

LOWER SCHOOL APRIL 6-10



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	EASTER MONDAY	MATZO	MATZO	MATZO	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	EASTER MONDAY	TACO TUESDAYS Cheese Quesadilla Turkey Taco Spanish Rice 🍓 Mexican Vegetables	PIZZA WEDNESDAYS Cheese Pizza Corn on the Cob 🍓 Sauteed Snow Peas Turkey & Cheese Wrap	🍓 Herbed Baked Chicken Legs House Made Mac & Cheese 🍓 Broccoli & Cauliflower	FUN FOOD FRIDAY Chicken Tenders 🍓 Grilled Chicken 🍓 Roasted Vegetables 🍓 Carrot Fries
Made Without Gluten		🍓 Garlic Parmesan Chicken Lemon Broccoli	🍓 Cheese Pizza Snow Peas	🍓 Honey Glazed Pork Baked Sweet Potato	🍓 Chicken Tenders Roasted Vegetables
DESSERT		Two Hand Fruits Cookies	Two Hand Fruits Fruit & Yogurt Parfait	Two Hand Fruits Cookies	Two Hand Fruits Fruit & Yogurt Parfait

 **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 APRIL 13-17



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Tomato	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	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	Creamy Chicken Alfredo w/ Fettuccini Kale Chips Breadstick Vegetable Wrap	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	Jerk Chicken Sweet Potato, Peppers & Black Bean Hash	Baked Chipotle Chicken Rice	Cheese Pizza Vegetables	Italian Sausage w/ Peppers & Onions Buffalo Cauliflower	Chicken Sandwich Snow Peas
DESSERT	Two Hand Fruits Cookies	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 APRIL 20-24



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chicken Gumbo (Chicken & Sausage)	Beef Vegetable	Beef Noodle	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	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	TACO TUESDAYS Cheese Quesadilla Chicken Tacos  Spanish Rice Steamed Bok Choy	PIZZA WEDNESDAYS Cheese Pizza  Green Peas Sweet Corn Ham & Swiss Wrap	 French Toast w/ Maple Syrup Sweet Potatoes Turkey Sausage Links Chicken Fried Rice	FUN FOOD FRIDAY Chicken Nuggets  Baked Sweet Potato Baked Potato Sautéed Spinach
Made Without 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

APRIL 27

MAY 1



CHARLOTTE
COUNTRY DAY
SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Broccoli, Ham & Cheese	Chicken Tortilla	Minestrone	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	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	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	FUN FOOD FRIDAY Grilled Chicken Sandwich or Crispy Chicken Sandwich Waffle Fries Carrots & Green Beans
Made Without Gluten	Italian Sausage Baked Sweet Potato	Beef & Cheddar Stuffed Potatoes Broccoli	Cheese Pizza Zucchini	Tahini Chicken Lentil Rice & Spinach Pilaf	Chicken Sandwich Vegetable
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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