

LOWER SCHOOL FEBRUARY 2-6



**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 (Beef & Chicken) Alfredo or Marinara Garlic Toast Collard Greens w/ Garlic	<u>TACO TUESDAYS</u> Cheese Quesadilla Turkey Taco Spanish Rice Mexican Vegetables	<u>PIZZA WEDNESDAYS</u> Cheese Pizza Corn on the Cob Sauteed Snow Peas Turkey & Cheese Wrap	Herbed Baked Chicken Legs House Made Mac & Cheese Broccoli & Cauliflower	<u>FUN FOOD FRIDAY</u> Chicken Tenders Grilled Chicken Roasted Vegetables Carrot Fries
MADE WITHOUT GLUTEN	Italian Sausage with Peppers, Onions & Potatoes	Garlic Parmesan Chicken Lemon Broccoli	Cheese Pizza Snow Peas	Tofu Palak Paneer Spiced Jasmine Rice	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

DID YOU KNOW

- ~~primarily cool 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!

LOWER SCHOOL FEBRUARY 9-13



CHARLOTTE
COUNTRY DAY
SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Tomato	Vegetable	Spicy Beef & Rice	Chicken Noodle	NO CLASSES
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	FACULTY WORKDAY
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	 Creamy Chicken Alfredo w/ Fettuccini Kale Chips Breadstick Vegetable Wrap	TACO TUESDAYS Nachos w/ Beef Cheese Sauce Salsa & Sour  Cream Cilantro Rice Black Beans BLT Wrap	PIZZA WEDNESDAYS  Cheese Pizza Roasted Vegetables Caesar Pasta Salad Hummus & Spinach Wrap	 Teriyaki Chicken Garlic Ginger Noodles Honey Glazed Carrots Southwest Turkey Wrap	
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	
DESSERT	Two Hand Fruits Cookies	Two Hand Fruits Cookies	Two Hand Fruits Fruit & Yogurt Parfait	Two Hand Fruits Cookies	



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LOWER SCHOOL FEBRUARY 16-20



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	WINTER BREAK	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	WINTER BREAK	TACO TUESDAYS  Cheese Quesadilla Chicken Tacos Spanish Rice Steamed Bok Choy	PIZZA WEDNESDAYS  Cheese Pizza Green Peas Sweet Corn Ham & Swiss Wrap	French Toast w/ Maple Syrup  Sweet Potatoes Turkey Sausage Links Chicken Fried Rice	FUN FOOD FRIDAY  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 FEBRUARY 23-27



**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	<u>TACO TUESDAYS</u> Beef Burrito Chips & Salsa (Salsa & Sour Cream) Pinto Beans Aztec Corn	<u>PIZZA WEDNESDAYS</u> Cheese Pizza Zucchini w/ Cilantro Sauce Carrot Fries Chicken & Ranch Wrap	Sweet & Sour Chicken Fried Brown Rice Capri Blend Vegetables Herbed Pasta	<u>FUN FOOD FRIDAY</u> 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 Carrot Fries	Tahini Chicken Lentil Rice & Spinach Pilaf	Chicken Sandwich Green Beans
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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