

UPPER SCHOOL

Dec. 1 - 5



CHARLOTTE
COUNTRY DAY
SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Scrambled Eggs Toast 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 Biscuits Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	Scrambled Eggs French Toast Sticks Cheesy Grits Sausage Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	Scrambled Eggs Toast Tater Tots Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit
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	Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumber, 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	Chicken Parmesan Pomodoro Sauce Herbed Pasta Roasted Vegetables	Beef or Bean Burrito Cilantro Rice Roasted Vegetables	Blackened Chicken Caesar Wrap Roasted Brussel Sprouts Butternut Squash Cranberries & Dijon Vinaigrette	Bourbon Chicken Smashed Gold Potatoes Sautéed Spinach and Cherry Tomatoes	Spaghetti w/ Meat Sauce or Meatless Sauce Balsamic Roasted Vegetables Garlic Bread
PIZZA	Pepperoni or Cheese	Pepperoni or Cheese	Pepperoni or Cheese	Pepperoni or Cheese	Pepperoni or Cheese
MADE WITHOUT GLUTEN	Parmesan Chicken Baked Sweet Potato	Sweet & Sour Meatballs Fried Cabbage	Italian Chicken Baked Potato	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	<u>Bowl & Broth</u> Pork Butt or Tofu, Spicy Rice Noodles, Mushrooms, Edamame, Bok Choy, Green Onion Miso Broth	<u>Bowl & Broth</u> Thai Garlic Chicken or Tofu Soba Noodle Carrot, Red Onion, Baby Corn, Radish Hard Boiled Egg Thai Coconut Curry Broth	<u>Bowl & Broth</u> Crispy Pork Belly or Tofu Ramen Noodle, Broccoli, Shitake Mushroom, Grill Red Onion, Fresh Cilantro Sweet & Sour Broth	<u>Bowl & Broth</u> Spicy Beef or Tofu Rice Noodle w/ Cabbage, Carrot, Cucumber, Green Onion Fresh Lime Asian Vinaigrette	<u>Bowl & Broth</u> Spicy Thai Chicken or Tofu Soba Noodle, Grilled Bok Choy, Carrots, Jalapeños, Spicy Miso Broth
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

Dec. 8 - 12



**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	US READING DAY	Biscuits	Biscuits
SOUP	Tomato Chicken Corn Chowder	Vegetable Chicken Lemon Orzo	Beef Barley	Chicken Noodle	Chili
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			
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	Orange Chicken Lo Mein Noodles Stir Fry Vegetables Vegetable Egg Roll	Beef Lasagna, Sauteed Spinach w/ Garlic Parmesan Cream Bread Stick	Chef's Choice	Chef's Choice	Chef's Choice
PIZZA	Pepperoni or Cheese	Pepperoni or Cheese			
Made Without GLUTEN	Beef & Cheese Stuffed Potato Lemon Pepper Broccoli	Baked Chipotle Chicken Cumin Black-Beans			
GRILL	Hamburger, Cheeseburger or Black Bean Burger, Grilled Chicken, French Fries	Hamburger, Cheeseburger or Black Bean Burger, Grilled Chicken, French Fries			
SHOW THYME	<u>Union BBQ</u> Smoked Pulled Pork, BBQ Tofu, Baked Beans, Corn on the Cob, Pickles Corn Bread Muffin	<u>Union BBQ</u> Smoked Chicken, BBQ Tofu, Mac & Cheese, Green Beans, Picked Red Onion, Texas Toast			
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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 - Use a variety of spices to reduce the use of salt
 - Use shell eggs that are cage-free and certified humane

UPPER SCHOOL

Dec. 15 - 19



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Biscuits	Biscuits	Biscuits	Biscuits	Biscuits
SOUP	Chicken Florentine	Potato Leek	Cabbage Soup	Chicken Noodle	Chili
DELI					
SALAD BAR	 Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumber, 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	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice
PIZZA					
MADE WITHOUT GLUTEN					
GRILL					
SHOW THYME					
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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