- primarily cook from scratch, reducing use of processed foods
- Use fresh and frozen vegetables to maximize nutritional value
- Offer fresh salads and 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

NOV. 30 - DEC. 4

MENU

CHARLOTTE COUNTRY DAY SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Cheeseburger Chowder	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

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

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

- primarily cook from scratch, reducing use of processed foods
- Use fresh and frozen vegetables to maximize nutritional value
- Offer fresh salads and 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

DECEMBER 7-11

MENU

CHARLOTTE COUNTRY DAY SCHOOL

	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 Broccoli with Lemon Vinegarette Rice Pilaf	Penne Pasta Pepperoni Carbonara Roasted Vegetables Garlic Pita Points	Bang Bang Chicken Tacos Bang Bang Tofu Tacos Mexican Fried 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 Cauliflower
DAILY FEATURE	BBQ Chicken Wrap	Turkey Club Panini	Chicken, Bacon & 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

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

- primarily cook from scratch, reducing use of processed foods
- Use fresh and frozen vegetables to maximize nutritional value
- Offer fresh salads and 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
DECEMBER 14-18
MENU

CHARLOTTE COUNTRY DAY SCHOOL 1941

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Italian Wedding	Chicken Noodle	Black Bean	Beef Vegetable	Chili
COMFORT ZONE	Grilled Chicken Gyro w/ Tzatziki & Mixed Greens Tofu Gyro Broccoli Casserole Smashed Potatoes	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 & Potatoes	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 Potato	Grilled Chicken Baked Sweet Potato	Grilled Chicken Roasted Zucchini	Grilled Chicken Baked Sweet Potato	Grilled Chicken Roasted Kale
DAILY FEATURE	Turkey & Cheddar Panini	Chicken Parmesan Wrap	Turkey, Bacon & Panini	Chicken, Bacon & Panini	Ham & Swiss Panini
FAST FOOD	Chicken Tenders Tater Tots	Chicken Nuggets Waffle Fries	Chicken Sandwich Waffle Fries	Chicken Caesar Wrap Waffle Fries	Nachos w/ Beef & Queso Sour Cream & Salsa

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

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