

MIDDLE SCHOOL JAN. 5-9



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Italian Wedding	Chicken Tortilla	Broccoli Cheddar	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	Chicken Parmesan or Eggplant Parmesan Herbed Pasta Green Beans Pomodoro Sauce	Orange Chicken Orange Tofu Lo Mein, Edamame Mushrooms, Fire Roasted Corn Yum Yum Sauce	Cheese or Pepperoni Green Beans Carrot Fries Chicken Club Wrap	Black Bean & Sweet Potato Quesadilla Chicken Enchiladas (Sour Cream) Fiesta Rice Refried Beans Street Corn Salad	Bourbon Chicken Lemon Broccoli Smashed Gold Potatoes
MADE WITHOUT GLUTEN	Grilled Chicken Loaded Baked Potato Casserole	Grilled Chicken Baked Potato	Grilled Chicken Carrot Fries	Grilled Chicken Baked Sweet Potato	Grilled Chicken Zucchini Sticks
PANINI	Turkey & Cheddar Panini	Italian Panini	Turkey, Bacon & Mozzarella Panini	Chicken Club Panini	Ham & Swiss Panini
FAST FOOD	Chipotle Chicken Quesadilla Cheese Sticks w/ Marinara	½lb All Beef Hot Dog Chicken Nuggets Waffle Fries	Chicken Sandwich Tater Tots	Chicken Tenders Grilled Cheese Waffle Fries	Nachos w/ Queso Corn Dog
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

MIDDLE SCHOOL

JAN. 12-16



CHARLOTTE
COUNTRY DAY
SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Vegetable	Navy Bean	Chicken Noodle	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	 Asian Rice Bowl  Teriyaki Chicken  Teriyaki Tofu Brown Rice Edamame	 Santa Fe Chicken Pita  Oven Roasted Red Potatoes w/ Garlic Spiced Brussel Sprouts	 Cheese or Pepperoni Pizza  Egyptian Green Beans w/ Carrots  Greek Salad BLT Wrap	 Bruschetta Chicken with Melted Mozzarella and Balsamic Glaze  Toasted Lemon Orzo  Zucchini w/ Cilantro Sauce	 Open Faced-BBQ Pork Sandwich  Pineapple Carrot Slaw  Charro Pinto Beans Fried Squash
Made without Gluten	 Grilled Chicken  Baked Sweet Potato	 Grilled Chicken  Buffalo Cauliflower	 Grilled Chicken  Baked Potato	 Grilled Chicken  Sautéed Snow Peas	 Grilled Chicken  Lemon Broccoli
PANINI	Chicken Club Panini	Turkey, Bacon & Mozzarella Panini	Italian Panini	Ham & Swiss Panini	Turkey & Cheddar Panini
FAST FOOD	Chicken Quesadilla Cheese Sticks w/ Marinara	Pepperoni Calzones Cheeseburgers Black Bean Burger Seasoned Fries	Boneless BBQ Chicken Wings Tater Tots	Nachos w/ Queso Corn Dog	Spicy Chicken Sandwich Grilled Cheese Seasoned 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

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- 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 JAN. 19-23



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP		Loaded Baked Potato	Chicken Enchilada	Chicken Noodle	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
SALAD BAR	MLK Holiday CLOSED	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		Korean Chicken Bao Buns w/ Slaw Sweet Potato Fries Roasted Vegetables	Cheese or Pepperoni Pizza Sautéed Spinach & Grape Tomatoes Carrot Fries Southwest Turkey Wrap	Beef Soft Taco Chicken Fajitas Cilantro Lime Rice Mexican Street Corn Salsa Sour Cream Cheese	Chicken Shawarma Pita Macaroni & Cheese Fried Okra
IMDE WITHOUT GLUTEN		Grilled Chicken Baked Potato	Grilled Chicken Sautéed Kale	Grilled Chicken Baked Sweet Potato	Grilled Chicken Lemon Broccoli
PANINI		Italian Panini	Turkey & Cheddar Panini	Ham & Swiss Panini	Turkey, Bacon & Mozzarella Panini
FAST FOOD		Chicken Caesar Wrap Grilled Cheese Waffle Fries	Chicken Nuggets Tater Tots	Calzone Cheeseburger Black Bean Burger Waffle Fries	Nachos w/ Queso Corn Dog
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

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MIDDLE SCHOOL

Jan 26-30



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Broccoli Cheddar	Zuppa Toscana	Chicken Noodle	Beef Barley	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
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COMFORT ZONE	Turkey Tacos Tofu Tacos Cheese Sour Cream Avocado Salsa Cilantro Rice Refried Beans	Manicotti with Marinara Tofu Garlic Toast Collard Greens	Cheese or Pepperoni Pizza Honey Glazed Carrots Grilled Zucchini Ham & Swiss Wrap	Fried Chicken Baked Chicken Mashed Potatoes w/ Gravy Garlicky Swiss Chard	Sticky Korean Meatball Bao Buns Sticky Korean Tofu Asian Slaw Balsamic Roasted Vegetables Tater Tots
Made without Gluten	Grilled Chicken Loaded Baked Potato Casserole	Grilled Chicken Baked Potato	Grilled Chicken Buffalo Cauliflower	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	Cheese Quesadilla Cheese Sticks w/ Marinara	Calzones Chicken Nuggets Waffle Fries	Chicken Sandwich Waffle Fries	Nachos w/ Queso Corn Dog	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

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