

MIDDLE SCHOOL MAY 4-8



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Italian Wedding	Chicken Tortilla	Broccoli Cheddar	Chicken Gumbo	Chili
DELI	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread
SALAD BAR	Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons
COMFORT ZONE	Chicken Parmesan or Eggplant Parmesan Herbed Pasta Green Beans Pomodoro Sauce	Orange Chicken Orange Tofu Lo Mein, Edamame Mushrooms, Fire Roasted Corn Yum Yum Sauce	Cheese or Pepperoni Green Beans Carrot Fries Chicken Club Wrap	Black Bean & Sweet Potato Quesadilla Chicken Enchiladas (Sour Cream) Fiesta Rice Refried Beans Street Corn Salad	Bourbon Chicken Lemon Broccoli Smashed Gold Potatoes
MADE WITHOUT GLUTEN	Grilled Chicken Loaded Baked Potato Casserole	Grilled Chicken Baked Potato	Grilled Chicken Carrot Fries	Grilled Chicken Baked Sweet Potato	Grilled Chicken Zucchini Sticks
PANINI	Turkey & Cheddar Panini	Italian Panini	Turkey, Bacon & Mozzarella Panini	Chicken Club Panini	Ham & Swiss Panini
FAST FOOD	Chipotle Chicken Quesadilla Cheese Sticks w/ Marinara	¼lb All Beef Hot Dog Chicken Nuggets Waffle Fries	Chicken Sandwich Tater Tots	Chicken Tenders Grilled Cheese Waffle Fries	Nachos w/ Queso Corn Dog
DESSERT	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes 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

MIDDLE SCHOOL MAY 11-15



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Vegetable	Navy Bean	Chicken Noodle	Chicken Gumbo	Chili
DELI	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread
SALAD BAR	Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons
COMFORT ZONE	Asian Rice Bowl Teriyaki Chicken Teriyaki Tofu Brown Rice Edamame	Santa Fe Chicken Pita Oven Roasted Red Potatoes w/ Garlic Spiced Brussel Sprouts	Cheese or Pepperoni Pizza Egyptian Green Beans w/ Carrots Greek Salad BLT Wrap	Bruschetta Chicken with Melted Mozzarella and Balsamic Glaze Toasted Lemon Orzo Zucchini w/ Cilantro Sauce	Open Faced-BBQ Pork Sandwich Pineapple Carrot Slaw Charro Pinto Beans Fried Squash
MADE WITHOUT GLUTEN	Grilled Chicken Baked Sweet Potato	Grilled Chicken Buffalo Cauliflower	Grilled Chicken Baked Potato	Grilled Chicken Sautéed Snow Peas	Grilled Chicken Lemon Broccoli
PANINI	Chicken Club Panini	Turkey, Bacon & Mozzarella Panini	Italian Panini	Ham & Swiss Panini	Turkey & Cheddar Panini
FAST FOOD	Chicken Quesadilla Cheese Sticks w/ Marinara	Pepperoni Calzones Cheeseburgers Black Bean Burger Seasoned Fries	Boneless BBQ Chicken Wings Tater Tots	Nachos w/ Queso Corn Dog	Spicy Chicken Sandwich Grilled Cheese Seasoned Fries
DESSERT	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit

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












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MIDDLE SCHOOL MAY 18-22



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Vegetable Soup	Loaded Baked Potato	Chicken Enchilada	Chicken Noodle	Chili
DELI	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread
SALAD BAR	 Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	 Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	 Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	 Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	 Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons
COMFORT ZONE	 Drunken Noodles With Soy Marinated Chicken Broccoli Vegetable Eggroll	 Korean Chicken Bao Buns w/ Slaw  Sweet Potato Fries Roasted Vegetables	 Cheese or Pepperoni Pizza  Sautéed Spinach & Grape Tomatoes Carrot Fries Southwest Turkey Wrap	 Beef Soft Taco Chicken Fajitas Cilantro Lime Rice  Mexican Street Corn Salsa Sour Cream Cheese	 Chicken Shawarma Pita  Macaroni & Cheese  Fried Okra
MADE WITHOUT GLUTEN	 Grilled Chicken Carrot Fries	 Grilled Chicken Baked Potato	 Grilled Chicken Sautéed Kale	 Grilled Chicken Baked Sweet Potato	 Grilled Chicken Lemon Broccoli
PANINI	Buffalo Chicken Panini	Italian Panini	Turkey & Cheddar Panini	Ham & Swiss Panini	Turkey, Bacon & Mozzarella Panini
FAST FOOD	Beef Burrito with Cheese Waffle Fries	Chicken Caesar Wrap Grilled Cheese Waffle Fries	Chicken Nuggets Tater Tots	Calzone Cheeseburger Black Bean Burger Waffle Fries	Nachos w/ Queso Corn Dog
DESSERT	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit

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MIDDLE SCHOOL MAY 25-29



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	MEMORIAL DAY	Zuppa Toscana			
DELI		Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread			
SALAD BAR		 Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons			
COMFORT ZONE	MEMORIAL DAY	 Manicotti with Marinara Tofu  Garlic Toast Collard Greens			
MADE WITHOUT GLUTEN		Grilled Chicken Baked Potato			
PANINI		Turkey, Bacon & Mozzarella Panini			
FAST FOOD		Calzones Chicken Nuggets Waffle Fries			
DESSERT		Cookies Assorted Cakes Assorted Hand Fruit			

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