

UPPER SCHOOL

OCT. 31
NOV. 4



CHARLOTTE
COUNTRY DAY
SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Scrambled Eggs Biscuits Hash Brown Sausage Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	Scrambled Eggs Pancakes Home Fries Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	Scrambled Eggs Waffles Hash Brown Sausage Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	Scrambled Eggs French Toast Sticks Home Fries Sausage Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	Scrambled Eggs French Toast Hash Brown Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit
SOUP	Italian Wedding Ham, Cabbage & Potato	Chicken Noodle Southwestern Vegetable	Cuban Black Bean Buffalo Chicken	Loaded Baked Potato Vegetable Soup	Mixed Vegetable & Farro Chili
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, House Made Croutons	Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings, House Made Croutons	Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings, House Made Croutons	Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings, House Made Croutons	Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings, House Made Croutons
COMFORT ZONE	Spinach Quesadilla Beef Taco Roasted Confetti Corn Bandito Beans	Chicken Toscana w/ White Beans Lemon Roasted Asparagus	Turkey Meatloaf Mashed Potatoes w/ Vegetables Sautéed Spinach and Tomatoes	Bourbon Chicken Brown Rice Roasted Broccoli	Chicken Cacciatore Italiano Herb Pasta Italian Green Beans
PIZZA	Pepperoni & Cheese Sausage & Mushroom	Pepperoni & Cheese Bacon Cheeseburger	Pepperoni & Cheese Vegetable	Pepperoni & Cheese Pizza Meat Lover's	Pepperoni & Cheese Buffalo Chicken
GLUTEN FREE	Sausage & Hash Brown Frittata	Potato, Bacon, Onion, & Egg Skillet	Vegetarian Stuffed Peppers	Risotto w/ Mushrooms & Spinach	Turkey & Rice Casserole 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 THYME	Blackened Salmon Taco, Pineapple Pico de Gallo, Cuban Black Beans, Cilantro Rice	Chicken Taco w/ Mango Salsa, Pinto Beans, Mexican Sweet Corn	Pulled Pork Street Tacos w/ Chipotle Corn, Pico de Gallo, Plantains, Mexican Rice	Nachos w/ Spicy Beef, Cheese Sauce Topping, Charred Tomato & Avocado Salsa	Carnitas w/ Pineapple Salsa, Mexican Street Corn Salad, Refried Beans
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

Eat the BeWell Way! Look for the BeWell Blueberry!

Supports the Nutritional Needs of Young Athletes



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 NOV. 7-11



**CHARLOTTE
COUNTRY DAY
SCHOOL**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Scrambled Egg Biscuits Hash Brown Sausage Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	Scrambled Eggs Pancakes Home Fries Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	Scrambled Eggs Waffles Hash Brown Sausage Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	Scrambled Eggs Biscuits Home Fries Sausage Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	Scrambled Eggs French Toast Sticks Hash Browns Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit
SOUP	Tomato Sausage & Lentil	Pepperoni Pizza Soup Vegetable	Cream Of Mushroom Spicy Beef & Rice	Chicken Noodle Zuppa Toscana	Island Kale & Sweet Potato Chili
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 House Made Croutons	Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons	Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons	Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons	Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons
COMFORT ZONE	Caribbean Mango Chicken w/ Mango Salsa Black Beans & Rice Fried Plantains	Stuffed Sweet Potatoes w/ Shredded Pork Spicy Black-eyed Peas & Rice	Curry Chicken Basmati Rice Indian Style Cauliflower	Cheesy" Penne Pasta Broccoli Marinara Breadstick	Grilled Chicken w/ Tomato Basil Relish Oven Roasted Red Potatoes w/ Garlic Spiced Brussel Sprouts
PIZZA	Pepperoni or Cheese Cajun Sausage	Pepperoni or Cheese Basil Chicken & Roasted Pepper	Pepperoni or Cheese Meat Lovers	Pepperoni or Cheese Roasted Vegetable	Pepperoni or Cheese Buffalo Chicken
GLUTEN FREE	Potato Mushroom Frittata	Baked Chipotle Chicken w/ Cumin Black Beans	Brown Rice, Bean & Lentil Casserole	Loaded Baked Potato Casserole	Vegetarian 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 Grilled Bok Choy	Pad Thai Chicken Snap Peas, Tofu, Green Onions, Carrots, Peppers, Scrambled Eggs	Sesame Chicken w/ Lo Mein, Edamame, Mushrooms, Fire Roasted Corn, Yum Yum Sauce	Chinese Noodle w/ Spicy Shredded Beef, Stir-Fried Vegetables Potstickers	Chicken Teriyaki Bar w/ Fried Brown Rice, Black Beans, Broccoli, Carrots, Teriyaki 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

Eat the BeWell Way! Look for the BeWell Blueberry!

Supports the Nutritional Needs of Young Athletes



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 NOV. 14-18



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	☞ Scrambled Eggs Waffles Hash Browns Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	☞ Scrambled Eggs Pancakes Home Fries Sausage Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	☞ Scrambled Eggs Biscuits Hash Browns Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	☞ Scrambled Eggs French Toast Sticks Home Fries Sausage Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	☞ Scrambled Eggs Waffles Hash Browns Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit
SOUP	Cheesy Beef Burrito Minestrone	Beef Vegetable Navy Bean	Beef Noodle Cauliflower Cheese	Chicken Noodle Cream of Mushroom	Corn & Sweet Potato Chili
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, Cucumber, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons	☞ Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons	☞ Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons	☞ Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons	☞ Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons
COMFORT ZONE	☞ Thai Garlic Chicken Jasmine Rice w/ Green Onions, Peas, and Lemon Blanching Bok Choy	☞ Beef Pepper Steak Black-eyed Peas w/ Roasted Garlic & Shallots Collard Greens w/ Hot Sauce	☞ Mojo Grilled Chicken Spanish Batatas Bravas Potatoes, Zucchini & Roasted Tomatoes Chimichurri Sauce	☞ Herbed Roasted Turkey w/ Gravy Savory Stuffing Mashed Potatoes Green Beans Cranberry Sauce	☞ Mediterranean Chicken Gyro w/ Tzatziki, Mixed Greens, Olives, Cucumbers, Tomatoes, Lemon Basmati Rice
PIZZA	Pepperoni or Cheese Sausage & Mushroom	Pepperoni or Cheese Chicken Alfredo Pizza	Pepperoni or Cheese California Vegetable	Pepperoni or Cheese Greek Pizza	Pepperoni or Cheese Philly Cheese Steak Pizza
GLUTEN FREE	Sweet Potato Casserole	☞ Chili Lime Chicken Lemon Roasted Broccoli	☞ Italian Baked Chicken Baked Potato	Sausage & Garden Vegetable Frittata	Cabbage Roll Casserole
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	Creamy Chicken Alfredo w/ Fettuccini, Roasted Broccoli & Breadstick	Penne Pasta, w/ Grilled Chicken, Spinach, Tomato, Feta, Balsamic Reduction	Spaghetti w/ Meatballs Marinara or Alfredo Balsamic Roasted Vegetables, Garlic Bread	Cheese Tortellini w/ Italian Sausage, Sautéed Kale, Pomodoro Sauce	Bowtie Pasta w/ Crispy Brussel Sprouts, Bacon, Roasted Peppers, Carbonara
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

Eat the BeWell Way! Look for the BeWell Blueberry!

Supports the Nutritional Needs of Young Athletes



- 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 NOV 21 - 25



CHARLOTTE
COUNTRY DAY
SCHOOL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	Closed	Closed	Closed	Closed	Closed
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 Eat the BeWell Way! Look for the BeWell Blueberry!

Lexington
INDEPENDENTS

DID YOU KNOW

- primarily cook from scratch, reducing use of processed foods
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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

UPPER SCHOOL NOV28 DEC 4



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Scrambled Egg Biscuits Hash Brown Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	Scrambled Eggs Pancakes Home Fries Sausage Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	Scrambled Eggs Waffles Hash Browns Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	Scrambled Eggs Biscuits Home Fries Sausage Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit	Scrambled Eggs French Toast Sticks Hash Browns Bacon Assorted Freshly Baked Muffins, Freshly Cut Seasonal Fruit
SOUP	Broccoli Cordon Bleu Tomato Zucchini & Basil	Chicken Tortilla Split Pea	Minestrone Cheeseburger Chowder	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 House Made Croutons	Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons	Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons	Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons	Spinach, Romaine, Mixed Greens, Kale, Tomato, Cucumbers, Broccoli, Peppers, Tofu, Cauliflower, Carrots, Beans, Olives, Beets, Assorted Cheeses & Dressings House Made Croutons
COMFORT ZONE	Baked Chipotle Chicken Southwest Spiced Roasted Potatoes Braised Zucchini	Herb Roasted Turkey w/ Cranberry Salsa Harvest Wild Rice French Green Beans	Chicken Marsala Sauteed Spinach & Tomatoes Smashed Gold Potatoes	Beef Taco Salad Spicy Refried Beans, Chipotle Corn, Pico Slaw	Kung Pao Chicken Confetti Rice Pilaf Roasted Garden Vegetables
PIZZA	Pepperoni or Cheese Sausage & Mushroom Pizza	Pepperoni or Cheese Greek Pizza	Pepperoni or Cheese Mexican Beef Pizza	Pepperoni or Cheese Veggie Lover's Pizza	Pepperoni or Cheese Chicken Fajita Pizza
GLUTEN FREE	Beef & Rice w/ Roasted Broccoli	Mushroom, Ham & Swiss Frittata	Brown Rice & Red Pepper Casserole	Loaded Baked Potato Casserole	Lemon Rice w/ Chicken & Artichoke
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	<u>Indian Street Food</u> Butter Chicken, Seasonal Vegetables, Rice, White Beans & Potatoes	<u>Mediterranean Bowl</u> Handmade Koftas Lemon Rice Cucumber, Tomatoes, Red Onion, Olives, Feta, Yogurt Tahini Dressing	<u>Island Cuisine</u> Shredded Jamaican Jerk Pork Butt, Black Beans, Rice, Pineapple Mango Salsa	<u>Big Kahuna Bowl</u> BBQ Chicken, Buffalo Cauliflower, Garlicky Green Beans, Cilantro Lime Brown Rice, Cilantro Vinaigrette	<u>Shawarma Bowl</u> Thinly Sliced Chicken Shawarma, Mixed Greens, Chickpea Salad, Feta, Tzatziki, Spiced Basmati Rice
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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