














LOWER SCHOOL MARCH 2-6



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Italian Wedding (Beef & Chicken)	Chicken Noodle	Black Bean Soup	Taco Soup (Beef)	NO JK-4
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	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  Sautéed Snow Peas Turkey & Cheese Wrap	Herbed Baked Chicken Legs House Made Mac & Cheese  Broccoli & Cauliflower	NO JK-4
MADE WITHOUT GLUTEN	 Italian Sausage with Peppers, Onions & Potatoes	 Garlic Parmesan Chicken Lemon Broccoli	 Cheese Pizza Corn on the Cob	 Honey Glazed Pork Baked Sweet Potato	
DESSERT	Two Hand Fruits Fruit & Yogurt Parfait	Two Hand Fruits Cookies	Two Hand Fruits Fruit & Yogurt Parfait	Two Hand Fruits Cookies	

 **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 MARCH 9-13



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	NO JK-4	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
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	NO JK-4	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	FUN FOOD FRIDAY Grilled Chicken Sandwich or Crispy Chicken Sandwich Waffle Fries Snow Peas
MADE WITHOUT GLUTEN		Baked Chipotle Chicken Rice	Cheese Pizza Roasted Vegetables	Italian Sausage w/ Peppers & Onions Buffalo Cauliflower	Chicken Sandwich Snow Peas
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 MARCH 16-20



**CHARLOTTE
COUNTRY DAY
SCHOOL**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	SPRING BREAK				SPRING BREAK
DELI					
SALAD					
COMFORT ZONE	SPRING BREAK				SPRING BREAK
MADE W/HTOUT GLUTEN					
DESSERT					



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LOWER SCHOOL MARCH 23-27



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chicken Gumbo (Chicken & Sausage)	Beef Vegetable	Beef Noodle	Chicken Noodle	Chili
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	Fried Chicken Baked Chicken Mashed Potatoes Winter Blend Vegetable Honey Butter Hushpuppies BLT Wrap	<u>TACO TUESDAYS</u>  Cheese Quesadilla  Chicken Tacos Spanish Rice Steamed Bok Choy	<u>PIZZA WEDNESDAYS</u> Cheese Pizza Green Peas Sweet Corn Ham & Swiss Wrap	 French Toast w/ Maple Syrup  Sweet Potatoes  Turkey Sausage Links Chicken Fried Rice	<u>FUN FOOD FRIDAY</u>  Chicken Nuggets Baked Sweet Potato Baked Potato Sauteed Spinach
MADE W/OUT GLUTEN	 Chicken Picatta Quinoa Risotto	 Chili Lime Chicken	 Cheese Pizza Corn	 Brazilian Zucchini Casserole	 Chicken Nuggets 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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LOWER SCHOOL

MAR. 30
APRIL-3



CHARLOTTE
COUNTRY DAY
SCHOOL

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

SOUP	Broccoli, Ham & Cheese	Chicken Tortilla	Minestrone	MATZO SOUP	GOOD FRIDAY No school
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	Grilled Cheese Sandwich  Buffalo Cauliflower Parmesan Roasted Potato Wedges BLT Wrap	TACO TUESDAYS  Beef Burrito (Salsa & Sour Cream) Pinto Beans Aztec Corn	PIZZA WEDNESDAYS  Cheese Pizza  Zucchini w/ Cilantro Sauce Carrot Fries Chicken & Ranch Wrap	Sweet & Sour Chicken Fried Brown Rice  Capri Blend Vegetables Herbed Pasta	GOOD FRIDAY
MADE WHTOUT GLUTEN	 Italian Sausage Baked Sweet Potato	 Beef & Cheddar Stuffed Potatoes Broccoli	 Cheese Pizza Carrot Fries	 Tahini Chicken Lentil Rice & Spinach Pilaf	
DESSERT	Two Hand Fruits Fruit & Yogurt Parfait	Two Hand Fruits Cookies	Two Hand Fruits Fruit & Yogurt Parfait	Two Hand Fruits Cookies	

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