- 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

November 30th– December 4th

MENU

CHARLOTTE COUNTRY DAY SCHOOL 1941

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Tomato Sausage & Lentil	Santa Fe Chicken Beef Vegetable	Chicken Gumbo 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 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, Bean & Lentil Casserole	Risotto with 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 Corn on Cob Grilled Bok Choy	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	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

ELIOR NORTH AMERICA

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UPPER SCHOOL

December 7th-11th

CHARLOTTE COUNTRY DAY SCHOOL 1941

MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chicken Cordon Bleu French Onion	Chicken Tortilla Split Pea	Minestrone Cheeseburger	Chicken Noodle	Chili
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 Green Beans Garlic Bread	Beef Taco Salad Spicy Refried Beans, Queso, 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	EXAMS	EXAMS
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	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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- Use a variety of spices to reduce the use of salt

UPPER SCHOOL

December 14th-18th

MENU

CHARLOTTE COUNTRY DAY SCHOOL 1941

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Tomato	Vegetable	White Bean Chili	Chicken Noodle	Chili
COMFORT ZONE	Braised Pineapple Ginger Chicken Chili Roasted Kale Crispy Potatoes w/ Peppers & Onions	Sweet & Sour Meatballs Pasta Rotini w/ Roasted Vegetables Corn on the Cob	Brown Butter Gnocchi with Spinach Maple Brussel Sprouts Garlic Bread	Pork Tenderloin with Curry Honey Glaze Caribbean Spiced Potatoes Aztec Vegetable Medley	Grilled Chicken w/ Roasted Red Pepper Sauce Black Bean & Artichoke Pasta Braised Cabbage
MADE WITHOUT GLUTEN	EXAMS	EXAMS	EXAMS	EXAMS	EXAMS
GRILL					
SHOW THYME	Country Fried Steak Mashed Potatoes & Gravy Green Beans	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	***Chilaca*** Carne Asada 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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ELIOR NORTH AMERICA