

LOWER SCHOOL DEC. 1-5



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chicken Florentine	Potato Leek	Cabbage	Chicken Noodle	Chili (Beef)
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 Wedges Yogurt Cups	Fresh Toss Salad Fresh Fruit Orange Wedges	Fresh Toss Salad Fresh Fruit Orange Wedges Yogurt Cups
COMFORT ZONE	Baked Manicotti w/ Marinara Garlic Toast Grilled Zucchini Wedges Veggie Wrap	<u>TACO TUESDAYS</u> Beef Burrito Cilantro Rice Chili Roasted Kale Bean Burrito	<u>PIZZA WEDNESDAYS</u> Cheese Pizza Parmesan Cauliflower Green Beans Chili Lime Chicken	Sweet & Sour Chicken House Made Mac & Cheese Roasted Vegetables	<u>FUN FOOD FRIDAY</u> Grilled Chicken Sandwich or Crispy Chicken Sandwich Waffle Fries Snow Peas
MADE WITHOUT GLUTEN	Parmesan Chicken Baked Sweet Potato	Sweet & Sour Meatballs (Beef) Fried Cabbage	Cheese Pizza Green Beans	Beef & Cheese Stuff Potato Lemon Pepper Broccoli	Chicken Sandwich Carrots
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

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 DEC. 8-12



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Tomato	Vegetable	Beef Barley	Chicken Noodle	Chili (Beef)
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 w/ 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	Cheese Pizza Vegetables	Sweet & Sassy Chicken Roasted Butternut Squash & Pineapple	Chicken Tenders Snap Peas
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 DEC. 15-19



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chicken Florentine	Potato Leek	Cabbage Soup (Beef)	Chicken Noodle	Chili (Beef)
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 Sautéed 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 (Beef) Fried Cabbage	Cheese Pizza 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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