



CHARLOTTE COUNTRY DAY SCHOOL

Lunch Menu
JANUARY 2019
FRESH START

Offered Daily
Assorted Breakfast Sandwiches
Assorted Sandwiches
Grilled Chicken
Orange Wedges, Organic Yogurt
Carrot Sticks, Celery Sticks
Fresh Fruit



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

JANUARY 1
HOLIDAY

JANUARY 2
HOLIDAY

JANUARY 3
HOLIDAY

JANUARY 4
HOLIDAY

JANUARY 7
CLASSES RESUME

A- Hickory Smoke BBQ Chicken or Southern Fried Chicken
Mashed Potatoes w/ Gravy
Roasted Garden Vegetables
B- Philly Cheese Steak Hoagie
Mashed Potatoes w/ Gravy
Roasted Garden Vegetables
Minestrone Soup
Loaded Potato Soup

JANUARY 8

A- Four Cheese Penne
Green Beans
Bread Stick
B- Teriyaki Chicken w/ Pineapple
Green Beans
Wild Rice

Lentil Stew w/Sausage
Navy Bean Soup

JANUARY 9

A- Curried Coconut Quinoa & Greens w/ Roasted Cauliflower
Fresh Fruit Salad
B- Pepperoni Pizza or Cheese Pizza
Lima Beans
Fried Okra

Mushroom Broth Bowl
Chicken Tortilla Soup

JANUARY 10

A- Chicken Breast Florentine
Wild Rice
Zucchini & Squash Stir Fry
B- Meat or Meatless Spaghetti w/ Whole Wheat Pasta
Zucchini & Squash Stir Fry
Garlic Bread Stick

Beef Barley Soup
Lemon Orzo Soup

JANUARY 11

A- Cajun Shrimp w/ Rice
Sautéed Snap Peas
B- Chicken Tender Sandwich
Greek Salad
Baked Potato
(Plain or Sweet Potato)

Chili
Vietnamese Noodle Soup

JANUARY 14

A- Sweet & Sour Chicken
Brown Fried Rice
Chinese Dumpling
Stir-Fry Cabbage
B- BBQ Pork Sandwich
Macaroni & Cheese
Coleslaw

Lemon Orzo Soup
Chicken Tortilla Soup

JANUARY 15

A- Pasta w/ Olives & Tomatoes
Fresh Sautéed Vegetables
Garlic Bread
B- Beef or Pinto Bean Taco Salad
w/ Lettuce Cheese, Sour Cream & Salsa
Fresh Sautéed Vegetables

Beef Barley Soup
Potato Soup

JANUARY 16

A- Broccoli & Goat Cheese Frittata
Fruit Salad
B- Cheese Pizza, Pepperoni Pizza
or Vegetable Pizza
Buffalo Roasted Cauliflower
Fried Okra

Tortellini Soup
Egg Drop Soup

JANUARY 17

A- Italian Bolognese w/ Whole Grain Pasta
Caesar Salad
Garlic Bread Stick
B- Bourbon Glaze Chicken
Cajun Dirty Rice
Caesar Salad

Vegetable Soup
Chicken Noodle Soup

JANUARY 18

A- Creamy Spinach & Artichoke
Stuffed Flounder
Greek Style Vegetable Rice
B- White Meat Chicken Nuggets
Roasted Root Vegetables
Baked Potato
(Plain or Sweet Potato)

Chili
Cream of Cauliflower Soup

JANUARY 21

**MARTIN LUTHER
KING JR. DAY**

JANUARY 22

A- Roasted Balsamic Chicken with Feta & Tomatoes or Southern Fried Chicken, Tater Tots
Parmesan Basil Vegetables
B- BBQ Meatballs
Tater Tots
Parmesan Basil Vegetables

Chicken Gumbo Soup
Greek Lentil Stew

JANUARY 23

A- Sautéed Spinach w/ Beans & Pasta, Corn Muffin
B- Pepperoni Pizza, Cheese Pizza
Or Vegetable Pizza
Fried Squash
Sweet Peas

Carrot Bisque
Vegetable Beef Soup

JANUARY 24

A- Beef Brisket w/ Caramelized Onions, Collard Greens
Roasted Red Potatoes
B- Turkey Soft Taco or Black Bean
Enchilada, Cilantro Rice
Southwest Roasted Vegetables

Chicken Noodle Soup
Zucchini Basil Soup

JANUARY 25

A- Curry-Poached Cod w/ Snap Pea Slaw, Green Beans w/ Tomato
Mushroom & Onion
B- Chicken Sandwich
(Grilled or Fried)
Green Beans w/ Tomato Mushroom & Onion
Baked Potato
Chili
Broccoli Cheese Soup

JANUARY 28

A- Garlic & Brown Sugar Roasted Chicken or Southern Fried Chicken
Tater Tots
Balsamic Roasted Vegetables
B- Ham & Swiss Panni
Tater Tots
Balsamic Roasted Vegetables

Chicken & Rice Soup
Island Kale & Sweet Potato Soup

JANUARY 29

A- Indian Butter Chicken
Roasted Red Pepper & Brown Rice & Quinoa
Spring Vegetables
B- Beef Burrito or Cheese
Quesadilla, Red Beans
Spring Vegetables

Vegetable Barley Soup
Baked Potato Soup

JANUARY 30

A- Louisiana Creole Chicken Wrap
Black Bean & Mandarin Orange Salad
B- Pepperoni Pizza or Cheese Pizza
Curried Stewed Tomatoes and Greens
Corn on the Cob

Navy Bean Soup
Bacon Corn Chowder

JANUARY 30

A- Roasted Turkey w/ Bruschetta Topping, Broccoli Casserole
Roasted Sweet Potatoes w/ Onion
B- Cheeseburger w/ Lettuce & Tomato
Waffle Fries
Jerk Roasted Squash & Zucchini
Blend
Minestrone Soup
Chicken Noodle Soup

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