

MIDDLE SCHOOL MARCH 2-6



**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	¼lb 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 MARCH 9-13



**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	<ul style="list-style-type: none"> Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons 	<ul style="list-style-type: none"> Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons 	<ul style="list-style-type: none"> Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons 	<ul style="list-style-type: none"> Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons 	<ul style="list-style-type: none"> Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons
COMFORT ZONE	<ul style="list-style-type: none"> Asian Rice Bowl Teriyaki Chicken Teriyaki Tofu Brown Rice Edamame 	<ul style="list-style-type: none"> Santa Fe Chicken Pita Oven Roasted Red Potatoes w/ Garlic Spiced Brussel Sprouts 	<ul style="list-style-type: none"> Cheese or Pepperoni Pizza Egyptian Green Beans w/ Carrots Greek Salad BLT Wrap 	<ul style="list-style-type: none"> Bruschetta Chicken with Melted Mozzarella and Balsamic Glaze Toasted Lemon Orzo Zucchini w/ Cilantro Sauce 	<ul style="list-style-type: none"> Open Faced-BBQ Pork Sandwich Pineapple Carrot Slaw Charro Pinto Beans Fried Squash
MADE WITHOUT GLUTEN	<ul style="list-style-type: none"> Grilled Chicken Baked Sweet Potato 	<ul style="list-style-type: none"> Grilled Chicken Buffalo Cauliflower 	<ul style="list-style-type: none"> Grilled Chicken Baked Potato 	<ul style="list-style-type: none"> Grilled Chicken Sautéed Snow Peas 	<ul style="list-style-type: none"> 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 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 MARCH 16-20



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK
DELI					
SALAD BAR					
COMFORT ZONE	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK
MADE WITHOUT GLUTEN					
PANINI					
FAST FOOD					
DESSERT					































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MIDDLE SCHOOL MARCH 23-27



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Vegetable 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	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	Drunken Noodles With Soy Marinated Chicken   Broccoli Vegetable Eggroll	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
MADE WITHOUT GLUTEN	  Grilled Chicken Carrot Fries	  Grilled Chicken Baked Potato	  Grilled Chicken Sautéed Kale	  Grilled Chicken Baked Sweet Potato	  Grilled Chicken Lemon Broccoli
PANINI	Italian Panini	Italian Panini	Turkey & Cheddar Panini	Ham & Swiss Panini	Turkey, Bacon & Mozzarella Panini
FAST FOOD	Chicken Caesar Wrap Grilled Cheese Waffle Fries	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	Cookies Assorted Cakes Assorted Hand Fruit

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MIDDLE SCHOOL MARCH 30 APRIL 3



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Broccoli Cheddar	Zuppa Toscana	MATZO SOUP	MATZO SOUP	GOOD FRIDAY CLOSED
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	<ul style="list-style-type: none"> Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons 	<ul style="list-style-type: none"> Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons 	<ul style="list-style-type: none"> Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons 	<ul style="list-style-type: none"> Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons 	
COMFORT ZONE	<ul style="list-style-type: none"> Turkey Tacos Tofu Tacos Cheese Sour Cream Avocado Salsa Cilantro Rice Refried Beans 	<ul style="list-style-type: none"> Manicotti with Marinara Tofu Garlic Toast Collard Greens 	<ul style="list-style-type: none"> Cheese or Pepperoni Pizza Honey Glazed Carrots Grilled Zucchini Ham & Swiss Wrap 	<ul style="list-style-type: none"> Fried Chicken Baked Chicken Mashed Potatoes w/ Gravy Garlicky Swiss Chard 	GOOD FRIDAY CLOSED
MADE WITHOUT GLUTEN	<ul style="list-style-type: none"> Grilled Chicken Loaded Baked Potato Casserole 	<ul style="list-style-type: none"> Grilled Chicken Baked Potato 	<ul style="list-style-type: none"> Grilled Chicken Buffalo Cauliflower 	<ul style="list-style-type: none"> Grilled Chicken Baked Sweet Potato 	
PANINI	Italian Panini	Turkey, Bacon & Mozzarella Panini	Chicken Club Panini	Ham & Swiss Panini	
FAST FOOD	<ul style="list-style-type: none"> Cheese Quesadilla Cheese Sticks w/ Marinara 	<ul style="list-style-type: none"> Calzones Chicken Nuggets Waffle Fries 	<ul style="list-style-type: none"> Chicken Sandwich Waffle Fries 	<ul style="list-style-type: none"> Nachos w/ Queso Corn Dog 	
DESSERT	<ul style="list-style-type: none"> Cookies Assorted Cakes Assorted Hand Fruit 	<ul style="list-style-type: none"> Cookies Assorted Cakes Assorted Hand Fruit 	<ul style="list-style-type: none"> Cookies Assorted Cakes Assorted Hand Fruit 	<ul style="list-style-type: none"> Cookies Assorted Cakes Assorted Hand Fruit 	

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