

UPPER SCHOOL May. 4 - 8



**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 ☞ Tater Tots ☞ Biscuits ☞ 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 	<ul style="list-style-type: none"> ☞ 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 Spicy Thai Chicken	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	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"> ☞ Blackened Chicken Thighs ☞ Red Beans and Rice ☞ Fried Squash ☞ Corn Bread 	<ul style="list-style-type: none"> ☞ Cinco De Mayo ☞ Spicy Beef Nachos ☞ Black Bean & Corn Salsa ☞ Mexican Slaw ☞ Queso 	<ul style="list-style-type: none"> ☞ Fried Chicken Bowl ☞ Mashed Potatoes, ☞ Creamed Corn, Crispy Kale, Cheddar Cheese, Pan Gravy 	<ul style="list-style-type: none"> ☞ Spaghetti w/ Meat Sauce or Marinara ☞ Balsamic Roasted Vegetables ☞ Garlic Bread 	<ul style="list-style-type: none"> ☞ Bourbon Chicken ☞ Smashed Gold Potatoes ☞ Sautéed Spinach and Cherry Tomatoes
PIZZA	Pepperoni or Cheese	Pepperoni or Cheese	Pepperoni or Cheese	Pepperoni or Cheese	Pepperoni or Cheese
MADE WITHOUT GLUTEN	<ul style="list-style-type: none"> ☞ Italian Sausage w/ Peppers, Onions, and Potatoes 	<ul style="list-style-type: none"> ☞ Garlic Parmesan Chicken ☞ Lemon Broccoli 	<ul style="list-style-type: none"> ☞ Lime Chicken / Black Bean Sauce 	<ul style="list-style-type: none"> ☞ Honey Glazed Pork ☞ Baked Sweet Potato 	<ul style="list-style-type: none"> ☞ 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	Hamburger, Cheeseburger or Black Bean Burger, Grilled Chicken, French Fries
SHOW THYME	<ul style="list-style-type: none"> ☞ Crispy Pork Belly or Tofu ☞ Ramen Noodle, Broccoli, Shitake ☞ Mushroom, Grill Red Onion, Fresh Cilantro ☞ Sweet and Sour Broth 	<ul style="list-style-type: none"> ☞ Sesame Chicken ☞ Lo Mein ☞ Edamame, Mushrooms, Fire Roasted Corn ☞ Yum Yum Sauce 	<ul style="list-style-type: none"> ☞ Beef Tostada ☞ Black Beans, Cilantro ☞ Rice, Mexican Slaw, Pickled Red Onions & Jalapeños ☞ Mexican Crema' 	<ul style="list-style-type: none"> ☞ Greek Chicken Bowl ☞ Quinoa Tabbouleh ☞ Mixed Greens, Hummus, Cucumber Tomato, Feta ☞ Greek Dressing 	<ul style="list-style-type: none"> ☞ 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	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 May. 11 - 15



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<ul style="list-style-type: none"> ☞ Scrambled Egg Toast ☞ Cheesy Grits ☞ Sausage ☞ 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 Sticks ☞ Cheesy Grits ☞ Bacon ☞ Assorted Freshly Baked Muffins ☞ Freshly Cut Seasonal Fruit
SOUP	<ul style="list-style-type: none"> ☞ Tomato Chicken Corn Chowder 	<ul style="list-style-type: none"> ☞ Vegetable Pork, White Bean, and Kale 	<ul style="list-style-type: none"> ☞ Spicy Beef & Rice ☞ Island Kale & Sweet Potato 	<ul style="list-style-type: none"> ☞ Chicken Noodle ☞ Tomato Florentine 	<ul style="list-style-type: none"> ☞ Chili ☞ Spinach Parmesan
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"> ☞ Chicken Cordon Blu ☞ Rice Pilaf ☞ Sautéed Snow Peas 	<ul style="list-style-type: none"> ☞ Beef or Chicken Tacos ☞ Refried Beans, Mexican Rice, Pico de Gallo 	<ul style="list-style-type: none"> ☞ Baked Penne Pasta w/ Roasted Chicken, Sundried Tomato, Grilled Red Onions, Artichoke Hearts, Pesto Cream ☞ Crispy Kale & Garlic Bread 	<ul style="list-style-type: none"> ☞ Chicken Caesar Salad ☞ Wrap ☞ Garden Pasta Salad ☞ Zucchini w/ Cilantro Lime Sauce 	<ul style="list-style-type: none"> ☞ Opened-Faced Pulled Pork Sandwich ☞ Root Beer Baked Beans ☞ Cole Slaw, Fried Okra
PIZZA	<ul style="list-style-type: none"> ☞ Pepperoni or Cheese 	<ul style="list-style-type: none"> ☞ Pepperoni or Cheese 	<ul style="list-style-type: none"> ☞ Pepperoni or Cheese 	<ul style="list-style-type: none"> ☞ Pepperoni or Cheese 	<ul style="list-style-type: none"> ☞ Pepperoni or Cheese
MADE WITHOUT GLUTEN	<ul style="list-style-type: none"> ☞ Jerk Chicken ☞ Sweet Potato, Peppers & Black Bean Hash 	<ul style="list-style-type: none"> ☞ Baked Chipotle Chicken ☞ Rice 	<ul style="list-style-type: none"> ☞ Beef and Cheese Stuffed Potato ☞ Lemon Broccoli 	<ul style="list-style-type: none"> ☞ Italian Sausage w/ Peppers & Onions ☞ Buffalo Cauliflower 	<ul style="list-style-type: none"> ☞ Mid-Summer Risotto ☞ Grilled Chicken
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"> ☞ Korean Fried Chicken ☞ Bao Buns w/ Kimchi ☞ Egg Fried Rice ☞ Oriental Broccoli 	<ul style="list-style-type: none"> ☞ Creamy Spinach Lasagna w/ Herbed Ricotta, Mozzarella, Provolone ☞ Balsamic Roasted Vegetables ☞ Garlic Bread 	<ul style="list-style-type: none"> ☞ Chinese Pork Roast w/ Hoisin ☞ Green Curried Asian Vegetables ☞ Jasmine Rice 	<ul style="list-style-type: none"> ☞ Taco Salad ☞ Spicy Shredded Beef ☞ Aztec Corn, Black Beans, Peppers, and Tomatoes, Chimichurri Slaw ☞ Sour Cream ☞ Tortilla Strips 	<ul style="list-style-type: none"> ☞ Teriyaki Glazed Chicken Bowl ☞ Baked Apple and Sweet Potato Gratin ☞ Fried Cabbage & Shallots ☞ Corn Fritter
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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- Use a variety of spices to reduce the use of salt
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UPPER SCHOOL

May 18 – 22

2026



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	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	 ASSORTED BISCUITS
SOUP	Chicken Gumbo Mexican Fiesta	Chicken Tortilla Beef Vegetable	Minestrone Beef Noodle	Chicken Noodle Pork White Bean & Kale	
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	
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COMFORT ZONE	Chicken or Eggplant Parmesan Herb Pasta Roasted Vegetables Pomodoro Sauce	Buffalo Chicken Mac & Cheese Ranch Drizzle Brussel Sprouts	Mediterranean Chicken Gyro, Mixed Greens, Pickled Red Onions & Jalapeños, Tzatziki Smashed Potatoes w/ Feta	Herbed Ricotta Bruschetta Chicken Balsamic Glaze Bowtie Pasta Roasted Vegetables	 Chefs Choice
PIZZA	Pepperoni or Cheese	Pepperoni or Cheese	Pepperoni or Cheese	Pepperoni or Cheese	
MAD WITHOUT GLUTEN	Chicken Picatta Quinoa Risotto	Chili Lime Chicken Vegetables	Italian Baked Chicken Baked Potato	Brazilian Zucchini Casserole Sweet 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	
SHOW THYME	Grilled Chicken Hummus Bowl Quinoa Tabouleh Spinach, Red Onions, Carrots, Yogurt Dressing	Tacos Carnitas Chipotle Mexican Rice Black Beans Grilled Pineapple & Salsa Verde	Nachos w/ Spicy Beef Queso Blanco Pinto Beans Charred Tomato Salsa Chimichurri Slaw	Orange Chicken Lo Mein Noodles Stir Fry Vegetables Vegetable Egg 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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