

- 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

SEPT 28 - Oct 2



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 Arroz Con Pollo Brown Rice Tofu Tacos Salsa, Cheese Sour Cream	PIZZA WEDNESDAYS Cheese Pizza Balsamic Roasted Eggplant Yellow Rice Sweet & Sour Tofu	BBQ Pork Sandwich Seasoned Corn on the Cob Kale Chips Turkey & Cheese Wrap	FUN FOOD FRIDAYS Crispy Chicken Sandwich Grilled Chicken Sandwich Oven Baked Sliced Sweet Potatoes Grilled Yellow Squash
MADE WITHOUT GLUTEN	Grilled Chicken Garbanzo Stir Fry	Chipotle Chicken w/ Cummin Black Beans	Curried Brown Rice & Lentil	Risotto w/ Mushrooms & Spinach	Meatless Stuffed Peppers

DAILY

DELI	SALAD	DESSERT
Roast Turkey Black Forest Ham Cheese PB & J	Daily	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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**CHARLOTTE
COUNTRY DAY
SCHOOL**

OCT-5-8

MENU

LOWER SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chicken Cordon Bleu (Ham)	Chicken Tortilla	Minestrone	Chicken Noodle	
COMFORT ZONE	Grilled Chicken Gyro Grilled Vegetable Gyro Tzatziki Sauce 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	NO K-12
MADE WITHOUT GLUTEN	Zucchini Casserole Baked Potato	Turkey & Rice Casserole Roasted Carrots	Brown Rice & Red Pepper Casserole	Tahini Grilled Chicken Lentil, Rice & Spinach Pilaf	

DAILY

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



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OCT-12-16



CHARLOTTE
COUNTRY DAY
SCHOOL

MENU

LOWER SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP		Vegetable	White Bean Chili (Chicken)	Chicken Noodle	Chili (Beef)
COMFORT ZONE	FALL BREAK	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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OCT 19-23

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

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OCT 26-30



CHARLOTTE
COUNTRY DAY
SCHOOL

MENU

LOWER SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Broccoli	Beef Vegetable	Cauliflower Cheese	Chicken Noodle	
COMFORT ZONE	Ranch Roasted Chicken Ranch Roasted Tofu Mac N' Cheese Green Peas & Mushrooms	Taco Tuesday Turkey Taco Salad Cheese, Salsa, Sour Cream Pinto Beans Aztec Corn	Pizza Wednesdays Cheese Pizza Green Beans Carrot Fries BLT Wrap	Chicken Parmesan Herbed Pasta Pomodoro Sauce Sauteed Spinach	NO K-4
MADE WITHOUT GLUTEN	Sweet Potato Casserole	Grilled Montreal Chicken Breast Steamed Broccoli & Carrots	Italian Baked Chicken Baked Potato	Cajun Chicken Oven Roasted Vegetables	

DAILY

DELI

Roast Turkey
Black Forest Ham
Cheese
PB & J

SALAD

Daily

DESSERT

Offered Twice Weekly



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