

# UPPER SCHOOL MAY. 5-9, 2025



**CHARLOTTE  
COUNTRY DAY  
SCHOOL**

|                     | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---------------------|---|---|---|---|---|
| BREAKFAST           | Scrambled Egg<br>French Toast<br>Tater Tots<br>Sausage<br>Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit  | Scrambled Eggs<br>Pancakes<br>Cheesy Grits<br>Bacon<br>Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit   | Scrambled Eggs<br>Waffles<br>Tater Tots<br>Sausage<br>Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit  | Scrambled Eggs<br>Biscuits<br>Cheesy Grits<br>Sausage<br>Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit   | Scrambled Eggs<br>French Toast<br>Tater Tots<br>Bacon<br>Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit   |
| SOUP                | Italian Wedding Tomato  | Chicken Noodle Loaded Baked Potato  | Black Bean Soup<br>Spicy Beef & Rice  | Vegetable<br>Chicken Enchilada  | Chili<br>Kale & Sweet Potato  |
| DELI                | Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread   | Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread   | Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread   | Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread   | Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread   |
| SALAD BAR           | Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings<br>House Made Croutons | Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings<br>House Made Croutons | Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings<br>House Made Croutons | Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings<br>House Made Croutons | Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings<br>House Made Croutons |
| COMFORT ZONE        | Loaded French Fries<br>Southwest Chicken<br>Nacho Cheese Sauce<br>Pico de Gallo<br>Chili, Onions, Jalapenos   | Herbed Ricotta<br>Bruschetta Chicken<br>Balsamic Glaze<br>Bowtie Pasta<br>Roasted Vegetables  | Open Faced-BBQ Pork Sandwich<br>Carolina Coleslaw<br>Root Beer Baked Beans<br>Fried Squash  | Sweet And Sour Chicken<br>Pineapple, Carrots, Green Bell Pepper, Green Onions<br>Egg Fried Rice<br>Vegetable Egg Roll   | Baked Penne Pasta w/<br>Italian Sausage<br>Caesar Salad<br>Breadstick   |
| PIZZA               | Pepperoni or Cheese   | Pepperoni or Cheese   | Pepperoni or Cheese   | Pepperoni or Cheese   | Pepperoni or Cheese   |
| MADE WITHOUT GLUTEN | Italian Sausage w/ Peppers, Onions & Potatoes   | Garlic Parmesan Chicken<br>Lemon Broccoli   | Lime Chicken w/ Black Bean Sauce  | Honey Glazed Shredded Pork<br>Baby Carrots  | Veracruz Cod<br>Baked Potato  |
| 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                | Chicken, Beef or Tofu Soft Tacos<br>Refried Beans, Mexican Rice, Green Mango Slaw<br>Chipotle Ranch Dressing  | Tostada<br>Adobo Beef Barbacoa, Black Beans, Romaine Lettuce, Pico De Gallo, Pickled Red Onion & Jalapeno   | Thai Coconut Curry<br>Noodle Bowl w/ Spiced Chicken Kebabs<br>Bok Choy, Carrot Radishes', Green Onions<br>Napa Cabbage  | Grilled Chicken Hummus Bowl<br>Quinoa Tabouleh, Spinach, Red Onions, Carrots, Yogurt Dressing   | Hot Dog or Brat<br>Chili, Peppers & Onions<br>Cheese Sauce, Jalapeños<br>Coleslaw<br>Parmesan Potato Wedges   |
| DESSERT             | Cookies, Cake or Ice Cream<br>Assorted Hand Fruit   | Cookies, Cake or Ice Cream<br>Assorted Hand Fruit   | Cookies, Cake or Ice Cream<br>Assorted Hand Fruit   | Cookies, Cake or Ice Cream<br>Assorted Hand Fruit   | Cookies, Cake or Ice Cream<br>Assorted Hand Fruit   |



**Eat the BeWell Way! Look for the BeWell Blueberry!**  
**Supports the Nutritional Needs of Young Athletes**

*Aladdin*  
an elior company

#### 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

# UPPER SCHOOL MAY. 12-16, 2025



**CHARLOTTE  
COUNTRY DAY  
SCHOOL**

|                     | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---------------------|---|---|---|---|---|
| BREAKFAST           | Scrambled Egg<br>French Toast<br>Tater Tots<br>Bacon<br>Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit  | Scrambled Eggs<br>Pancakes<br>Cheesy Grits<br>Sausage<br>Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit   | Scrambled Eggs<br>Waffles<br>Tater Tots<br>Bacon<br>Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit  | Scrambled Eggs<br>Biscuits<br>Cheesy Grits<br>Sausage<br>Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit   | Scrambled Eggs<br>French Toast<br>Tater Tots<br>Bacon<br>Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit   |
| SOUP                | Tomato White Chicken Chili  | Vegetable Broccoli Cordon Bleu  | Spicy Beef & Rice Curried Butternut Squash  | Chicken Noodle Mushroom Barley  | Chili Cream of Broccoli   |
| DELI                | Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread   | Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread   | Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread   | Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread   | Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread   |
| SALAD BAR           | Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings<br>House Made Croutons | Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings<br>House Made Croutons | Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings<br>House Made Croutons | Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings<br>House Made Croutons | Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings<br>House Made Croutons |
| COMFORT ZONE        | Buffalo Chicken Mac & Cheese<br>Ranch Drizzle<br>Steamed Broccoli   | Nachos w/ Spicy Beef Queso Blanco,<br>Charred Tomato Salsa<br>Chimichurri Slaw  | Blackened Chicken Caesar Wrap<br>Roasted Brussel Sprouts & Butternut Squash, Cranberries, Dijon Vinaigrette   | Cheese Manicotti with Roasted Fennel Mushrooms & Spinach<br>Pomodoro Sauce<br>Breadstick  | Greek Chicken w/ Chermoula<br>Roasted Potatoes<br>Tomato & Cucumber Salad w/ Feta   |
| PIZZA               | Pepperoni or Cheese   | Pepperoni or Cheese   | Pepperoni or Cheese   | Pepperoni or Cheese   | Pepperoni or Cheese   |
| MADE WITHOUT GLUTEN | Sausage & Garden Vegetable Frittata<br>Sweet Potato   | Baked Chipotle Chicken with Cumin Black Beans   | Sweet Potato Peppers and Black Bean Hash<br>Sautéed Cabbage   | Grilled Chicken<br>Baked Potato   | Provencal Cod<br>Sautéed Snap Peas  |
| 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                | Mexican Rice Bowl w/ Chipotle Chicken, Pinto Beans, Pico De Gallo, Fried Tortilla Strips  | Soba Hot Pot<br>Thai Chicken, Bok Choy, Carrots, Edamame, Red Radish, Green Onions, Hard Boiled Egg   | Baked Potato Bar<br>Pulled Pork, Chili, Broccoli, Jalapenos, Green Onions, Cheddar Cheese<br>Sour Cream & Butter  | Crispy Chicken Bowl w/ Mash Potatoes, Corn, Roasted Kale, Cheddar Cheese, Pan Gravy   | Sticky Korean Meatball Bao Buns<br>Thai Tofu Bun w/ Asian Slaw, Pineapple Fried Rice, Gochujang Sauce   |
| DESSERT             | Cookies, Cake or Ice Cream Assorted Hand Fruit  | Cookies, Cake or Ice Cream Assorted Hand Fruit  | Cookies, Cake or Ice Cream Assorted Hand Fruit  | Cookies, Cake or Ice Cream Assorted Hand Fruit  | Cookies, Cake or Ice Cream Assorted Hand Fruit  |

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- 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

# UPPER SCHOOL MAY. 19-23, 2025



CHARLOTTE  
COUNTRY DAY  
SCHOOL

|                     | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY                            |
|---------------------|---|---|---|---|-----------------------------------|
| BREAKFAST           | Scrambled Eggs<br>French Toast<br>Tater Tots<br>Bacon<br>Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit   | Scrambled Eggs<br>Pancakes<br>Cheesy Grits<br>Sausage<br>Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit   | Scrambled Eggs<br>Biscuits<br>Tater Tots<br>Bacon<br>Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit   | Scrambled Eggs<br>French Toast<br>Cheesy Grits<br>Sausage<br>Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit   | <b>NO UPPER SCHOOL GRADUATION</b> |
| SOUP                | Minestrone<br>Cheeseburger  | Beef Vegetable<br>Cauliflower Cheese  | Beef Noodle<br>Greek Cannellini & Greens  | Chicken Noodle<br>Tomato Lentil   |                                   |
| DELI                | Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread   | Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread   | Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread   | Cured Ham, Turkey, Salami, Chicken Salad, Assorted Cheeses, Lettuce, Tomato, Red Onion, Pickles, Assorted Bread   |                                   |
| SALAD BAR           | Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings<br>House Made Croutons | Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings<br>House Made Croutons | Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings<br>House Made Croutons | Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings<br>House Made Croutons |                                   |
| COMFORT ZONE        | Four Cheese Pasta<br>Teriyaki Glazed Chicken<br>Caesar Salad<br>Garlic Toast  | Chicken Fajitas Or<br>Cheese Quesadillas<br>Pepper, Onions, Refried Beans, Mexican Rice<br>Charred Tomato Salsa   | Spaghetti w/ Meatballs<br>Marinara or Alfredo<br>Balsamic Roasted Vegetables<br>Breadstick  | Bourbon Chicken<br>Smashed Gold Potatoes<br>Sautéed Spinach and Cherry Tomatoes   |                                   |
| PIZZA               | Pepperoni or Cheese   | Pepperoni or Cheese   | Pepperoni or Cheese   | Pepperoni or Cheese   |                                   |
| MADE WITHOUT GLUTEN | Sweet Potato Casserole<br>Garden Vegetables   | Chili Lime Chicken<br>Green Beans   | Italian Baked Chicken<br>Baked Potato   | Brazilian Zucchini Casserole<br>Sweet Potato  |                                   |
| 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   |                                   |
| SHOW THYME          | Asian Beef w/ Spicy Noodles, Carrots, Sugar Snaps, Bell Peppers, Mushrooms, Garlic Sauce, Miso Broth  | Mediterranean Chicken Gyro<br>Lentil Rice and Spinach Pilaf<br>Tzatziki   | Ancient Grain Bowl<br>Farro, Blackened Chicken, Carrots, Olives, Feta, Kale, Cucumber<br>Yogurt Dressing  | Chaat Waalah Bar Kheema or Tandoori Chicken, Garbanzo Beans, Corn, Jalapenos, Diced Tomatoes, Coconut Curry   |                                   |
| DESSERT             | Cookies, Cake or Ice Cream<br>Assorted Hand Fruit   | Cookies, Cake or Ice Cream<br>Assorted Hand Fruit   | Cookies, Cake or Ice Cream<br>Assorted Hand Fruit   | Cookies, Cake or Ice Cream<br>Assorted Hand Fruit   |                                   |

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- 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



# UPPER SCHOOL MAY 26-30, 2025



CHARLOTTE  
COUNTRY DAY  
SCHOOL

|                           | MONDAY                           | TUESDAY        | WEDNESDAY      | THURSDAY       | FRIDAY         |
|---------------------------|----------------------------------|----------------|----------------|----------------|----------------|
| BREAKFAST                 | MEMORIAL DAY<br>SCHOOL<br>CLOSED |                |                |                |                |
| SOUP                      |                                  | NO UPPERSCHOOL | NO UPPERSCHOOL | NO UPPERSCHOOL | NO UPPERSCHOOL |
| DELI                      |                                  |                |                |                |                |
| SALAD BAR                 |                                  |                |                |                |                |
| COMFORT<br>ZONE           |                                  |                |                |                |                |
| PIZZA                     |                                  |                |                |                |                |
| MADE<br>WITHOUT<br>GLUTEN |                                  |                |                |                |                |
| GRILL                     |                                  |                |                |                |                |
| SHOW<br>THYME             |                                  |                |                |                |                |
| DESSERT                   |                                  |                |                |                |                |



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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