

- 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

SEPT. 28 - OCT. 2 -
2026



CHARLOTTE
COUNTRY DAY
SCHOOL

MENU

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

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UPPER SCHOOL

October 5th -
October 9th



CHARLOTTE
COUNTRY DAY
SCHOOL

MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chicken Cordon Bleu French Onion	Chicken Tortilla <u>Split Pea</u>	Minestrone Cheeseburger	Chicken Noodle Mushroom Beef Barley	No Classes k-12
COMFORT ZONE	<u>Baked Chipotle Chicken</u> <u>Southwest Spiced</u> <u>Roasted Potatoes</u> <u>Zucchini w/ Cilantro</u> <u>Sauce</u>	Chicken Caesar Wrap Tofu Caesar Wrap House Made Chips <u>Braised Kale & Spinach</u>	Pasta w/ Marinara or Alfredo Sauce Meatballs <u>Brussel Sprouts</u> Garlic Bread	Beef Taco Salad Spicy Refried Beans, Mexican Slaw, Pico de Gallo	
MADE WITHOUT GLUTEN	Zucchini Casserole <u>Baked Potato</u>	Turkey & Rice Casserole <u>Roasted Carrots</u>	<u>Brown Rice & Red</u> <u>Pepper Casserole</u>	<u>Tahini</u> <u>Grilled Chicken</u> <u>Lentil, Rice & Spinach</u> <u>Pilaf</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	
SHOW THYME	Street Tacos Pork or Tofu Pico De Gallo Cheese, Sour Cream <u>Harvest Roasted</u> <u>Vegetables</u> Fiesta Rice	<u>Mediterranean Power</u> <u>Bowl</u> Handmade Koftas	<u>Island Cuisine</u> Shredded Jamaican Jerk Pork Butt <u>Black Beans</u> Rice Pineapple Mango Salsa	<u>Big Kahuna Bowl</u> BBQ Chicken, Buffalo Cauliflower, Grilled Green Beans, Cilantro Lime Brown Rice, Cilantro Vinaigrette	

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

October 12th-16th



**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	Fall Break 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

October 19th-23rd



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

October 26th -
30th



CHARLOTTE
COUNTRY DAY
SCHOOL

MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Minestrone Broccoli	Beef Vegetable Rosemary White Bean	Beef Noodle Cauliflower Cheese	Chicken Noodle Curried Lentil Soup	Sweet Potato Chili
COMFORT ZONE	Grilled Chicken or Grilled Tofu Pineapple Salsa Verde Pasta Fusilli w/ Roasted Vegetables	Salmon with Roma Sauce Mediterranean Rice Pilaf Asparagus w/ Lemon Garlic Vinaigrette	Mojo Grilled Chicken Spanish Batatas Bravas Potatoes Zucchini & Roasted Tomatoes Chimichurri Sauce	Baked Manicotti Caramelized Maple Glazed Brussel Sprouts Garlic Toast	Caribbean Chicken Wrap Pineapple Mango Salsa, Avocado Crema Smashed Potatoes Cheesy Broccoli
MADE WITHOUT GLUTEN	Sweet Potato Casserole Chili Roasted Kale	Grilled Montreal Chicken Breasts Steamed Broccoli & Carrots	Italian Baked Chicken Baked Potato	Cajun Chicken Oven Roasted Vegetable	Potato, Mushroom & Kale Frittata Italian Green Beans
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	Orange Chicken Lo Mein Noodles Asian Stir Fry Vegetables Vegetable Egg Roll	Penne Pasta, w/ Grilled Chicken, Spinach, Tomato, Feta, Balsamic Reduction	Bang Bang Chicken or Tofu Tacos Fiesta Rice Roasted Vegetables	Pork Belly Bao Buns w/ Asian Slaw, Pineapple Fried Rice Gochujang Sauce	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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