

- 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

UPPER SCHOOL

August 17th -

21st

MENU



CHARLOTTE
COUNTRY DAY
SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Highlighted in Blue – BE WELL		Black Bean Chicken Gumbo	Loaded Baked Potato Vegetable	Lemon Orzo Chili
COMFORT ZONE			Chicken Tinga Chipotle Roasted Tofu Tomato & Cilantro Rice Charro Beans Fennel Slaw	Cheddar & Jalapeno Meatloaf Mashed Potatoes Green Beans	Chicken Cacciatore Italiano Herb Pasta Sautéed Spinach
MADE WITHOUT GLUTEN			Potato, Mushroom & Kale Frittata Roasted Broccoli	Chile Lime Chicken Baked Sweet Potato	Italian Sausage Onions & Peppers Seasoned Diced Potatoes
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
SHOW THYME			Pulled Pork Street Tacos w/ Chipotle Corn Pico Slaw, Fiesta Rice	Sesame Chicken Lo Mein, Edamame, Mushrooms, Roasted Corn, Siracha- Mayonnaise	Nachos w/ Spicy Ground Turkey Black Beans Chile Lime Corn & Tomato Salsa

DAILY

BREAKFAST	DELI	SALAD BAR	PIZZA	DESSERT
Hot Breakfast Daily	Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons	Create Your Own Choose From Regular or Cauliflower Crust	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

ELIOR NORTH AMERICA

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UPPER SCHOOL

August 24 - 28



CHARLOTTE
COUNTRY DAY
SCHOOL

MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Tomato Sausage & Lentil	Santa Fe Chicken <u>Beef Vegetable</u>	Cream Of Mushroom Beef Barley	<u>10th Grade ONLY</u> Chicken Noodle	Sweet Potato Chili
COMFORT ZONE	Chicken Fajita Quesadilla Yellow Rice <u>Chile Lime Roasted Vegetables</u> Charred Tomato Salsa	Pulled Pork Sandwich <u>Sweet Potatoes & Baked Apples</u> <u>BBQ Cauliflower</u> Coleslaw	Penne Pasta Pepperoni Carbonara <u>Rosted Fajita Vegetables</u> Garlic Pita Points	Chicken Gyro w/ Tzatziki <u>Tofu</u> Broccoli Casserole <u>Smashed Potatoes</u>	<u>Grilled Chicken w/ Tomato Basil Relish</u> <u>Oven Roasted Red Potatoes w/ Garlic</u> <u>Spiced Brussel Sprouts</u>
MADE WITHOUT GLUTEN	<u>Grilled Chicken</u> <u>Garbanzo Stir Fry</u>	<u>Chipotle Chicken w/ Cumin Black Beans</u>	<u>Curried Brown Rice, Bean & Lentil Casserole</u>	<u>Risotto with Farro, Mushrooms, Spinach</u>	<u>Meatless Stuffed Peppers</u>
GRILL	Hamburger, Cheeseburger or Black Bean Burger <u>Grilled Chicken</u> French Fries	Hamburger, Cheeseburger or Black Bean Burger <u>Grilled Chicken</u> French Fries	Hamburger, Cheeseburger or Black Bean Burger <u>Grilled Chicken</u> French Fries	Hamburger, Cheeseburger or Black Bean Burger <u>Grilled Chicken</u> French Fries	Hamburger, Cheeseburger or Black Bean Burger <u>Grilled Chicken</u> French Fries
SHOW THYME	Sticky Korean Meatballs Bao Buns <u>Asian Slaw</u> <u>Corn on Grilled Bok Choy</u>	Pad Thai Chicken Snow Peas, Tofu, Green Onions, Carrots, Peppers, Scrambled Eggs	Buffalo Chicken Rice Bowl Cilantro Rice, Celery, Green Onions, Blue Cheese Crumbles Mixed Greens		Pork Ramen Bowl <u>Tofu</u> Ramen Bowl

DAILY

BREAKFAST	DELI	SALAD BAR	PIZZA	DESSERT
Hot Breakfast Daily	Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons		Offered Daily



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

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UPPER SCHOOL

August 31st -
September 4th



CHARLOTTE
COUNTRY DAY
SCHOOL

MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chicken Cordon Bleu French Onion	Chicken Tortilla Split Pea	Minestrone Cheeseburger	Chicken Noodle Mushroom Beef Barley	Chili Cream of Broccoli
COMFORT ZONE	Baked Chipotle Chicken Southwest Spiced Roasted Potatoes Zucchini w/ Cilantro Sauce	Chicken Caesar Wrap Tofu Caesar Wrap House Made Chips Braised Kale & Spinach	Pasta w/ Marinara or Alfredo Sauce Meatballs Brussel Sprouts Garlic Bread	Beef Taco Salad Spicy Refried Beans, Mexican Slaw, Pico de Gallo	Beef Pepper Steak 4 Cheese Mac & Cheese Honey Glazed Roasted Root Vegetables
MADE WITHOUT GLUTEN	Zucchini Casserole Baked Potato	Turkey & Rice Casserole Roasted Carrots	Brown Rice & Red Pepper Casserole	Tahini Grilled Chicken Lentil, Rice & Spinach Pilaf	Lemon Rice w/ Chicken & Artichoke
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	Street Tacos Pork or Tofu Pico De Gallo Cheese, Sour Cream Harvest Roasted Vegetables Fiesta Rice	Mediterranean Power Bowl Handmade Koftas	Island Cuisine Shredded Jamaican Jerk Pork Butt Black Beans Rice Pineapple Mango Salsa	Big Kahuna Bowl BBQ Chicken, Buffalo Cauliflower, Grilled Green Beans, Cilantro Lime Brown Rice, Cilantro Vinaigrette	Shawarma Bowl Thinly Sliced Chicken Shawarma, Mixed Greens, Chickpea Salad, Feta, Tzatziki, Spiced Basmati Rice

DAILY

BREAKFAST	DELI	SALAD BAR	PIZZA	DESSERT
Hot Breakfast Daily	Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons	Create Your Own Choose From Regular or Cauliflower Crust	Offered Daily



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UPPER SCHOOL

September 7th -
11th



CHARLOTTE
COUNTRY DAY
SCHOOL

MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP		Santa Fe Chicken Vegetable	White Bean Chili Cream of Mushroom	Beef Barley Chicken Noodle	Sweet Potato Chili
COMFORT ZONE	LABOR DAY NO SCHOOL	Sweet & Sour Meatballs Pasta Rotini w/ Roasted Vegetables Corn on the Cob	Baked Pasta with Italian Sausage Maple Brussel Sprouts Bread Sticks	Pork Tenderloin with Curry Honey Glaze Caribbean Spiced Potatoes Aztec Vegetable Medley	Grilled Chicken w/ Roasted Red Pepper Sauce Brussels Sprout w/ Onions & Mushroom
MADE WITHOUT GLUTEN		Grilled Chicken Baked Potato	Honey Glazed Pork Baked Sweet Potato	Chicken Picatta Lemon Parmesan Broccoli	Meatless Stuffed Pepper
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		Street Tacos Chicken or Shrimp Grilled Cabbage w/ Lime Dressing Papaya Mango Salsa Mexican Black Beans	Greek Chicken Bowl Quinoa Tabbouleh Mixed Greens, Hummus, Cucumber, Tomato, Feta Greek Dressing	General Tso' Chicken Vegetable Fried Rice Stir Fry Vegetables	<u>Chilaca</u> Carne Asada Chicken Tinga Tortilla Cilantro Lime Brown Rice Carrot Fries

DAILY

BREAKFAST	DELI	SALAD BAR	PIZZA	DESSERT
Hot Breakfast Daily	Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons	Create Your Own Choose From Regular or Cauliflower Crust	Offered Daily



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UPPER SCHOOL

September 14th - 18th



CHARLOTTE
COUNTRY DAY
SCHOOL

MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Italian Wedding Mushroom Broth	Chicken Noodle Garden Vegetable	Black Bean Tomato Basil Orzo	Loaded Baked Potato Hearty Vegetable	Lemon Orzo Chili
COMFORT ZONE	Pasta w/ Beef Bolognese Charred Lemon Broccoli Garlic Bread	Chicken Toscana w/ White Beans Lemon Roasted Asparagus	BBQ Beef Brisket w/ Chimichurri Sauce Garlic Rosemary Potatoes Sweet & Spicy Green Beans	Bourbon Chicken Grilled Tofu Greek Green Beans Orzo & Potato Parmesan	Chicken Bruschetta Spaghetti Pomodoro Roasted Cauliflower Petite Naan
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 Rolls Roasted Vegetables
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	Egg Roll Chicken Bowl	<u>Bowl & Broth</u> Pork Ramen Bowl Grilled Bok Choy and Mushrooms	<u>Mezze</u> Indian Spiced Pita Chicken or Falafel Basmati Rice Kale Chips	<u>Burrito Bowl</u> Spicy Taco Turkey or Grilled Tofu Sour Cream	Chicken Enchiladas Tofu Enchiladas w/ Poblano Pesto Fiesta Rice Grilled Zucchini w/ Garbanzo Beans

DAILY

BREAKFAST	DELI	SALAD BAR	PIZZA	DESSERT
Hot Breakfast Daily	Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons	Create Your Own Choose From Regular or Cauliflower Crust	Offered Daily

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UPPER SCHOOL

September 21st -
25th



CHARLOTTE
COUNTRY DAY
SCHOOL

MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	No School Yom Kippur	Beef Vegetable <i>Rosemary White Bean</i>	Beef Noodle Cauliflower Cheese	Chicken Noodle Curried Lentil Soup	Sweet Potato Chili
COMFORT ZONE		Salmon with Roma Sauce Mediterranean Rice Pilaf <i>Asparagus w/ Lemon Garlic Vinaigrette</i>	Mojo Grilled Chicken Spanish Batatas Bravas Potatoes <i>Zucchini & Roasted Tomatoes</i> Chimichurri Sauce	Baked Manicotti <i>Caramelized Maple Glazed Brussel Sprouts</i> Garlic Toast	Caribbean Chicken Wrap Pineapple Mango Salsa, Avocado Crema <i>Smashed Potatoes</i> Cheesy Broccoli
MADE WITHOUT GLUTEN		<i>Grilled Montreal Chicken Breasts Steamed Broccoli & Carrots</i>	<i>Italian Baked Chicken Baked Potato</i>	<i>Cajun Chicken Oven Roasted Vegetable</i>	Potato, Mushroom & Kale Frittata <i>Italian Green Beans</i>
GRILL		Hamburger, Cheeseburger or Black Bean Burger <i>Grilled Chicken</i> French Fries	Hamburger, Cheeseburger or Black Bean Burger <i>Grilled Chicken</i> French Fries	Hamburger, Cheeseburger or Black Bean Burger <i>Grilled Chicken</i> French Fries	Hamburger, Cheeseburger or Black Bean Burger <i>Grilled Chicken</i> French Fries
SHOW THYME		Penne Pasta, w/ Grilled Chicken, Spinach, Tomato, Feta, Balsamic Reduction	Bang Bang Chicken or Tofu Tacos Fiesta Rice <i>Roasted Vegetables</i>	Pork Belly Bao Buns w/ <i>Asian Slaw, Pineapple Fried Rice Gochujang Sauce</i>	Baked Potato Bar Pulled Pork, Chili, Broccoli, Green Onions, Sour Cream

DAILY

BREAKFAST	DELI	SALAD BAR	PIZZA	DESSERT
Hot Breakfast Daily	Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons	Create Your Own Choose From Regular or Cauliflower Crust	Offered Daily

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