

LOWER SCHOOL MAY 5-9



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Italian Wedding	Chicken Noodle	Black Bean Soup	Vegetable Soup	Chili
DELI	Ham & Cheese Turkey & Cheese Cheese PB & J	Ham & Cheese Turkey & Cheese Cheese PB & J	Ham & Cheese Turkey & Cheese Cheese PB & J	Ham & Cheese Turkey & Cheese Cheese PB & J	Ham & Cheese Turkey & Cheese Cheese PB & J
SALAD	🍌 Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups	🍌 Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups	🍌 Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups	🍌 Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups	🍌 Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups
COMFORT ZONE	Chicken Tenders Grilled Chicken 🍌 Roasted Vegetables Carrot Fries	Bowtie Pasta w/ Meatballs Alfredo or Marinara 🍌 Garlic Toast Collard Greens w/ Garlic	Cheese Pizza Corn on the Cob 🍌 Sauteed Snow Peas Turkey & Cheese Wrap	Herbed Baked Chicken Legs House Made Mac & Cheese 🍌 Broccoli & Cauliflower	Nachos w/ Beef Cheese Sauce 🍌 Salsa & Sour Cream Buttered Corn Black Beans
MADE WITHOUT GLUTEN	🍌 Italian Sausage with Peppers, Onions & Potatoes	🍌 Garlic Parmesan Chicken Lemon Broccoli	🍌 Lime Chicken w/ Black Bean Sauce	🍌 Honey Glazed Shredded Pork Baby Carrots	🍌 Veracruz Cod Baked Potato
DESSERT	Two Hand Fruits Fruit & Yogurt Parfait	Two Hand Fruits Cookies	Two Hand Fruits Fruit & Yogurt Parfait	Two Hand Fruits Cookies	Two Hand Fruits Fruit & Yogurt Parfait



Eat the BeWell Way! Look for the BeWell Blueberry!

Lexington
INDEPENDENTS

DID YOU KNOW

- primarily cook from scratch, reducing use of processed foods
- Use fresh and frozen organic 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
- Use shell eggs that are cage-free and certified humane

LOWER SCHOOL MAY 12-16



CHARLOTTE
COUNTRY DAY
SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Tomato	Vegetable	Spicy Beef & Rice	Chicken Noodle	Chili
DELI	Ham & Cheese Turkey & Cheese Cheese PB & J	Ham & Cheese Turkey & Cheese Cheese PB & J	Ham & Cheese Turkey & Cheese Cheese PB & J	Ham & Cheese Turkey & Cheese Cheese PB & J	Ham & Cheese Turkey & Cheese Cheese PB & J
SALAD	Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups	Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups	Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups	Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups	Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups
COMFORT ZONE	Mozzarella filled Breadsticks w/ Marinara Creamy Alfredo w/ Fettuccini Kale Chips Vegetable Wrap	Chicken Nuggets Jasmine Rice w/ Cilantro lime Snap Peas BLT Wrap	Cheese Pizza Roasted Vegetables Honey Glazed Carrots Hummus & Spinach Wrap	Cheese Quesadilla Turkey Taco Spanish Rice Mexican Vegetables	Cheeseburger Black Bean Burger Baked Sweet Potato Fries Green Beans
MADE WITHOUT GLUTEN	Sausage & Garden Vegetable Frittata	Baked Chipotle Chicken with Cumin Black Beans	Sweet Potato Peppers and Black Bean Hash	Grilled Chicken Baked Potato	Provencal Cod Sauteed Snap Peas
DESSERT	Two Hand Fruits Cookies	Two Hand Fruits Cookies	Two Hand Fruits Fruit & Yogurt Parfait	Two Hand Fruits Cookies	Two Hand Fruits Fruit & Yogurt Parfait



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LOWER SCHOOL MAY 19-23



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Minestrone	Beef Vegetable	Beef Noodle	Chicken Noodle	Chili
DELI	Ham & Cheese Turkey & Cheese Cheese PB & J	Ham & Cheese Turkey & Cheese Cheese PB & J	Ham & Cheese Turkey & Cheese Cheese PB & J	Ham & Cheese Turkey & Cheese Cheese PB & J	Ham & Cheese Turkey & Cheese Cheese PB & J
SALAD	Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups	Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups	Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups	Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups	Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups
COMFORT ZONE	All Beef ¼ lb Hot Dog Southwest Spiced Roasted Potatoes Baked Beans Grilled Chicken Caesar Wrap	Fried Chicken Sauteed Spinach and Tomatoes Baked or Sweet Potato	Cheese Pizza Green Peas Sweet Corn Ham & Swiss Wrap	French Toast w/ Maple Syrup Sweet Potatoes Turkey Sausage Links Chicken Fried Rice	Penne Pasta w/ Beef Bolognese Sauce Balsamic Roasted Vegetables Bread Sticks
MADE WITHOUT GLUTEN	Sweet Potato Casserole	Chili Lime Chicken	Italian Baked Chicken Baked Potato	Brazilian Zucchini Casserole	Veracruz Cod Lemon Broccoli
DESSERT	Two Hand Fruits Fruit & Yogurt Parfait	Two Hand Fruits Cookies	Two Hand Fruits Fruit & Yogurt Parfait	Two Hand Fruits Cookies	Two Hand Fruits Fruit & Yogurt Parfait

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LOWER SCHOOL MAY 26-30



CHARLOTTE
COUNTRY DAY
SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Closed	Chicken Tortilla	Minestrone	LAST DAY FOR LOWER SCHOOL Chicken Noodle	
DELI	Closed	Ham & Cheese Turkey & Cheese Cheese PB & J	Ham & Cheese Turkey & Cheese Cheese PB & J	Ham & Cheese Turkey & Cheese Cheese PB & J	
SALAD	Closed	Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups	Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups	Carrot, Celery, Cucumber, Tomato Fresh Fruit, Orange Wedges, Yogurt Cups	
COMFORT ZONE	Closed	Meat or Meatless Spaghetti Breadstick Balsamic Roasted Vegetables	Cheese Pizza Zucchini w/ Cilantro Sauce Carrot Fries Chicken & Ranch Wrap	Sweet & Sour Chicken Fried Brown Rice Capri Blend Vegetables Herbed Pasta	
MADE WITHOUT GLUTEN	Closed	Mushroom, Ham & Swiss Frittata	Smoked Cheddar Jalapeno Meatloaf Baked Potato	Grilled Chicken Baked Potato	
DESSERT	Closed	Two Hand Fruits Cookies	Two Hand Fruits Fruit & Yogurt Parfait	Two Hand Fruits Cookies	



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- Use shell eggs that are cage-free and certified humane