

LOWER SCHOOL

OCT 31

NOV 4



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	🍓 Grilled Cheese Grilled Chicken 🍓 Roasted Vegetables 🍓 Corn	Stuffed Shells w/ Marinara Garlic Toast 🍓 Collard Greens w/ Garlic 🍓 Curry Tofu w/ Vegetables	Cheese Pizza Parmesan Cauliflower 🍓 Zucchini 🍓 Chili Lime Chicken	🍓 Herb Baked Chicken Macaroni & Cheese 🍓 Broccoli & Cauliflower	Beef Burrito Cilantro Rice 🍓 Chili Roasted Kale Bean Burrito
GLUTEN FREE	Sausage & Hash Brown Frittata	Potato, Bacon Onion & Egg Skillet	🍓 Vegetarian Stuffed Pepper	Risotto with Mushrooms and Spinach	Turkey & Rice Casserole
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!

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 7-11



**CHARLOTTE
COUNTRY DAY
SCHOOL**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Tomato	Vegetable	Beef Barley	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	BBQ Pulled Pork Sandwich w/ Coleslaw Pasta w/ Alfredo Sauce Corn on the Cob Lima Beans	Chicken Nuggets Fried Brown Rice Snap Peas BLT Wrap	Cheese Pizza Roasted Vegetables Brown Rice	Cheese Quesadilla Turkey Taco Spanish Rice Mexican Vegetable	Cheeseburger Black Bean Burger Baked Sweet Potato Fries Baked Beans
GLUTEN FREE	Potato Mushroom Frittata	Baked Chipotle Chicken with Cumin Black Beans	Brown Rice, Bean & Lentil Casserole	Loaded Baked Potato Casserole	Vegetarian Stuffed Pepper
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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Lexington

INDEPENDENTS

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LOWER SCHOOL NOV 14-18



**CHARLOTTE
COUNTRY DAY
SCHOOL**

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Minestrone	Beef Vegetable	Cauliflower Cheese	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	Beef Soft Tacos w/ Lettuce Cheese & Sour Cream Black Beans Fiesta Corn Spinach Quesadilla	Fried Chicken Green Beans Baked or Sweet Potato Ham & Swiss Wrap	Cheese Pizza Green Peas Apple Quinoa Sweet & Sour Tofu	<u>Chicken & Waffles</u> Waffles w/ Maple Syrup Chicken Tenders Sweet Potatoes Herbed Pasta	Meat or Meatless Ziti Fried Collards & Apples Bread Sticks
GLUTEN FREE	Sweet Potato Casserole	Chili Lime Chicken	Italian Baked Chicken Baked Potato	Sausage & Garden Vegetable Frittata	Cabbage Roll Casserole
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 NOV 21 - 25



CHARLOTTE
COUNTRY DAY
SCHOOL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	Closed	Closed	Closed	Closed	Closed
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LOWER SCHOOL
NOV 28
DEC 2



CHARLOTTE
COUNTRY DAY
SCHOOL

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

SOUP	Broccoli, Ham & Cheese	Chicken Tortilla	Minestrone	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	Grilled Chicken Sandwich or Crispy Chicken Sandwich Waffle Fries Carrots & Green Beans	Meat or Meatless Spaghetti Breadstick Balsamic Roasted Vegetables	Cheese Pizza Green Beans w/ Tomatoes & Mushrooms Carrot Fries	General Tso's Chicken Fried Brown Rice Zucchini Sticks Herbed Pasta	Taco Salad Chips, Beef, Cheese & Sour Cream Broccoli Rice Casserole
GLUTEN FREE	Beef & Rice	Mushroom, Ham & Swiss Frittata	Brown Rice & Red Pepper Casserole	Loaded Baked Potato Casserole	Lemon Rice w/ Chicken & Artichoke
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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