

- 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

MIDDLE SCHOOL

August 19th – 21st

MENU



CHARLOTTE
COUNTRY DAY
SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Highlighted in Blue – BE WELL		Broccoli & Cheese Soup	Italian Wedding	Chili
COMFORT ZONE			Buffalo Chicken Mac & Cheese with Ranch Drizzle Lemon Broccoli	Bourbon Chicken Bourbon Tofu Orzo & Potato Parmesan Roasted Kale	Beef Tostada With Cheese, Sour Cream & Salsa Spanish Pinto Beans Mexican Slaw
MADE WITHOUT GLUTEN			Grilled Chicken Baked Potato	Grilled Chicken Sweet Baked Potato	Grilled Chicken Garlicky Spinach
DAILY FEATURE			Turkey Club Panini	Ham & Swiss Panini	Grilled Chicken Wrap
FAST FOOD			Pepperoni Pizza Sticks Waffle Fries	Cheeseburger Tater Tots	Chicken Sandwich Waffle Fries

DAILY

DELI	SALAD BAR	DESSERT
Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	Offered Daily



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

- primarily cook from scratch, reducing use of processed foods
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MIDDLE SCHOOL

August 24th – 28th

MENU



CHARLOTTE
COUNTRY DAY
SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Cheeseburger Chowder	Beef Vegetable	Chicken Tortilla	Chicken Gumbo	Chili
COMFORT ZONE	Herbed Ricotta Bruschetta Chicken w/ Balsamic Glaze Bowtie Pasta California Vegetables	Chicken Fajita Quesadilla Spinach Quesadilla Aztec Corn w/ Black Beans Mexican Rice	Cheese or Pepperoni Pizza Green Beans w/ Carrots Rice Pilaf Curry Chicken & Pineapple	General Tso's Chicken General Tso's Tofu Jasmine Rice Stir Fried Vegetables	Four Cheese Pasta Teriyaki Glazed Chicken Caesar salad Garlic Toast
MADE WITHOUT GLUTEN	Grilled Chicken Cauliflower	Grilled Chicken Baked Potato	Grilled Chicken Roasted Zucchini	Grilled Chicken Baked Sweet Potato	Grilled Chicken Roasted Kale
DAILY FEATURE	Italian Panini	Turkey Club Panini	BBQ Chicken Wrap	Ham & Swiss Panini	Turkey & Cheddar Panini
FAST FOOD	Buffalo Boneless Wings Tater Tots	Meatball Hoagie Waffle Fries	Chicken Sandwich Waffle Fries	BBQ Bacon Burger Tater Tots	Spicy Chicken Sandwich Waffle Fries

DAILY

DELI	SALAD BAR	DESSERT
Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	Offered Daily



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

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MIDDLE SCHOOL

August 31st –

September 4th



**CHARLOTTE
COUNTRY DAY
SCHOOL**

MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Taco Soup	Zuppa Toscana	Chicken Noodle	Broccoli Cheese	Chili
COMFORT ZONE	Sweet & Sour Chicken Fried Rice Brussel Sprouts	Grilled Chicken w/ Tomato Basil Relish Fettuccini Sautéed Spinach Garlic Bread	Cheese or Pepperoni Pizza Salmon with Roma Sauce Asparagus with Lemon Vinaigrette Rice Pilaf	Penne Pasta Pepperoni Carbonara Roasted Vegetables Garlic Pita Points	Bang Bang Chicken Tacos Bang Bang Tofu Tacos Mexican Fiesta Rice Mexican Slaw Zucchini & Tomatoes
MADE WITHOUT GLUTEN	Grilled Chicken Baked Sweet Potato	Grilled Chicken Baked Potato	Grilled Chicken Roasted Carrots	Grilled Chicken Baked Sweet Potato	Grilled Chicken Asparagus
DAILY FEATURE	BBQ Chicken Wrap	Turkey Club Panini	Chicken, Bacon & Cheese Panini	Ham & Swiss Panini	Turkey & Cheddar Panini
FAST FOOD	Sloppy Joes Tater Tots	Chicken Tenders Sweet Potato Fries	BBQ Boneless Wings Waffle Fries	Nachos w/ Beef & Queso	Chicken Tender Wrap Waffle Fries

DAILY

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

DESSERT

Offered Daily



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- Use MSG-free seasonings
- Use a variety of spices to reduce the use of salt

MIDDLE SCHOOL

September 7th – 11th

MENU



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP		Chicken Noodle	Black Bean	Beef Vegetable	Chili
COMFORT ZONE	LABOR DAY NO SCHOOL	Chicken Tenders French Toast Sticks w/ Syrup Roasted Sweet Potatoes Kale Chips	Cheese or Pepperoni Green Beans & Tomatoes Carrot Fries Italian Sausage, Diced Peppers & Onions	Bowtie Pasta With Meatballs Marinara or Alfredo Chipotle Ratatouille Garlic Bread	Turkey Tacos Tofu Tacos Cheese, Sour Cream, Salsa Zucchini w/ Cilantro Sauce Fiesta Rice
MADE WITHOUT GLUTEN		Grilled Chicken Baked Sweet Potato	Grilled Chicken Roasted Zucchini	Grilled Chicken Baked Sweet Potato	Grilled Chicken Kale Chips
DAILY FEATURE		Chicken Parmesan Wrap	Turkey Club Panini	Chicken Bacon & Cheese Panini	Ham & Swiss Panini
FAST FOOD		Chicken Nuggets Waffle Fries	Chicken Sandwich Waffle Fries	Chicken Caesar Wrap Waffle Fries	Nachos w/ Beef & Queso Sour Cream & Salsa

DAILY

DELI	SALAD BAR	DESSERT
Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	Offered Daily

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

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MIDDLE SCHOOL

September 14-18



**CHARLOTTE
COUNTRY DAY
SCHOOL**

MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Potato Soup	Beef Vegetable	Cauliflower Cheese	Chicken Gumbo	Chili
COMFORT ZONE	Fried or BBQ Chicken Corn on the Cob Green Beans Hushpuppies	Spicy Oat Crusted Chicken Sauteed Spinach Linguini w/ Roasted Tomatoes & Garlic	Cheese or Pepperoni Pizza Egyptian Green Beans w/ Carrots Greek Salad Beef Stuffed Potato	Orange Chicken Orange Tofu Fried Brown Rice Garlicky Swiss Chard	Sticky Korean Meatball Bao Buns Thai Tofu Bao Bun w/Asian Slaw Pineapple Fried Rice, Gochujang Sauce
MADE WITHOUT GLUTEN	Grilled Chicken Cauliflower	Grilled Chicken Baked Potato	Grilled Chicken Kale Chips	Grilled Chicken Baked Sweet Potato	Grilled Chicken Roasted Vegetables
DAILY FEATURE	Italian Panini	Turkey Club Panini	Chicken, Bacon & Cheese Panini	Ham & Swiss Panini	Turkey & Cheddar Panini
FAST FOOD	Calzones Tater Tots	Chicken Nuggets Waffle Fries	Chicken Sandwich Waffle Fries	Nachos w/ Beef & Queso Sour Cream & Salsa	Spicy Chicken Sandwich Waffle Fries

DAILY

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

DESSERT

Offered Daily

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MIDDLE SCHOOL

September 21 - 25



**CHARLOTTE
COUNTRY DAY
SCHOOL**

MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP		Egg Drop	Spinach Parmesan	Chicken Noodle	Chili
COMFORT ZONE	YOM KIPPUR NO SCHOOL	Chicken Bacon Ranch Wrap with Cheese & Lettuce House Made Chips Lemon Pepper Green Peas	Cheese or Pepperoni Pizza Sautéed Spinach Roasted Red Potatoes Stuffed Bell Pepper	Baked Chipotle Chicken Balsamic Roasted Vegetables House Made Mac & Cheese	Pulled Pork Street Tacos Tofu Tacos w/ Pineapple Salsa Sour Cream Cheese Black Beans Mexican Rice
MADE WITHOUT GLUTEN		Grilled Chicken Baked Potato	Grilled Chicken Kale Chips	Grilled Chicken Baked Sweet Potato	Grilled Chicken Tomato & Cilantro Rice
DAILY FEATURE		Italian Panini	Turkey & Cheddar Panini	Ham & Swiss Panini	Turkey Club Panini
FAST FOOD		Spicy Chicken Sandwich Waffle Fries	Chicken Nuggets Waffle Fries	Buffalo Chicken Tenders Waffle Fries	Nachos w/ Beef & Queso, Sour Cream & Salsa

DAILY

DELI	SALAD BAR	DESSERT
Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	Offered Daily

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