

LOWER SCHOOL MAY 4-8



**CHARLOTTE
COUNTRY DAY
SCHOOL**

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------|---|---|--|--|---|
| SOUP | Italian Wedding (Beef & Chicken) | Chicken Noodle | Black Bean Soup | Taco Soup | 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 | Bowtie Pasta w/ Meatballs (Beef & Chicken) Alfredo or Marinara Garlic Toast Collard Greens w/ Garlic | <u>TACO TUESDAYS</u> Cheese Quesadilla Turkey Taco Spanish Rice Mexican Vegetables | <u>PIZZA WEDNESDAYS</u> Cheese Pizza Corn on the Cob Sautéed Snow Peas Turkey & Cheese Wrap | Herbed Baked Chicken Legs House Made Mac & Cheese Broccoli & Cauliflower | <u>FUN FOOD FRIDAY</u> Chicken Tenders Grilled Chicken Roasted Vegetables Carrot Fries |
| MADE WITHOUT GLUTEN | Italian Sausage with Peppers, Onions & Potatoes | Garlic Parmesan Chicken Lemon Broccoli | Cheese Pizza Corn On the Cob | Honey Glazed Pork Baked Sweet Potato | Chicken Tenders Baked Sweet 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 |

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 MAY 11-15



**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 | Fresh Toss Salad 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 Lemon Broccoli | Italian Sausage w/ Peppers & Onions Buffalo Cauliflower | Chicken Sandwich Vegetable |
| 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

May 18-22



CHARLOTTE
COUNTRY DAY
SCHOOL

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------|---|---|--|---|---|
| SOUP | Chicken Gumbo (Chicken & Beef) | 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 | <u>TACO TUESDAYS</u> Cheese Quesadilla Chicken Tacos Spanish Rice Steamed Bok Choy | <u>PIZZA WEDNESDAYS</u> Cheese Pizza Green Peas Sweet Corn Ham & Swiss Wrap | French Toast w/ Maple Syrup Sweet Potatoes Turkey Sausage Links Chicken Fried Rice | <u>FUN FOOD FRIDAY</u> Chicken Nuggets Baked Sweet Potato Baked Potato Sauteed Spinach |
| MADE WITHOUT GLUTEN | Chicken Picatta Quinoa Risotto | Chili Lime Chicken | Cheese Pizza Sweet Corn | Brazilian Zucchini Casserole | Chicken Nuggets 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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LOWER SCHOOL MAY 25-29



**CHARLOTTE
COUNTRY DAY
SCHOOL**

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------|---------------------|--|--|--|--------|
| SOUP | MEMORIAL DAY | Chicken Tortilla | Minestrone | Chicken Noodle | |
| DELI | NO SCHOOL | 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 | |
| COMFORT ZONE | MEMORIAL DAY | <u>TACO TUESDAYS</u> Beef Burrito (Salsa & Sour Cream) Pinto Beans Aztec Corn | <u>PIZZA WEDNESDAYS</u> Cheese Pizza Zucchini w/ Cilantro Sauce Carrot Fries Chicken & Ranch Wrap | Sweet & Sour Chicken Fried Brown Rice Capri Blend Vegetables Herbed Pasta | |
| MADE WITHOUT GLUTEN | | Beef & Cheddar Stuffed Potatoes Broccoli | Cheese Pizza Carrot Fries | Tahini Chicken Lentil Rice & Spinach Pilaf | |
| DESSERT | | Two Hand Fruits Cookies | Two Hand Fruits Fruit & Yogurt Parfait | Two Hand Fruits Cookies | |

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