

UPPER SCHOOL

March. 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 | ASSORTED BISCUITS NO STUDENTS | 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 | Italian Wedding Butternut Squash | Potato Leek Chicken Noodle | Black Bean | 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 |
| 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 | Spaghetti w/ Meat Sauce or Marinara Balsamic Roasted Vegetables Garlic Bread | Country Fried Steak Gravy Mashed Potatoes Green Beans | Bourbon Chicken Smashed Gold Potatoes Sautéed Spinach and Cherry Tomatoes | (DAF) Spicy Beef Nachos Black Bean & Corn Salsa Mexican Slaw Queso Chicken Empanadas |
| PIZZA | 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 | | Honey Glazed Pork Baked Sweet Potato | Tofu Palak Paneer Spiced Jasmine 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 | Crispy Pork Belly or Tofu Ramen Noodle, Broccoli, Shitake Mushroom, Grill Red Onion, Fresh Cilantro Sweet and Sour Broth | Sesame Chicken Lo Mein Edamame, Mushrooms, Fire Roasted Corn Yum Yum Sauce | | Greek Chicken 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 |

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 March. 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 | Scrambled Eggs French Toast Sticks Cheesy Grits Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit |
| SOUP | Tomato Chicken Corn Chowder | Vegetable Pork, White Bean, and Kale | Spicy Beef & Rice Island Kale and Sweet Potato | Chicken Noodle Tomato Florentine | Chili Spinach Parmesan |
| 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 Cordon Blu 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 | Opened-Faced Pulled Pork Sandwich Root Beer Baked Beans Cole Slaw, Fried Okra |
| PIZZA | Pepperoni or Cheese | Pepperoni or Cheese | Pepperoni or Cheese | Pepperoni or Cheese | Pepperoni or Cheese |
| MADE W/OUT 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 | Grilled Chicken Mid- Summer Risotto |
| 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 | Sticky Korean Meatball Bao Buns Thai Tofu Bao Bun w/Asian Slaw, Pineapple Fried Rice, Gochujang Sauce | Creamy Spinach Lasagna w/ Herbed Ricotta, Mozzarella, Provolone Balsamic Roasted Vegetables Garlic Bread | Chinese Pork Roast w/ Hoisin Green Curried Asian Vegetables Jasmine Rice | Taco Salad Spicy Shredded Beef Aztec Corn, Black Beans, Peppers, and Tomatoes, Chimichurri Slaw Sour Cream Tortilla Strips | Teriyaki Glazed Chicken Bowl Baked Apple and Sweet Potato Gratin Fried Cabbage & Shallots Corn Fritter |
| 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 March. 23 – 27



**CHARLOTTE
COUNTRY DAY
SCHOOL**

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------|---|---|---|---|---|
| BREAKFAST | Scrambled Eggs French Toast Tater Tots Bacon 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 | Scrambled Eggs French Toast Tater Tots Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit |
| SOUP | Chicken Gumbo Loaded Baked Potato | Beef Vegetable Bavarian Lentil | Beef Noodle Cream of Mushroom | Chicken Noodle Chipotle Seet 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 | 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 | Penne Pasta w/ Grilled Chicken, Cherry Tomatoes, Spinach, Feta Balsamic Reduction | 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 | Pepperoni & Cheese |
| MADE WITHOUT GLUTEN | Chicken Picatta Quinoa Risotto | Chili Lime Chicken Grilled Tomato | Italian Baked Chicken Baked Potato | Brazilian Zucchini Casserole Baked 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 | Hamburger, Cheeseburger or Black Bean Burger, Grilled Chicken, French Fries |
| SHOW THYME | Sliced Pork Tenderloin Sandwich, Mac & Cheese, Coleslaw, Green Beans | 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 | 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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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

March. 30
April 3



CHARLOTTE
COUNTRY DAY
SCHOOL

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------|--|---|---|---|---------------------------|
| BREAKFAST | <ul style="list-style-type: none"> Scrambled Eggs Toast Tater Tots Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit | <ul style="list-style-type: none"> Scrambled Eggs Pancakes Cheesy Grits Sausage Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit | <ul style="list-style-type: none"> Scrambled Eggs Biscuits Tater Tots Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit | <ul style="list-style-type: none"> Scrambled Eggs French Toast Sticks Cheesy Grits Sausage Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit | Closed Good Friday |
| SOUP | Broccoli, Ham & Cheese Mexican Fiesta | Chicken Tortilla Curried Carrot & Apple | Minestrone Buffalo Chicken | MATZO SOUP White Bean 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 | <ul style="list-style-type: none"> Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumber, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons | <ul style="list-style-type: none"> Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons | <ul style="list-style-type: none"> Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons | <ul style="list-style-type: none"> Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons | Closed Good Friday |
| COMFORT ZONE | <ul style="list-style-type: none"> Chicken or Eggplant Parmesan Herb Pasta, Roasted Vegetables Pomodoro Sauce | <ul style="list-style-type: none"> Buffalo Chicken Mac & Cheese Ranch Drizzle Brussel Sprouts | <ul style="list-style-type: none"> Italian Meatballs Cheesy Mash Potato Sautéed Peppers & Onions Roasted Kale Spicy Tomato Sauce | <ul style="list-style-type: none"> Spaghetti w/ Meatballs, Marinara or Alfredo Roasted Broccoli Breadstick | |
| PIZZA | Pepperoni or Cheese | Pepperoni or Cheese | Pepperoni or Cheese | Pepperoni or Cheese | |
| Made without Gluten | <ul style="list-style-type: none"> Italian Sausage Baked Sweet Potato | <ul style="list-style-type: none"> Beef & Cheddar Stuffed Potatoes Broccoli | <ul style="list-style-type: none"> Tofu Thai Curry Jasmine Rice | <ul style="list-style-type: none"> Tahini Chicken Lentil Rice & Spinach Pilaf | |
| 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 | <ul style="list-style-type: none"> Spicy Beef or Tofu Rice Noodle Salad w/ Cabbage, Carrot Cucumber, Green Onion Fresh Limes Asian Vinaigrette | <ul style="list-style-type: none"> Tacos Carnitas Chipotle Mexican Rice Pinto Beans Peppers & Onions Grilled Pineapple & Salsa Verde | <ul style="list-style-type: none"> Mediterranean Chicken Gyro, Mixed Greens, Pickled Red Onions & Jalapeños Tzatziki Smashed Potatoes w/ Feta | <ul style="list-style-type: none"> Thai Garlic Chicken or Tofu Ramen Noodle, Carrot Red Onion, Baby Corn Radish, Hard Boiled Egg Thai Coconut Curry Broth | |
| 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 | |



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- Use a variety of spices to reduce the use of salt
- Use shell eggs that are cage-free and certified humane