

# UPPER SCHOOL

## Feb. 2 - 6



**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                | 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, 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, Assorted Cheeses & Dressings<br>House Made Croutons |
| COMFORT ZONE        | Blackened Chicken Thighs<br>Red Beans and Rice<br>Fried Squash<br>Corn Bread Stick  | Spicy Beef Nachos<br>Black Bean & Corn Salsa<br>Mexican Slaw<br>Queso   | Fried Chicken Bowl<br>Mashed Potatoes<br>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 Rice  | Honey Glazed Pork<br>Baked Sweet Potatoes   |
| 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 Sweet and Sour Broth   | Sesame Chicken<br>Lo Mein<br>Edamame, Mushrooms<br>Fire Roasted Corn<br>Yum Yum Sauce   | Beef Tostada<br>Black Beans, Cilantro Rice, Mexican Slaw, Pickled Red Onions & Jalapeños, Mexican Crema   | Greek Chicken or Kofta Bowl<br>Quinoa Tabbouleh, Mixed Greens, Hummus, Cucumber, Tomato, Feta, Greek Dressing   | Pulled Pork BBQ Bowl<br>Sweet Potato Hash<br>Collard Greens w/ Bacon<br>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<br>Toast<br>Cheesy Grits<br>Sausage<br>Assorted Freshly Baked Muffins, 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   | <b>NO CLASSES</b>      |
| SOUP                | Tomato<br>Chicken Corn Chowder  | Vegetable<br>Pork, White Bean, and Kale   | Spicy Beef & Rice<br>Island Kale & Sweet Potato   | Chicken Noodle<br>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 | <b>FACULTY WORKDAY</b> |
| 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, Grilled Red Onions, Artichoke Hearts, Pesto Cream, Crispy Kale & Garlic Bread  | Fried Chicken Caesar Salad Wrap<br>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<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  |                        |
| GRILL               | Hamburger,<br>Cheeseburger or Black Bean Burger, Grilled Chicken, French Fries  | Hamburger,<br>Cheeseburger or Black Bean Burger, Grilled Chicken, French Fries  | Hamburger,<br>Cheeseburger or Black Bean Burger, Grilled Chicken, French Fries  | Hamburger,<br>Cheeseburger or Black Bean Burger, Grilled Chicken, French Fries  |                        |
| SHOW THYME          | Sticky Korean Meatball Bao Buns<br>Thai Tofu Bao Bun w/Asian Slaw, Pineapple Fried Rice, Gochujang Sauce  | Spicy Shrimp Pho or Chicken Pho<br>Sweet Corn, Edamame, Green Onions, Tofu  | Pork Belly Pho<br>Asian Vegetables, Chicken Potstickers   | Taco Salad<br>Spicy Shredded Beef, Aztec Corn, Black Beans, Peppers, and Tomatoes, Chimichurri Slaw, Sour Cream, Tortilla Strips  |                        |
| 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   |                        |

### 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

## Feb. 16 – 20



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

|                     | MONDAY                     | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---------------------|----------------------------|---|---|---|---|
| BREAKFAST           | <b>Closed Winter Break</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 Seet Potato  | Chili<br>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        |                            | <b>MARDI GRAS</b><br>Blackened Chicken Thigh<br>Red Beans & Rice w/ Peppers & Tomatoes<br>Fried Okra<br>Creole Tomato Sauce   | Baked Manicotti<br>Lemon Parmesan<br>Broccoli<br>Garlic Toast   | Spicy Korean Chicken Thigh<br>Pineapple Fried Rice<br>Grilled Bok Choy  | Baked Potato Bar<br>Pulled Pork, Chili<br>Broccoli, Jalapenos, Green Onions, Cheddar 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 Casserole<br>Sweet Potato Skins w/ Black Beans & Guacamole   | Cuban Marinated Mojo<br>Pork Tenderloin<br>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<br>Potatoes Bravas<br>Street Corn Salad<br>Avocado Crema   | Chicken Fajita Quesadilla<br>Saffron Rice<br>Chili Lime Roasted Vegetables<br>Charred Tomato Salsa  | Opened Faced Smoked BBQ Sandwich<br>Mesquite Wedge<br>Potatoes, BBQ<br>Cauliflower, Coleslaw  | Gochujang Spiced Chicken Fritters<br>Asian Noodle Salad<br>Vegetable Spring Roll  |
| 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   |



**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. 23 - 27



**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 Mexican Fiesta  | Chicken Tortilla Curried Carrot & Apple  | Minestrone 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, 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 | 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<br>Herb Pasta<br>Roasted Vegetables Pomodoro Sauce  | Buffalo Chicken Mac & Cheese<br>Ranch Drizzle<br>Brussel Sprouts   | Italian Meatballs<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 Baked 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  |
| MADE 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<br>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, 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   |



**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