

# LOWER SCHOOL JANUARY 5-9



**CHARLOTTE  
COUNTRY DAY  
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Italian Wedding (Beef & Chicken)	Chicken Noodle	Black Bean Soup	Taco Soup	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	Bowtie Pasta w/ Meatballs Alfredo or Marinara Garlic Toast Collard Greens w/ Garlic	<b><u>TACO TUESDAYS</u></b>  Cheese Quesadilla Turkey Taco Spanish Rice Mexican Vegetables	<b><u>PIZZA WEDNESDAYS</u></b>  Cheese Pizza Corn on the Cob Sauteed Snow Peas Turkey & Cheese Wrap	 Herbed Baked Chicken Legs House Made Mac & Cheese Broccoli & Cauliflower	<b><u>FUN FOOD FRIDAY</u></b>  Chicken Tenders Grilled Chicken Roasted Vegetables Carrot Fries
MADE WITHOUT GLUTEN	 Italian Sausage with Peppers, Onions & Potatoes	 Garlic Parmesan Chicken Lemon Broccoli	 Cheese Pizza Corn on the Cob	 Tofu Palak Paneer Spiced Jasmine	 Chicken Tenders Baked Sweet Potato
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 JANUARY 12-16



**CHARLOTTE  
COUNTRY DAY  
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Tomato	Vegetable	Spicy Beef & Rice	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	Creamy Chicken Alfredo w/ Fettuccini Kale Chips Breadstick Vegetable Wrap	<b>TACO TUESDAYS</b> Nachos w/ Beef Cheese Sauce Salsa & Sour Cream Cilantro Rice Black Beans BLT Wrap	<b>PIZZA WEDNESDAYS</b> Cheese Pizza Roasted Vegetables Caesar Pasta Salad Hummus & Spinach Wrap	Teriyaki Chicken Garlic Ginger Noodles Honey Glazed Carrots Southwest Turkey Wrap	<b>FUN FOOD FRIDAY</b> Grilled Chicken Sandwich or Crispy Chicken Sandwich Waffle Fries Snow Peas
MADE WITHOUT GLUTEN	Jerk Chicken Sweet Potato, Peppers & Black Bean Hash	Baked Chipotle Chicken Rice	Cheese Pizza Lemon Broccoli	Italian Sausage w/ Peppers & Onions Buffalo Cauliflower	Chicken Sandwich Snow Peas
DESSERT	Two Hand Fruits Cookies	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 JANUARY 19-23



**CHARLOTTE  
COUNTRY DAY  
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	<b>MLK Holiday</b>	Beef Vegetable	Beef Noodle	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
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
COMFORT ZONE	<b>MLK Holiday</b>	<b><u>TACO TUESDAYS</u></b> Cheese Quesadilla  Chicken Tacos Spanish Rice Steamed Bok Choy	<b><u>PIZZA WEDNESDAYS</u></b> Cheese Pizza  Green Peas Sweet Corn Ham & Swiss Wrap	French Toast w/ Maple Syrup  Sweet Potatoes Turkey Sausage Links Chicken Fried Rice	<b><u>FUN FOOD FRIDAY</u></b>  Chicken Nuggets Baked Sweet Potato Baked Potato Sauteed Spinach
MADE WITHOUT GLUTEN		 Chili Lime Chicken	 Cheese Pizza Corn	 Brazilian Zucchini Casserole	 Chicken Nuggets Baked Potato
DESSERT		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 JANUARY 26-30



**CHARLOTTE  
COUNTRY DAY  
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Broccoli, Ham & Cheese	Chicken Tortilla	Minestrone	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	Grilled Cheese Sandwich Buffalo Cauliflower Parmesan Roasted Potato Wedges BLT Wrap	<b><u>TACO TUESDAYS</u></b> Beef Nachos with Queso (Salsa & Sour Cream) Pinto Beans Aztec Corn	<b><u>PIZZA WEDNESDAYS</u></b> Cheese Pizza Zucchini w/ Cilantro Sauce Carrot Fries Chicken & Ranch Wrap	Sweet & Sour Chicken Fried Brown Rice Capri Blend Vegetables Herbed Pasta	<b><u>FUN FOOD FRIDAY</u></b> Grilled Chicken Sandwich or Crispy Chicken Sandwich Waffle Fries Carrots & Green Beans
MADE WITHOUT GLUTEN	Italian Sausage Baked Sweet Potato	Beef & Cheddar Stuffed Potatoes Broccoli	Cheese Pizza Carrots Fries	Tahini Chicken Lentil Rice & Spinach Pilaf	Chicken Sandwich Baked Potato
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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