

# MIDDLE SCHOOL DEC. 1-5



**CHARLOTTE  
COUNTRY DAY  
SCHOOL**

|                     | MONDAY                                                                                                                                                                                                                                                                                   | TUESDAY                                                                                                                                                                                                                                                                 | WEDNESDAY                                                                                                                                                                                                                                                | THURSDAY                                                                                                                                                                                                                                                 | FRIDAY                                                                                                                                                                                                                                                                               |
|---------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| SOUP                | Cabbage Soup                                                                                                                                                                                                                                                                             | 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                                                                                                                                                  | 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        |  Chipotle Chicken Quesadilla<br> Black Bean & Sweet Potato Quesadilla<br>Astec Corn w/ Black Beans<br>Mexican Rice |  Italian Chicken & Fettucine<br> Tomato, Basil Bruschetta<br>Sautéed Spinach<br>Grilled Flatbread |  Cheese or Pepperoni Pizza<br> Buffalo Cauliflower<br>Roasted Zucchini<br>BLT Wrap |  Four Cheese Pasta<br> Teriyaki Glazed Chicken<br>Caesar salad<br>Garlic Toast | Chicken Enchiladas w/ Roasted Poblano Cream<br> Sour Cream<br> Cilantro Rice<br>Mexican Roasted Vegetables |
| MADE WITHOUT GLUTEN |  Grilled Chicken<br> Loaded Baked Potato Casserole                                                                 |  Grilled Chicken<br> Baked Potato                                                                 |  Grilled Chicken<br> Quinoa with Chickpeas and Tomatoes                            |  Grilled Chicken<br> Baked Sweet Potato                                        |  Grilled Chicken<br> Lemon Broccoli                                                                        |
| PANINI              | Italian Panini                                                                                                                                                                                                                                                                           | Turkey, Bacon & Mozzarella Panini                                                                                                                                                                                                                                       | Chicken Club Panini                                                                                                                                                                                                                                      | Turkey, Bacon & Mozzarella Panini                                                                                                                                                                                                                        | Turkey & Cheddar Panini                                                                                                                                                                                                                                                              |
| FAST FOOD           | ¼ All Beef Hotdog<br>Buffalo Boneless Wings<br>Tater Tots                                                                                                                                                                                                                                | Chicken Tenders<br>Calzones<br>Sweet Potato Fries                                                                                                                                                                                                                       | BBQ Boneless Wings<br>Waffle Fries                                                                                                                                                                                                                       | Nachos w/ Beef & Queso<br>Corn Dogs                                                                                                                                                                                                                      | Chicken Tender Wrap<br>Grilled Cheese<br>Waffle Fries                                                                                                                                                                                                                                |
| DESSERT             | Cookies<br>Assorted Cakes<br>Assorted Hand Fruit                                                                                                                                                                                                                                         | Cookies<br>Assorted Cakes<br>Assorted Hand Fruit                                                                                                                                                                                                                        | Cookies<br>Assorted Cakes<br>Assorted Hand Fruit                                                                                                                                                                                                         | Cookies<br>Assorted Cakes<br>Assorted Hand Fruit                                                                                                                                                                                                         | Cookies<br>Assorted Cakes<br>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

## Dec. 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<br>Chipotle Chicken or<br>Ground Beef<br> Cilantro Rice<br> Pinto Beans<br> Pico De Gallo<br>Cheese<br>Fried Tortilla Strips<br>Chipotle Sour Cream | Chicken Tenders<br>French Toast<br> Sticks w/ Syrup<br> Roasted Sweet Potatoes<br>Kale Chips | Cheese or Pepperoni<br> Green Beans w/ Tomatoes & Mushroom<br> Carrot Fries<br>Hummus & Veggie Wrap | Pasta Carbonara w/ Chicken<br> Chipotle Ratatouille<br> Sautéed Snow Peas<br>Garlic Bread | Pulled Pork Street Tacos w/ Pineapple Salsa<br> Sour Cream<br> Cheese<br> Black Beans<br>Mexican Rice |
| MADE WITHOUT GLUTEN |  Grilled Chicken<br>Loaded Baked Potato Casserole                                                                                                                                                                                                                                                                                           |  Grilled Chicken<br>Baked Potato                                                                                                                                                |  Grilled Chicken<br>Quinoa with Chickpeas and Tomatoes                                                                                                                                 |  Grilled Chicken<br>Baked Sweet Potato                                                                                                                                        |  Grilled Chicken<br>Lemon Broccoli                                                                                                                                                                                                                                              |
| PANINI              | Turkey & Cheddar Panini                                                                                                                                                                                                                                                                                                                                                                                                        | Italian Panini                                                                                                                                                                                                                                                     | Turkey, Bacon & Mozzarella Panini                                                                                                                                                                                                                                         | Chicken Club Panini                                                                                                                                                                                                                                               | Ham & Swiss Panini                                                                                                                                                                                                                                                                                                                                                   |
| FAST FOOD           | Chicken Tenders<br>Cheese Sticks w/ Marinara                                                                                                                                                                                                                                                                                                                                                                                   | Pepperoni Calzones<br>Chicken Nuggets<br>Waffle Fries                                                                                                                                                                                                              | BBQ Bacon Burger<br>Waffle Fries                                                                                                                                                                                                                                          | Chicken Caesar Wrap<br>Grilled Cheese<br>Waffle Fries                                                                                                                                                                                                             | Nachos w/ Beef & Queso                                                                                                                                                                                                                                                                                                                                               |
| DESSERT             | Cookies<br>Assorted Cakes<br>Assorted Hand Fruit                                                                                                                                                                                                                                                                                                                                                                               | Cookies<br>Assorted Cakes<br>Assorted Hand Fruit                                                                                                                                                                                                                   | Cookies<br>Assorted Cakes<br>Assorted Hand Fruit                                                                                                                                                                                                                          | Cookies<br>Assorted Cakes<br>Assorted Hand Fruit                                                                                                                                                                                                                  | Cookies<br>Assorted Cakes<br>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

## Dec. 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  
Quinoa with  
Chickpeas and  
Tomatoes

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

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

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