



# CHARLOTTE COUNTRY DAY SCHOOL

## Lunch Menu MARCH 2019 NUTRITION

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



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

#### MARCH 1

- A-** Lemon Caper Flounder  
Feta Stuffed Tomato  
Roasted Garlic Kale
- B-** Chicken Sandwich (Grilled or Fried)  
Roasted Garlic Kale  
Baked Potato  
**(Plain or Sweet Potato)**  
**NO JK-4**  
Chili  
Corn Chowder

Weekly Nutrition Analysis: Calories: • Fat: 21 grams • Protein: 28 grams • Carbs: 102 grams • Calcium: 565 mg • Vitamin A: 6268 IU • Vitamin C: 49 mg • Fe: 5 mg

#### MARCH 4

- A-** Hickory Smoke BBQ Chicken or Southern Fried Chicken  
Macaroni & Cheese  
Roasted Garden Vegetables
- B-** Philly Cheese Steak Hoagie  
Macaroni & Cheese  
Roasted Garden Vegetables  
**NO JK-4**  
Minestrone Soup  
Loaded Potato Soup

#### MARCH 5

- A-** Four Cheese Penne  
Green Beans  
Bread Stick
- B-** Teriyaki Chicken w/ Pineapple  
Green Beans  
Rice  
  
Lentil Stew w/Sausage  
Navy Bean Soup

#### MARCH 6

- A-** Curried Coconut Quinoa & Greens w/ Roasted Cauliflower  
Fresh Fruit Salad
- B-** Pepperoni Pizza or Cheese Pizza  
Honey Glazed Carrots  
Ratatouille  
  
Cream of Broccoli  
Chicken Tortilla Soup

#### MARCH 7

- 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  
  
Vegetable Barley Soup  
Chicken Noodle Soup

#### MARCH 8

- A-** Vegetable Shrimp Stir Fry  
Eggroll
- B-** Chicken Tender Sandwich  
Greek Salad  
Baked Potato  
**(Plain or Sweet Potato)**  
  
White Bean Turkey Chili  
Vietnamese Noodle Soup

Weekly Nutrition Analysis: Calories: 731 • Fat: 19.66 grams • Protein: 36.36 grams • Carbs: 107.66 grams • Calcium: 716.7 mg • Vitamin A: 30691 IU • Vitamin C: 52.42 mg • Fe: 5.59 mg

#### MARCH 11

- A-** Sweet & Sour Chicken  
Brown Fried Rice
- Asian Style Snap Peas
- B-** BBQ Pork Sandwich  
W/ Coleslaw  
Macaroni & Cheese
- Baked Sweet Potato Sticks  
  
Lemon Orzo Soup  
Chicken Tortilla Soup

#### MARCH 12

- A-** Apricot Stuffed Pork Loin  
Wild Rice  
Fresh Sautéed Vegetables
- B-** Beef or Pinto Bean Taco Salad  
w/ Lettuce Cheese, Sour Cream & Salsa  
Fresh Sautéed Vegetables  
  
Italian Wedding Soup  
Potato Soup

#### MARCH 13

- A-** Seared Chicken with Red Pepper Sauce  
Roasted Potatoes  
Zucchini Fries
- B-** Cheese Pizza, Pepperoni Pizza or Vegetable Pizza  
Roasted Potatoes  
Zucchini Fries  
Tortellini Soup  
Egg Drop Soup

#### MARCH 14

- A-** Italian Bolognese w/ Whole Grain Pasta  
Caesar Salad  
Garlic Bread Stick
- B-** Arroz con Pollo  
Steamed Corn  
Caesar Salad  
  
Vegetable Soup  
Chicken Noodle Soup

#### MARCH 15

- A-** Braised Cod Provencal  
Greek Style Vegetable Rice
- B-** White Meat Chicken Nuggets  
Roasted Vegetables  
Baked Potato  
**(Plain or Sweet Potato)**  
  
Chili  
Asian Vegetable Soup

Weekly Nutrition Analysis: Calories: 704 • Fat: 19.70 grams • Protein: 36.77 grams • Carbs: 102.43 grams • Calcium: 645.8 mg • Vitamin A: 32170 IU • Vitamin C: 88.50 mg • Fe: 5.66mg

#### MARCH 18

SPRING BREAK

#### MARCH 19

SPRING BREAK

#### MARCH 20

SPRING BREAK

#### MARCH 21

SPRING BREAK

#### MARCH 22

SPRING BREAK

Weekly Nutrition Analysis: Calories: 957 • Fat: 26.44 grams • Protein: 50.69 grams • Carbs: 134.37 grams • Calcium: 809.2 mg • Vitamin A: 29883 IU • Vitamin C: 69.36 • Fe: 8.15 mg

#### MARCH 25

- A-** Garlic & Brown Sugar Roasted Chicken or Southern Fried Chicken
- Baked Beans w/ Apples  
Garlic Roasted Vegetables
- B-** Ham & Swiss Panni  
Tater Tots  
Garlic Roasted Vegetables  
  
Chicken & Rice Soup  
Island Kale & Sweet Potato Soup

#### MARCH 26

- A-** Indian Butter Chicken  
Middle East Chickpeas w/ Spinach
- B-** Beef Burrito or Cheese Quesadilla, Red Beans  
Spring Vegetables  
  
Beef Barley Soup  
Baked Potato Soup

#### MARCH 27

- A-** Tomato Bake w/ Quinoa Corn  
Chilies  
Black Bean & Mandarin Orange Salad
- B-** Pepperoni Pizza or Cheese Pizza  
Curried Stewed Tomatoes and Greens  
Carrot Fries  
Navy Bean Soup  
Andouille & Onion Soup

#### MARCH 28

- A-** Barley Chicken Thai Stir Fry  
Brown Fried Rice  
Vegetable Eggroll
- B-** Cheeseburger or w/ Lettuce & Tomato  
Waffle Fries  
Jerk Roasted Vegetables  
  
Minestrone Soup  
Chicken Noodle Soup

#### MARCH 29

- A-** Tilapia w/ Orange Parsley Salsa
- Curried Vegetable Pasta
- B-** Chicken Sandwich  
**(Grilled or Fried)**  
Green Beans w/ Tomato Mushroom & Onion  
Baked Potato  
Chili  
Broccoli Cheese Soup

Weekly Nutrition Analysis: Calories: 687 • Fat: 20.70 grams • Protein: 34.44 grams • Carbs: 96.69 grams • Calcium: 552.1 mg • Vitamin A: 32891 IU • Vitamin C: 91.99 mg • Fe: 4.56 mg