

MIDDLE SCHOOL
OCT 31
NOV 4



CHARLOTTE
COUNTRY DAY
SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Tomato	Zuppa Toscana	Curried Lentil	Island Kale & Sweet Potato	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	🌱🌱 Caribbean Mango Chicken 🌱🌱 Corn O'Brien 🌱🌱 Balsamic Roasted Vegetables	Stuffed Shells w/ Marinara Garlic Toast Sautéed Collard Greens w/ Garlic	California Vegetable Pizza Cheese or Pepperoni Pizza 🌱🌱 Buffalo Cauliflower 🌱🌱 Grilled Zucchini	Chicken Carbonara 🌱🌱 Chipotle Ratatouille Garlic Bread	Beef Burrito 🌱🌱 Portobello & Black Bean Fajita 🌱🌱 Sautéed Kale Cilantro Rice
GLUTEN FREE	Potato Mushroom Frittata	Tropical Chicken & Baked Potato	Risotto w/ Roasted Tomatoes & Mushroom	Vegetarian Stuffed Pepper	Italian Roasted Chicken w/ Broccoli
PANINI	Italian Panini	Turkey, Bacon & Mozzarella Panini	BBQ Chicken Cheddar Melt	Ham & Swiss Panini	Turkey & Cheddar Panini
FAST FOOD	Cheese Quesadilla Cheese Sticks w/ Marinara	Calzones Cheeseburgers Waffle Fries	Chicken Sandwich Tater Tots	Taco Salad w/ lettuce, cheese, sour cream & salsa	Buffalo Chicken Wrap 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

Eat the BeWell Way! Look for the BeWell Blueberry!

Supports the Nutritional Needs of Young Athletes

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 NOV 7-11



**CHARLOTTE
COUNTRY DAY
SCHOOL**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Italian Wedding	Tomato	Cuban Black Bean	Vegetable	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	Whole Grain Spaghetti w/ Roasted Tomatoes & Garlic Balsamic Zucchini & Pepper Breadstick	Pulled Pork Street Tacos w/ Chipotle Corn Pico Black Beans Mexican Rice	Greek Pizza Cheese or Pepperoni Green Beans w/ Tomatoes & Mushroom 🌱🥕 Carrot Fries	Chicken Marsala Herbed Pasta Cuban Roasted Vegetable Medley Breadstick	Turkey Meatloaf 🌱🥔 Smashed Gold Potatoes 🌱🥕 Balsamic Roasted Vegetables
GLUTEN FREE	🌱🥕 Chipotle Lime Portobello	Brown Rice, Bean & Lentil Casserole	Italian Roasted Chicken w/ Broccoli	🌱🥕 Toscana Chicken w/ White Beans	Turkey & Rice Casserole
PANINI	Turkey & Cheddar Panini	Italian Panini	Turkey, Bacon & Mozzarella Panini	Philly Cheese Steak Panini	Ham & Swiss Panini
FAST FOOD	Cheese Quesadilla Cheese Sticks w/ Marinara	Calzones Cheeseburgers 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

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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

MIDDLE SCHOOL NOV 14-18



CHARLOTTE
COUNTRY DAY
SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Minestrone	Beef Vegetable	Chicken Tortilla	Chicken Gumbo Creole Chowder	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	Sloppy Joe Macaroni & Cheese Lemon Broccoli	BBQ Chicken Baked Sweet Potato w/ Apples Asian Sugar Snap Peas	Margherita Pizza Cheese or Pepperoni Pizza Egyptian Green Beans w/ Carrots Greek Salad	General Tso's Chicken Fried Brown Rice Stir Fried Vegetables	Cheeseburger Black Bean Burger Baked or Sweet Potato Coleslaw
GLUTEN FREE	Loaded Baked Potato Casserole	Potato, Bacon, Onion & Egg Skillet	Turkey & Rice Casserole	Asparagus & Shiitake Mushroom Frittata	Brown Rice & Red Pepper Casserole
PANINI	Italian Panini	Turkey, Bacon & Mozzarella Panini	BBQ Chicken Cheddar Melt Panini	Ham & Swiss Panini	Turkey & Cheddar Panini
FAST FOOD	Cheese Quesadilla Cheese Sticks w/ Marinara	Calzones Cheeseburgers Seasoned Fries	Chicken Sandwich Tater Tots	Taco Salad w/ lettuce, cheese sour cream & salsa	Buffalo Chicken Wrap 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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- 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 NOV 21 - 25



CHARLOTTE
COUNTRY DAY
SCHOOL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	Closed	Closed	Closed	Closed	Closed
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MIDDLE SCHOOL

NOV 28

DEC 2



CHARLOTTE
COUNTRY DAY
SCHOOL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Cream of Mushroom	Egg Drop	Broccoli Cordon Bleu	Chicken & Rice	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	Meat or Meatless Spaghetti Steamed Carrots & Green Beans Breadstick	Brazilian Chicken w/ Chimichurri Sauce Broccoli, Cauliflower & Peas Macaroni & Cheese	Roasted Vegetable Pizza Cheese or Pepperoni Pizza Sautéed Spinach & Grape Tomatoes ☘️ Carrot Fries	Beef & Broccoli Brown Fried Rice ☘️ Asian Style Sugar Snap Peas	Chicken Cordon Bleu (Grilled or Fried) ☘️ Squash & Zucchini ☘️ Rice Pilaf
GLUTEN FREE	Sausage & Hashbrown Frittata	Vegetarian Stuffed Pepper	Cajun Chicken Breast & Broccoli	Spicy Beef & Mushroom	☘️ Chipotle Lime Portobello
PANINI	Buffalo Chicken 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 Sandwich Tater Tots	Calzone Cheeseburger 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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