicken & Rice	Chicken Noodle White Bean & Kale	Chili Cream of Asparagus
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	Nachos w/ Spicy Beef Queso Blanco Pinto Beans Charred Tomato Salsa Chimichurri Slaw		Blackened Chicken Thighs w/ Corn Salsa Cajun Rice & Beans Fried Okra	Penne Pasta Sundried Tomatoes Pepperoni Carbonara Sauce * Zucchini Sticks Garlic Bread Sticks	Buffalo Chicken Mac & Cheese Ranch Drizzle * Steamed Broccoli
PIZZA	Pepperoni or Cheese		Pepperoni or Cheese	Pepperoni or Cheese	Pepperoni or Cheese
GLUTEN FREE	* Chicken Picatta Quinoa Risotto		Chili Lime Pork Tenderloin Corn Salad	* Italian Chicken Baked Potato	* Tofu Thai Curry Jasmine Rice
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	Thai Coconut Curry Noodle Bowl w/ Spiced Chicken Kebabs * Bok Choy, Carrot Radishes', Green Onions Napa Cabbage		Beef Tamale Pie Oven Roasted Potatoes Chimichurri Slaw	Sesame Chicken Lo Mein Edamame Mushrooms Fire Roasted Corn Yum Yum Sauce	Hummus Bowl Beef Koftas, Quinoa Tabbouleh. Roasted * Spiced Cauliflower Cucumber, Baby Spinach
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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