

UPPER SCHOOL

Feb. 2 - 6



CHARLOTTE
COUNTRY DAY
SCHOOL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST	Scrambled Eggs Toast Tater Tots Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	Scrambled Eggs Pancakes Cheesy Grits Sausage Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	Scrambled Eggs Biscuits Tater Tots Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	Scrambled Eggs French Toast Sticks Cheesy Grits Sausage Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	Scrambled Eggs Toast Tater Tots Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit
	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 House Made Croutons	Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons	Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons	Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons	Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons
COMFORT ZONE	Blackened Chicken Thighs Red Beans and Rice Fried Squash Corn Bread Stick	Spicy Beef Nachos Black Bean & Corn Salsa Mexican Slaw Queso	Fried Chicken Bowl Mashed Potatoes Creamed Corn, Crispy Kale, Cheddar Cheese Pan Gravy	Spaghetti w/ Meat Sauce or Marinara Balsamic Roasted Vegetables Garlic Bread	Bourbon Chicken Smashed Gold Potatoes 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 Lemon Broccoli	Lime Chicken / Black Bean Sauce	Tofu Palak Paneer Spiced Jasmine Rice	Honey Glazed Pork 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 Ramen Noodle, Broccoli, Shiitake Mushroom, Grill Red Onion, Fresh Cilantro Sweet and Sour Broth	Sesame Chicken Lo Mein Edamame, Mushrooms Fire Roasted Corn Yum Yum Sauce	Beef Tostada Black Beans, Cilantro Rice, Mexican Slaw, Pickled Red Onions & Jalapeños, Mexican Crema'	Greek Chicken or Kofta Bowl Quinoa Tabbouleh, Mixed Greens, Hummus, Cucumber, Tomato, Feta, Greek Dressing	Pulled Pork BBQ Bowl Sweet Potato Hash Collard Greens w/ Bacon Hushpuppies
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

- 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

UPPER SCHOOL

Feb. 9 - 13



CHARLOTTE
COUNTRY DAY
SCHOOL

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
BREAKFAST	Scrambled Egg Toast Cheesy Grits Sausage Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	Scrambled Eggs Pancakes Tater Tots Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	Scrambled Eggs Toast Cheesy Grits Sausage Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	Scrambled Eggs Biscuits Tater Tots Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	NO CLASSES				
SOUP	Tomato Chicken Corn Chowder	Vegetable Pork, White Bean, and Kale	Spicy Beef & Rice Island Kale & Sweet Potato	Chicken Noodle Tomato Florentine					
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					
SALAD BAR	Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons	Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons	Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons	Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons	FACULTY WORKDAY				
COMFORT ZONE	Chicken Cordon Bleu Rice Pilaf Sautéed Snow Peas	Beef or Chicken Tacos Refried Beans, Mexican Rice, Pico de Gallo 	Baked Penne Pasta w/ Roasted Chicken Sundried Tomato, Grilled Red Onions, Artichoke Hearts, Pesto Cream Crispy Kale & Garlic Bread 	Fried Chicken Caesar Salad Wrap Garden Pasta Salad Zucchini W/ Cilantro Lime Sauce 					
PIZZA	Pepperoni or Cheese	Pepperoni or Cheese	Pepperoni or Cheese	Pepperoni or Cheese					
MADE WITHOUT GLUTEN	Jerk Chicken Sweet Potato, Peppers & Black Bean Hash	Baked Chipotle Chicken Rice	Beef and Cheese Stuffed Potato Lemon Broccoli	Italian Sausage w/ Peppers & Onions Buffalo Cauliflower					
GRILL	Hamburger, Cheeseburger or Black Bean Burger, Grilled Chicken, French Fries								
SHOW THYME	Sticky Korean Meatball Bao Buns Thai Tofu Bao Bun w/Asian Slaw, Pineapple Fried Rice, Gochujang Sauce	Spicy Shrimp Pho or Chicken Pho Sweet Corn Edamame Green Onions Tofu	Pork Belly Pho Asian Vegetables Chicken Potstickers	Taco Salad Spicy Shredded Beef Aztec Corn, Black Beans Peppers, and Tomatoes Chimichurri Slaw Sour Cream Tortilla Strips					
DESSERT	Cookies, Cake or Ice Cream 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

UPPER SCHOOL

Feb. 16 – 20



CHARLOTTE
COUNTRY DAY
SCHOOL

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

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- 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

Feb. 23 - 27



CHARLOTTE
COUNTRY DAY
SCHOOL

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



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