- 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

NOV-30 - DEC-4

MENU

CHARLOTTE COUNTRY DAY SCHOOL

LOWER SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Tomato	Beef Vegetable	Chicken Gumbo	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	Baked Chipotle Chicken w/ Cummin Black Beans	Curried Brown Rice & Lentil Casserole	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

ELIOR NORTH AMERICA

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

DEC. 7-11

MENU

CHARLOTTE COUNTRY DAY SCHOOL 1941

LOWER SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chicken Cordon Bleu (Ham)	Chicken Tortilla	Minestrone	Chicken Noodle	Chili (Beef)
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	**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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ELIOR NORTH AMERICA

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DEC-14-18

MENU

CHARLOTTE COUNTRY DAY SCHOOL 1941

LOWER SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Tomato	Vegetable	White Bean Chili (Chicken)	Chicken Noodle	Chili (Beef)
COMFORT ZONE	BBQ Pulled Pork Sandwich Coleslaw Herbed Pasta Corn on the Cob	**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	Brown Rice, Bean & Lentil Casserole Snow Peas	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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