

- primarily cook from scratch, reducing use of processed foods
- Use fresh and frozen 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

August 19-21
2026

MENU



CHARLOTTE
COUNTRY DAY
SCHOOL

LOWER SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	 Highlighted in Blue – BE WELL		Black Bean	Loaded Baked Potato	Chili (Beef)
COMFORT ZONE			WELCOME BACK Ranch Roasted Chicken Ranch Roasted Tofu Mac N' Cheese Green Beans BLT Wrap	Cheese Quesadilla Chicken Tacos Spanish Rice Mexican Roasted Vegetables	Chicken Tenders Baked Potato Baked Sweet Potato Lemon Broccoli Turkey Wrap
MADE WITHOUT GLUTEN			Potato, Mushroom & Kale Frittata	Chili Lime Chicken Baked Sweet Potato	Italian Sausage w/ Onions & Peppers Seasoned Diced Potatoes

DAILY

DELI	SALAD	FRESH FRUIT
Roast Turkey Black Forest Ham Cheese PB & J	Daily	Offered Daily
		DESSERT
		Offered Twice Weekly

 **Eat the BeWell Way! Look for the BLUE MENU ITEMS!**

Try our Blue options to “Be Well”. These items are Trans-Fat free, contain minimum added sodium, and are minimally processed

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August 24th – 28th



**CHARLOTTE
COUNTRY DAY
SCHOOL**

MENU

LOWER SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Tomato	Beef Vegetable	Cream Of Mushroom	Chicken Noodle	Chili (Beef)
COMFORT ZONE	Baked Manicotti w/ Marinara Garlic Toast Grilled Zucchini Wedges Veggie Wrap	TACO TUESDAYS Turkey Soft Tacos Tofu Tacos Salsa, Cheese Sour Cream Black Beans Steamed Corn	PIZZA WEDNESDAYS Cheese Pizza Balsamic Roasted Eggplant Yellow Rice Sweet & Sour Tofu	Creamy Chicken Alfredo w/ Fettuccini Kale Chips Breadstick Turkey & Cheese Wrap	FUN FOOD FRIDAYS Crispy Chicken Nuggets Veggie Nuggets Smiley Fries Marinated Vegetable Salad
MADE WITHOUT GLUTEN	Grilled Chicken Garbanzo Stir Fry	Chipotle Chicken w/ Cummin Black Beans	Curried Brown Rice & Lentil Casserole	Risotto with Farro, Mushrooms & Spinach	Meatless Stuffed Peppers

DAILY

DELI	SALAD	DESSERT
Roast Turkey Black Forest Ham Cheese PB & J	Daily	Offered Twice Weekly



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August 31st –
September 4th



CHARLOTTE
COUNTRY DAY
SCHOOL

MENU

LOWER SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chicken Cordon Bleu	Chicken Tortilla	Minestrone	Chicken Noodle	Chili (Beef)
COMFORT ZONE	Grilled Chicken Gyro Grilled Vegetable Gyro Tzatziki Sauce Brown Rice Pilaf Carrots & Peas	TACO TUESDAYS Beef Tostadas Cheese, Sour Cream, Salsa Cilantro Rice Chili Roasted Kale	PIZZA WEDNESDAYS Cheese Pizza BBQ Cauliflower Zucchini Sticks Chili Lime Chicken	Teriyaki Chicken Teriyaki Tofu House Made Mac & Cheese Lemon Broccoli	FUN FOOD FRIDAY Grilled Chicken Sandwich or Crispy Chicken Sandwich Waffle Fries Snow Peas
MADE WITHOUT GLUTEN	Zucchini Casserole Baked Potato	Turkey & Rice Casserole Roasted Carrots	Brown Rice & Red Pepper Casserole	Tahini Grilled Chicken Lentil, Rice & Spinach Pilaf	Chicken w/Lemon Rice & Artichokes

DAILY

DELI	SALAD	DESSERT
Roast Turkey Black Forest Ham Cheese PB & J	Daily	Offered Twice Weekly



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September 7th –
11th



CHARLOTTE
COUNTRY DAY
SCHOOL

MENU

LOWER SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	LABOR DAY NO SCHOOL	Vegetable	White Bean Chili (Chicken)	Chicken Noodle	Chili (Beef)
COMFORT ZONE		TACO TUESDAYS Cheese Quesadilla Turkey & Cheese Soft Taco Spanish Rice Mexican Vegetable	PIZZA WEDNESDAYS Cheese Pizza Roasted Vegetables Smashed Gold Potatoes	Cheeseburger Black Bean Burger Baked Sweet Potato Fries Baked Beans	FUN FOOD FRIDAYS Chicken Nuggets Veggie Nuggets Fried Brown Rice Snap Peas
MADE WITHOUT GLUTEN		Grilled Chicken Baked Potato	Honey Glazed Pork Baked Sweet Potato	Chicken Picatta Lemon Parmesan Broccoli	Meatless Stuffed Pepper

DAILY

DELI	SALAD	DESSERT
Roast Turkey Black Forest Ham Cheese PB & J	Daily	Offered Twice Weekly



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September 14th – 18th MENU



CHARLOTTE
COUNTRY DAY
SCHOOL

LOWER SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Italian Wedding (Beef Meatballs)	Chicken Noodle	Black Bean	Hearty Vegetable	Chili (Beef)
COMFORT ZONE	Meat or Meatless Ziti Garlic Breadstick Lemon Broccoli	TACO TUESDAYS Chicken Fajita Quesadilla Or Cheese Quesadilla Spanish Rice Steamed Bok Choy	PIZZA WEDNESDAYS Cheese Pizza Green Peas Sauteed Squash Sweet & Sour Tofu	<u>Chicken & Waffles</u> Waffles w/ Maple Syrup Chicken Tenders Sweet Potatoes Grilled Chicken	FUN FRIDAYS Grill Cheese Roasted Red Potatoes California Vegetables
MADE WITHOUT GLUTEN	Sausage & Cheese Frittata Sauteed Spinach	Jerk Chicken Breast Baked Tomatoes & Quinoa	Lemon Garlic Baked Chicken Broccoli	Cajun Pork Loin Baked Sweet Potato	Stuffed Cabbage Roll Roasted Vegetables

DAILY

DELI

Roast Turkey
Black Forest Ham
Cheese
PB & J

SALAD

Daily

FRESH FRUIT

Offered Daily

DESSERT

Offered Twice Weekly



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September
21st – 25th



CHARLOTTE
COUNTRY DAY
SCHOOL

MENU

LOWER SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP		Beef Vegetable	Cauliflower Cheese	Chicken Noodle	Chili (Beef)
COMFORT ZONE	YOM KIPPUR	Taco Tuesday Turkey Taco Salad Cheese, Salsa, Sour Cream Pinto Beans Aztec Corn	Pizza Wednesdays Cheese Pizza Green Beans w/ Tomatoes & Mushrooms Carrot Fries	Creamy Chicken Alfredo w/ Fettuccini Kale Chips Breadstick Vegetable Wrap	Fun Fridays Crispy Chicken Nuggets Veggie Nuggets Smiley Fries Marinated Vegetable Salad
MADE WITHOUT GLUTEN		Grilled Montreal Chicken Breast Steamed Broccoli & Carrots	Italian Baked Chicken Baked Potato	Cajun Chicken Oven Roasted Vegetables	Potato, Mushroom & Kale Frittata Italian Green Beans

DAILY

DELI	SALAD	DESSERT
Roast Turkey Black Forest Ham Cheese PB & J	Daily	Offered Twice Weekly

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