

MIDDLE SCHOOL APR. 28-MAY 2



CHARLOTTE
COUNTRY DAY
SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Italian Wedding	Chicken Tortilla	Broccoli Cheddar	Chicken Noodle	Chili
DELI	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	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	Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons
COMFORT ZONE	Chicken Parmesan or Eggplant Parmesan Herbed Pasta Sautéed Kale Pomodoro Sauce	Szechuan Chicken Tofu Lo Mein, Edamame Mushrooms, Fire Roasted Corn Yum Yum Sauce	Veggie Supreme Cheese or Pepperoni Green Beans w/ Tomatoes & Mushroom Carrot Fries Ham & Swiss Wrap	Chicken Enchiladas Fiesta Rice Refried Beans Street Corn Salad	Bourbon Chicken Lemon Broccoli Smashed Gold Potatoes
MADE WITHOUT GLUTEN	Grilled Chicken Loaded Baked Potato Casserole	Grilled Chicken Baked Potato	Grilled Chicken Quinoa with Chickpeas and Tomatoes	Grilled Chicken Baked Sweet Potato	Grilled Chicken Zucchini Sticks
PANINI	Turkey & Cheddar Panini	Italian Panini	Turkey, Bacon & Mozzarella Panini	Chicken Club Panini	Ham & Swiss Panini
FAST FOOD	Cheese Quesadilla Cheese Sticks w/ Marinara	¼lb All Beef Hot Dog Chicken Nuggets Waffle Fries	Chicken Sandwich Tater Tots	Chicken Caesar Wrap Grilled Cheese Waffle Fries	Taco Salad w/ lettuce, cheese sour cream & salsa
DESSERT	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit



Eat the BeWell Way! Look for the BeWell Blueberry!

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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

MIDDLE SCHOOL MAY 5-9



CHARLOTTE
COUNTRY DAY
SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Minestrone	Navy Bean	Chicken Noodle	Chicken Gumbo	Chili
DELI	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	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	 Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	 Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	 Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	 Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons
COMFORT ZONE	Asian Rice Bowl Teriyaki Chicken  Teriyaki Tofu Brown Rice Edamame	Santa Fe Chicken Pita Oven Roasted Red Potatoes w/ Garlic  Spiced Brussel Sprouts	Veggie Supreme Cheese or Pepperoni Pizza  Egyptian Green Beans w/ Carrots Greek Salad Vegetable Wrap	<u>Chicken & Waffles</u> Waffles w/ Maple Syrup  Chicken Tenders  Baked Potato Baked Sweet Potato	Open Faced-BBQ Pork Sandwich  Pineapple Carrot Slaw Charro Pinto Beans Fried Squash
MADE WITHOUT GLUTEN	 Grilled Chicken Baked Sweet Potato	 Grilled Chicken Buffalo Cauliflower	 Grilled Chicken Quinoa with Chickpeas and Tomatoes	 Grilled Chicken Sauteed Snow Peas	 Grilled Chicken Lemon Broccoli
PANINI	Chicken Club Panini	Turkey, Bacon & Mozzarella Panini	Italian Panini	Ham & Swiss Panini	Turkey & Cheddar Panini
FAST FOOD	Cheese Quesadilla Cheese Sticks w/ Marinara	Calzones Cheeseburgers Black Bean Burger Seasoned Fries	Chicken Sandwich Tater Tots	Taco Salad w/ lettuce, cheese sour cream & salsa	Spicy Chicken Sandwich Grilled Cheese Seasoned Fries
DESSERT	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit

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- 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

MIDDLE SCHOOL MAY 12-16



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Vegetable	Loaded Baked Potato	Chicken Enchilada	Chicken Noodle	Chili
DELI	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	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	 Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	 Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	 Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	 Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons
COMFORT ZONE	Spaghetti Meat Sauce  Meatless Sauce  Zucchini Sticks Breadstick	Korean Chicken Bao Buns w/ Slaw  Pickled Vegetables Parmesan Potato Wedges	Veggie Supreme Cheese or Pepperoni Pizza  Sautéed Spinach & Grape Tomatoes  Carrot Fries Ham & Swiss Wrap	Beef Soft Taco Chicken Fajitas  Cilantro Lime Rice  Mexican Street Corn Salsa Sour Cream Cheese	Indian Spiced Chicken Pita Chicken w/ Chickpeas w/  Spinach, Tomatoes Red Onions Cucumber Mint Yogurt Macaroni & Cheese Sautéed Kale
MADE WITHOUT GLUTEN	 Grilled Chicken Loaded Baked Potato Casserole	 Grilled Chicken Baked Potato	 Grilled Chicken Quinoa with Chickpeas and Tomatoes	 Grilled Chicken Baked Sweet Potato	 Grilled Chicken Lemon Broccoli
PANINI	Chicken Club Panini	Italian Panini	Turkey & Cheddar Panini	Ham & Swiss Panini	Turkey, Bacon & Mozzarella Panini
FAST FOOD	Cheese Quesadilla Cheese Sticks w/ Marinara	Chicken Caesar Wrap Grilled Cheese Waffle Fries	Chicken Nuggets Tater Tots	Calzone Cheeseburger Black Bean Burger Waffle Fries	Taco Salad w/ lettuce, cheese sour cream & salsa
DESSERT	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit



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- 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

MIDDLE SCHOOL MAY 19-23



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Broccoli Cheddar	Zuppa Toscana	Chicken Noodle	Spinach Parmesan	Chili
DELI	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	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	 Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	 Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	 Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	 Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons
COMFORT ZONE	 Turkey Tacos  Tofu Tacos Cheese, Salsa Sour Cream Mexican Street Corn Salad Refried Beans	 Fried Chicken  BBQ Chicken  Smashed Gold Potatoes California Vegetables	Veggie Supreme Cheese or Pepperoni Pizza  Honey Glazed Carrots Grilled Zucchini	 Manicotti with Marinara  Tofu Garlic Toast Collard Greens	 Sticky Korean Meatball Bao Buns  Sticky Korean Tofu Asian Slaw Balsamic Roasted Vegetables Tater Tots
MADE WITHOUT GLUTEN	 Grilled Chicken  Loaded Baked Potato Casserole	 Grilled Chicken  Baked Potato	 Grilled Chicken  Quinoa with Chickpeas and Tomatoes	 Grilled Chicken  Baked Sweet Potato	 Grilled Chicken  Lemon Broccoli
PANINI	Italian Panini	Turkey, Bacon & Mozzarella Panini	Chicken Club Panini	Ham & Swiss Panini	Turkey & Cheddar Panini
FAST FOOD	Cheese Quesadilla Cheese Sticks w/ Marinara	Calzones Chicken Nuggets Waffle Fries	Chicken Sandwich Waffle Fries	Taco Salad w/ lettuce, cheese sour cream & salsa	Spicy Chicken Sandwich Grilled Cheese Waffle Fries
DESSERT	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit

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

MIDDLE SCHOOL MAY 26-30



CHARLOTTE
COUNTRY DAY
SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP		Chicken Tortilla	LAST DAY Broccoli Cheddar		
DELI		Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread	Cured Ham, Turkey, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread		
SALAD BAR	MEMORIAL DAY SCHOOL CLOSED	Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons	Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Assorted Cheeses, Assorted Dressings, House Made Croutons		
COMFORT ZONE		Bruschetta Chicken w/ Herbed Ricotta & Balsamic Glaze Bowtie Pasta Roasted Vegetables	Veggie Supreme Cheese or Pepperoni Green Beans w/ Tomatoes & Mushroom Carrot Fries Ham & Swiss Wrap		
MADE WITHOUT GLUTEN		Grilled Chicken Baked Potato	Grilled Chicken Quinoa with Chickpeas and Tomatoes		
PANINI		Italian Panini	Turkey, Bacon & Mozzarella Panini		
FAST FOOD		¼lb All Beef Hot Dog Chicken Nuggets Waffle Fries	Chicken Sandwich Tater Tots		
DESSERT		Cookies Assorted Cakes Assorted Hand Fruit	Cookies Assorted Cakes Assorted Hand Fruit		

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