

UPPER SCHOOL

April. 6 - 10



CHARLOTTE
COUNTRY DAY
SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Easter Monday No School	Scrambled Eggs Pancakes Cheesy Grits Sausage Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	Scrambled Eggs Tater Tots Biscuits 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		Potato Leek Matzo	Black Bean Matzo	Broccoli & Cheddar Matzo	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, 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		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
MADE WITHOUT GLUTEN		Garlic Parmesan Chicken Lemon Broccoli	Lime Chicken / Black Bean Sauce	Honey Glazed Pork Baked Sweet Potato	Tofu Palak Paneer Spiced Jasmine
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		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 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

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

April. 13 - 17



CHARLOTTE
COUNTRY DAY
SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Teacher Conferences	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		Vegetable Pork, White Bean, and Kale	Spicy Beef & Rice Island Kale & 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
SALAD BAR	No 9-12	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		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	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
Made without gluten		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
SHOW THYME		Creamy Spinach Lasagna w/ Herbed Ricotta, Mozzarella, Provolone Balsamic Roasted Vegetables Alfredo	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

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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

April. 20 – 24



CHARLOTTE
COUNTRY DAY
SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<ul style="list-style-type: none"> ☞ Scrambled Eggs ☞ French Toast ☞ Tater Tots ☞ Bacon ☞ Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit 	<ul style="list-style-type: none"> ☞ Scrambled Eggs ☞ Pancakes ☞ Tater Tots ☞ Bacon ☞ Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit 	<ul style="list-style-type: none"> ☞ Scrambled Eggs ☞ Toast ☞ 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 ☞ Tater Tots ☞ Bacon ☞ Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit
SOUP	<ul style="list-style-type: none"> ☞ Chicken Gumbo ☞ Loaded Baked Potato 	<ul style="list-style-type: none"> ☞ Beef Vegetable ☞ Bavarian Lentil 	<ul style="list-style-type: none"> ☞ Beef Noodle ☞ Cream of Mushroom 	<ul style="list-style-type: none"> ☞ Chicken Noodle ☞ Chipotle Seet Potato 	<ul style="list-style-type: none"> ☞ Chili ☞ North African Chickpea
DELI	<ul style="list-style-type: none"> ☞ Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread 	<ul style="list-style-type: none"> ☞ Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread 	<ul style="list-style-type: none"> ☞ Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread 	<ul style="list-style-type: none"> ☞ Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread 	<ul style="list-style-type: none"> ☞ 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, 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 	<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
COMFORT ZONE	<ul style="list-style-type: none"> ☞ Penne Pasta w/ Grilled Chicken, Cherry Tomatoes, Spinach, Feta Balsamic Reduction 	<ul style="list-style-type: none"> ☞ Blackened Chicken Thigh ☞ Red Beans & Rice w/ Peppers, Tomatoes ☞ Fried Okra ☞ Creole Tomato Sauce 	<ul style="list-style-type: none"> ☞ Baked Manicotti ☞ Lemon Parmesan Broccoli ☞ Garlic Toast 	<ul style="list-style-type: none"> ☞ Spicy Korean Chicken Thigh ☞ Pineapple Fried Rice ☞ Grilled Bok Choy 	<ul style="list-style-type: none"> ☞ Baked Potato Bar ☞ Pulled Pork, Chili, Broccoli, Jalapenos, Green Onions, Cheddar Cheese ☞ Sour Cream & Butter
PIZZA	<ul style="list-style-type: none"> ☞ Pepperoni & Cheese 	<ul style="list-style-type: none"> ☞ Pepperoni & Cheese 	<ul style="list-style-type: none"> ☞ Pepperoni & Cheese 	<ul style="list-style-type: none"> ☞ Pepperoni & Cheese 	<ul style="list-style-type: none"> ☞ Pepperoni & Cheese
Made without Gluten	<ul style="list-style-type: none"> ☞ Chicken Picatta ☞ Quinoa Risotto 	<ul style="list-style-type: none"> ☞ Chili Lime Chicken ☞ Grilled Tomato 	<ul style="list-style-type: none"> ☞ Italian Baked Chicken ☞ Baked Potato 	<ul style="list-style-type: none"> ☞ Brazilian Zucchini Casserole ☞ Baked Sweet Potato Skins w/Black Beans & Guacamole 	<ul style="list-style-type: none"> ☞ Cuban Marinated Mojo Pork Tenderloin ☞ Cilantro Rice
GRILL	<ul style="list-style-type: none"> ☞ Hamburger, Cheeseburger or Black Bean Burger, Grilled Chicken, French Fries 	<ul style="list-style-type: none"> ☞ Hamburger, Cheeseburger or Black Bean Burger, Grilled Chicken, French Fries 	<ul style="list-style-type: none"> ☞ Hamburger, Cheeseburger or Black Bean Burger, Grilled Chicken, French Fries 	<ul style="list-style-type: none"> ☞ Hamburger, Cheeseburger or Black Bean Burger, Grilled Chicken, French Fries 	<ul style="list-style-type: none"> ☞ Hamburger, Cheeseburger or Black Bean Burger, Grilled Chicken, French Fries
SHOW THYME	<ul style="list-style-type: none"> ☞ Sliced Pork Tenderloin Sandwich, Mac & Cheese, Green Beans, Cole Slaw, Pickle ☞ Green Beans 	<ul style="list-style-type: none"> ☞ Chorizo Chili Rellenos ☞ Potatoes Bravas ☞ Street Corn Salad ☞ Avocado Crema 	<ul style="list-style-type: none"> ☞ Chicken Fajita Quesadilla ☞ Saffron Rice ☞ Chili Lime Roasted Vegetables ☞ Charred Tomato Salsa 	<ul style="list-style-type: none"> ☞ Opened Faced Smoked BBQ Sandwich ☞ Mesquite Wedge Potatoes, BBQ ☞ Cauliflower, Coleslaw 	<ul style="list-style-type: none"> ☞ Gochujang Spiced Chicken Fritters ☞ Asian Noodle Salad ☞ Vegetable Spring Roll
DESSERT	<ul style="list-style-type: none"> ☞ Cookies, Cake or Ice Cream ☞ Assorted Hand Fruit 	<ul style="list-style-type: none"> ☞ Cookies, Cake or Ice Cream ☞ Assorted Hand Fruit 	<ul style="list-style-type: none"> ☞ Cookies, Cake or Ice Cream ☞ Assorted Hand Fruit 	<ul style="list-style-type: none"> ☞ Cookies, Cake or Ice Cream ☞ Assorted Hand Fruit 	<ul style="list-style-type: none"> ☞ Cookies, Cake or Ice Cream ☞ Assorted Hand Fruit



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UPPER SCHOOL

April. 27
May. 1



**CHARLOTTE
COUNTRY DAY
SCHOOL**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	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	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
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COMFORT ZONE	Chicken or Eggplant Parmesan Herb Pasta Roasted Vegetables Pomodoro Sauce	Buffalo Chicken Mac & Cheese Ranch Drizzle Maple Glazed Brussell 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 Grilled 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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