

# UPPER SCHOOL

## Jan.5 - 9



**CHARLOTTE**  
**COUNTRY DAY**  
**SCHOOL**

|                     | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---------------------|--|---|---|---|---|
| BREAKFAST           | Scrambled Eggs<br>Toast<br>Tater Tots<br>Bacon<br>Assorted Freshly Baked Muffins,<br>Freshly Cut Seasonal Fruit  | Scrambled Eggs<br>Pancakes<br>Cheesy Grits<br>Sausage<br>Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit   | Scrambled Eggs<br>Tater Tots<br>Biscuits<br>Bacon<br>Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit   | Scrambled Eggs<br>French Toast Sticks<br>Cheesy Grits<br>Sausage<br>Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit  | Scrambled Eggs<br>Toast<br>Tater Tots<br>Bacon<br>Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit  |
| SOUP                | Italian Wedding Butternut Squash   | Potato Leek Chicken Noodle  | Black Bean Spicy Thai Chicken   | Taco Soup Broccoli & Cheddar  | Chili Cauliflower & Cheese  |
| 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<br>House Made Croutons | Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings<br>House Made Croutons | Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings<br>House Made Croutons | Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings<br>House Made Croutons | Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings<br>House Made Croutons |
| COMFORT ZONE        | Blackened Chicken Thighs<br>Red Beans and Rice<br>Fried Squash<br>Hush Puppies   | Spicy Beef Nachos<br>Black Bean & Corn Salsa<br>Mexican Slaw<br>Queso   | Fried Chicken Bowl<br>Mashed Potatoes, Creamed Corn, Crispy Kale, Cheddar Cheese, Pan Gravy   | Spaghetti w/ Meat Sauce or Marinara<br>Balsamic Roasted Vegetables<br>Garlic Bread  | Bourbon Chicken<br>Smashed Gold Potatoes<br>Sautéed Spinach and Cherry Tomatoes   |
| PIZZA               | Pepperoni or Cheese  | Pepperoni or Cheese   | Pepperoni or Cheese   | Pepperoni or Cheese   | Pepperoni or Cheese   |
| MADE WITHOUT GLUTEN | Italian Sausage w/ Peppers, Onions, and Potatoes   | Garlic Parmesan Chicken<br>Lemon Broccoli   | Lime Chicken / Black Bean Sauce   | Tofu Palak Paneer<br>Spiced Jasmine   | Honey Glazed Pork<br>Baked Sweet Potao  |
| 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          | Crispy Pork Belly or Tofu<br>Ramen Noodle, Broccoli, Shitake Mushroom, Grill Red Onion, Fresh Cilantro<br>Sweet and Sour Broth   | Sesame Chicken<br>Lo Mein<br>Edamame, Mushrooms, Fire Roasted Corn<br>Yum Yum Sauce   | Beef Tostada<br>Black Beans, Cilantro Rice, Mexican Slaw, Pickled Red Onions & Jalapeños, Mexican Crema   | Greek Chicken Bowl<br>Quinoa Tabbouleh, Mixed Greens, Hummus, Cucumber, Tomato, Feta, Greek Dressing  | Pulled Pork BBQ Bowl<br>Sweet Potato Hash, Collard Greens w/ Bacon, Corn Bread Muffins  |
| DESSERT             | Cookies, Cake or Ice Cream<br>Assorted Hand Fruit  | Cookies, Cake or Ice Cream<br>Assorted Hand Fruit   | Cookies, Cake or Ice Cream<br>Assorted Hand Fruit   | Cookies, Cake or Ice Cream<br>Assorted Hand Fruit   | Cookies, Cake or Ice Cream<br>Assorted Hand Fruit   |

#### 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

**Eat the BeWell Way! Look for the BeWell Blueberry!**

**Supports the Nutritional Needs of Young Athletes**

# UPPER SCHOOL

## Jan. 12 - 16



**CHARLOTTE**  
**COUNTRY DAY**  
**SCHOOL**

|                     | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---------------------|---|---|---|---|---|
| BREAKFAST           | Scrambled Egg<br>Toast<br>Cheesy Grits<br>Sausage<br>Assorted Freshly Baked Muffins,<br>Freshly Cut Seasonal Fruit  | Scrambled Eggs<br>Pancakes<br>Tater Tots<br>Bacon<br>Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit   | Scrambled Eggs<br>Toast<br>Cheesy Grits<br>Sausage<br>Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit  | Scrambled Eggs<br>Biscuits<br>Tater Tots<br>Bacon<br>Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit   | Scrambled Eggs<br>French Toast Sticks<br>Cheesy Grits<br>Bacon<br>Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit  |
| SOUP                | Tomato Chicken Corn Chowder   | Vegetable Pork, White Bean, and Kale  | Spicy Beef & Rice Island Kale & Sweet Potato  | Chicken Noodle Tomato Florentine  | Chili Spinach Parmesan  |
| 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, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings<br>House Made Croutons | Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings<br>House Made Croutons | Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings<br>House Made Croutons | Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings<br>House Made Croutons | Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu Cauliflower, Carrots Beans, Olives, Beets<br>Assorted Cheeses & Dressings<br>House Made Croutons |
| COMFORT ZONE        | Chicken Cordon Blu<br>Rice Pilaf<br>Sauteed Snow Peas   | Beef or Chicken Tacos<br>Refried Beans, Mexican Rice, Pico de Gallo   | Baked Penne Pasta w/ Roasted Chicken<br>Sundried Tomato<br>Grilled Red Onions, Artichoke Hearts, Pesto Cream<br>Crispy Kale & Garlic Bread  | Fried Chicken Caesar Salad Wrap<br>Garden Pasta Salad<br>Zucchini W/ Cilantro Lime Sauce  | Opened-Faced Pulled Pork Sandwich<br>Root Beer Baked Beans<br>Cole Slaw, Fried Okra   |
| PIZZA               | Pepperoni or Cheese   | Pepperoni or Cheese   | Pepperoni or Cheese   | Pepperoni or Cheese   | Pepperoni or Cheese   |
| MADE WITHOUT GLUTEN | Jerk Chicken<br>Sweet Potato, Peppers & Black Bean Hash   | Baked Chipotle Chicken<br>Rice  | Beef and Cheese Stuffed Potato<br>Lemon Broccoli  | Italian Sausage w/ Peppers & Onions<br>Buffalo Cauliflower  | Mid- Summer Risotto<br>Grilled Chicken  |
| 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          | Korean Fried Chicken<br>Bao Buns w/ Kimchi<br>Egg Fried Rice<br>Oriental Broccoli   | Creamy Spinach Lasagna w/ Herbed Ricotta, Mozzarella, Provolone<br>Balsamic Roasted Vegetables<br>Garlic Bread  | Chinese Pork Tenderloin<br>Hoisin<br>Green Curried Asian Vegetables<br>Jasmine Rice   | Taco Salad<br>Spicy Beef, Aztec Corn, Black Beans Peppers, and Tomatoes Chimichurri Slaw<br>Sour Cream<br>Tortilla Strips   | Teriyaki Glazed Chicken Bowl<br>Baked Apple and Sweet Potato Gratin<br>Fried Cabbage & Shallots<br>Corn Fritter   |
| 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






































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- 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

## Jan. 19 – 23



**CHARLOTTE  
COUNTRY DAY  
SCHOOL**

|                     | MONDAY             | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---------------------|--------------------|---|---|---|---|
| BREAKFAST           | <b>MLK HOLIDAY</b> |  Scrambled Eggs<br> Pancakes<br>Tater Tots<br>Bacon<br>Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit   |  Scrambled Eggs<br> Toast<br>Cheesy Grits<br>Sausage<br>Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit  |  Scrambled Eggs<br> Biscuits<br>Tater Tots<br>Bacon<br>Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit   |  Scrambled Eggs<br> French Toast<br>Tater Tots<br>Bacon<br>Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit   |
| SOUP                |                    | Beef Vegetable<br>Bavarian Lentil   | Beef Noodle<br>Cream of Mushroom  | Chicken Noodle<br>Chipotle Sweet Potato   | Chili<br>North African Chickpea   |
| DELI                |                    | Cured Ham, Turkey,<br>Salami, Chicken Salad,<br>Assorted Cheeses,<br>Lettuce, Tomato, Red<br>Onion, Pickles, Assorted<br>Bread  | Cured Ham, Turkey,<br>Salami, Chicken Salad,<br>Assorted Cheeses,<br>Lettuce, Tomato, Red<br>Onion, Pickles, Assorted<br>Bread  | Cured Ham, Turkey,<br>Salami, Chicken Salad,<br>Assorted Cheeses,<br>Lettuce, Tomato, Red<br>Onion, Pickles, Assorted<br>Bread  | Cured Ham, Turkey,<br>Salami, Chicken Salad,<br>Assorted Cheeses,<br>Lettuce, Tomato, Red<br>Onion, Pickles, Assorted<br>Bread  |
| SALAD BAR           |                    |  Spinach, Romaine,<br> Mixed Greens, Kale,<br>Tomato, Cucumbers,<br>Broccoli, Peppers, Tofu,<br>Cauliflower, Carrots,<br>Beans, Olives, Beets,<br>Assorted Cheeses &<br>Dressings,<br>House Made Croutons |  Spinach, Romaine,<br> Mixed Greens, Kale,<br>Tomato, Cucumbers,<br>Broccoli, Peppers, Tofu,<br>Cauliflower, Carrots,<br>Beans, Olives, Beets,<br>Assorted Cheeses &<br>Dressings,<br>House Made Croutons |  Spinach, Romaine,<br> Mixed Greens, Kale,<br>Tomato, Cucumbers,<br>Broccoli, Peppers, Tofu,<br>Cauliflower, Carrots,<br>Beans, Olives, Beets,<br>Assorted Cheeses &<br>Dressings,<br>House Made Croutons |  Spinach, Romaine,<br> Mixed Greens, Kale,<br>Tomato, Cucumbers,<br>Broccoli, Peppers, Tofu,<br>Cauliflower, Carrots,<br>Beans, Olives, Beets,<br>Assorted Cheeses &<br>Dressings,<br>House Made Croutons |
| COMFORT ZONE        |                    | Blackened Chicken Thigh<br>Red Beans & Rice w/<br>Peppers, Tomatoes<br> Fried Okra<br>Creole Tomato Sauce  | Baked Manicotti<br>Lemon Parmesan<br> Broccoli<br>Garlic Toast   |  Spicy Korean Chicken<br>Thigh<br> Pineapple Fried Rice<br>Grilled Bok Choy   | Baked Potato Bar<br>Pulled Pork, Chili<br> Broccoli, Jalapenos,<br> Green Onions, Cheddar<br>Cheese<br>Sour Cream & Butter  |
| PIZZA               |                    | Pepperoni & Cheese  | Pepperoni & Cheese  | Pepperoni & Cheese  | Pepperoni & Cheese  |
| MADE WITHOUT GLUTEN |                    |  Chili Lime Chicken<br> Grilled Tomato  |  Italian Baked Chicken<br> Baked Potato   |  Brazilian Zucchini<br> Casserole   |  Cuban Marinated Mojo<br> Pork Tenderloin<br>Cilantro Rice  |
| GRILL               |                    | Hamburger,<br>Cheeseburger or Black<br>Bean Burger, Grilled<br>Chicken, French Fries  | Hamburger,<br>Cheeseburger or Black<br>Bean Burger, Grilled<br>Chicken, French Fries  | Hamburger,<br>Cheeseburger or Black<br>Bean Burger, Grilled<br>Chicken, French Fries  | Hamburger,<br>Cheeseburger or Black<br>Bean Burger, Grilled<br>Chicken, French Fries  |
| SHOW THYME          |                    |  Chorizo Chili Rellenos<br>Potatoes Bravas<br>Street Corn Salad<br>Avocado Crema   |  Chicken Fajita Quesadilla<br>Saffron Rice<br> Chili Lime Roasted<br>Vegetables<br>Charred Tomato Salsa   |  Opened Faced Smoked<br>BBQ Sandwich<br> Mesquite Wedge<br>Potatoes, BBQ<br>Cauliflower, Coleslaw<br>Hushpuppy  |  Gochujang Spiced<br>Chicken Fritters<br> Asian Noodle Salad<br>Vegetable Spring Roll   |
| DESSERT             |                    | Cookies, Cake or<br>Ice Cream<br>Assorted Hand Fruit  | Cookies, Cake or<br>Ice Cream<br>Assorted Hand Fruit  | Cookies, Cake or<br>Ice Cream<br>Assorted Hand Fruit  | Cookies, Cake or<br>Ice Cream<br>Assorted Hand Fruit  |

#### 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



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**Supports the Nutritional Needs of Young Athletes**



# UPPER SCHOOL

## Jan. 26 - 30



**CHARLOTTE**  
**COUNTRY DAY**  
**SCHOOL**

|                    | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--------------------|--|---|---|---|---|
| BREAKFAST          | Scrambled Eggs<br>Toast<br>Tater Tots<br>Bacon<br>Assorted Freshly Baked Muffins,<br>Freshly Cut Seasonal Fruit  | Scrambled Eggs<br>Pancakes<br>Cheesy Grits<br>Sausage<br>Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit   | Scrambled Eggs<br>Biscuits<br>Tater Tots<br>Bacon<br>Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit   | Scrambled Eggs<br>French Toast Sticks<br>Cheesy Grits<br>Sausage<br>Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit  | Scrambled Eggs<br>Toast<br>Tater Tots<br>Bacon<br>Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit  |
| SOUP               | Broccoli, Ham & Cheese<br>Mexican Fiesta   | Chicken Tortilla<br>Curried Carrot & Apple  | Minestrone<br>Buffalo Chicken   | Chicken Noodle<br>White Bean Florentine   | Chili<br>Corn, Potato, & Pepper Jack  |
| 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<br>House Made Croutons | Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings<br>House Made Croutons | Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings<br>House Made Croutons | Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings<br>House Made Croutons | Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings<br>House Made Croutons |
| COMFORT ZONE       | Chicken or Eggplant Parmesan<br>Herb Pasta<br>Roasted Vegetables<br>Pomodoro Sauce   | Buffalo Chicken Mac & Cheese<br>Ranch Drizzle<br>Brussel Sprouts  | Italian Sausage<br>Cheesy Mash Potato<br>Sautéed Peppers & Onions<br>Roasted Kale<br>Spicy Tomato Sauce   | Spaghetti w/ Meatballs, Marinara or Alfredo<br>Roasted Broccoli<br>Breadstick   | Fried or Grilled BBQ Chicken<br>Baked Mac & Cheese<br>Green Beans<br>Corn Bread   |
| PIZZA              | Pepperoni or Cheese  | Pepperoni or Cheese   | Pepperoni or Cheese   | Pepperoni or Cheese   | Pepperoni or Cheese   |
| MAD WITHOUT GLUTEN | Italian Sausage<br>Baked Sweet Potato  | Beef & Cheddar Stuffed Potatoes<br>Broccoli   | Tofu Thai Curry<br>Jasmine Rice   | Tahini Chicken<br>Lentil Rice & Spinach Pilaf   | Apple Chicken<br>Baked Potato   |
| 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         | Spicy Beef or Tofu<br>Rice Noodle Salad w/ Cabbage, Carrot, Cucumber, Green Onion, Fresh Limes, Asian Vinaigrette  | Tacos Carnitas<br>Chipotle Mexican Rice<br>Pinto Beans<br>Peppers & Onions<br>Grilled Pineapple & Salsa Verde   | Mediterranean Chicken Gyro,<br>Mixed Greens, Pickled Red Onions & Jalapeños, Tzatziki<br>Smashed Potatoes w/ Feta   | Thai Garlic Chicken or Tofu<br>Ramen Noodle, Carrot, Red Onion, Baby Corn, Radish, Hard Boiled Egg<br>Thai Coconut Curry Broth  | Dhaba Curry Chicken<br>Sautéed Snow Peas, Tangy Carrots,<br>Basmati Rice  |
| DESSERT            | Cookies, Cake or Ice Cream<br>Assorted Hand Fruit  | Cookies, Cake or Ice Cream<br>Assorted Hand Fruit   | Cookies, Cake or Ice Cream<br>Assorted Hand Fruit   | Cookies, Cake or Ice Cream<br>Assorted Hand Fruit   | Cookies, Cake or Ice Cream<br>Assorted Hand Fruit   |



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