



CHARLOTTE COUNTRY DAY SCHOOL

Lunch Menu
MAY 2019
BBQ

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Eat Well to BeWell
Eat the BeWell way!
Look for the BeWell blueberry
Food to learn
Food to play
Food for every day!

MAY 1

- A-** Curry Sesame Tofu with Rice & Vegetables
Vegetable Egg Roll
- B-** Pepperoni Pizza
Cheese Pizza
Organic Carrots
- Roasted Potatoes w/ Peppers & Onions
- Roasted Red Pepper Bisque
- Confetti Lentil Soup

MAY 2

- A-** Seared Chicken with Red Pepper Sauce
Roasted Vegetables
- B-** Cheese Quesadilla or Beef Soft Taco, Fiesta Vegetables
Mexican Corn
- Tomato Soup
- Chicken Noodle Soup

MAY 3

- A-** Lemon Caper Flounder
Feta Stuffed Tomato
- Middle East Chickpeas w/ Spinach
- B-** Chicken Sandwich (Grilled or Fried)
- Middle East Chickpeas w/ Spinach, Baked Potato
Chili
- Hot & Sour Soup

MAY 6

- A-** Hickory Smoke BBQ Chicken or Southern Fried Chicken
- Yukon Smashed Potatoes
Roasted Garden Vegetables
- B-** Philly Cheese Steak Hoagie
- Yukon Smashed Potatoes
Roasted Garden Vegetables
- Minestrone Soup
- Loaded Potato Soup

MAY 7

- A-** Four Cheese Penne
Green Beans
Bread Stick
- B-** Chicken w/Tomato Avocado Salsa
Green Beans
- Sweet Potatoes & Baked Apples
- Lentil Stew w/Sausage
- Navy Bean Soup

MAY 8

- A-** Brown Rice and Pepper Casserole
Fresh Fruit Salad
- B-** Pepperoni Pizza or Cheese Pizza
Honey Glazed Carrots
Ratatouille
- Mushroom Broth Bowl
- Chicken Tortilla Soup

MAY 9

- A-** Arroz con Pollo
Steamed Corn
Lemon Broccoli
- B-** Meat or Meatless Spaghetti w/ Whole Wheat Pasta
Lemon Broccoli
Garlic Bread Stick
- Beef Barley Soup
- Chicken Noodle Soup

MAY 10

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

MAY 13

- A-** Chicken Ginger Citrus or Southern Fried Chicken
Curried Vegetables
- B-** BBQ Pork Sandwich w/ Coleslaw
Macaroni & Cheese
Curried Vegetables
- Cannellini Bean Greek Soup
- Chicken Tortilla Soup

MAY 14

- A-** Chicken Grilled w/ Tomato Basil Relish
Fresh Sautéed Vegetables
- B-** Beef or Pinto Bean Taco Salad w/ Lettuce Cheese, Sour Cream & Salsa
Fresh Sautéed Vegetables
- Minestrone Soup
- Cheeseburger Soup

MAY 15

- A-** Salmon Apricot & Ginger Glaze
Fruit Salad
- B-** Cheese Pizza, Pepperoni Pizza or Vegetable Pizza
Roasted Potatoes
Zucchini Fries
- Tortellini Soup
- Egg Drop Soup

MAY 16

- A-** Italian Bolognese w/ Whole Grain Pasta
Caesar Salad
Garlic Bread Stick
- B-** Chicken Broccoli Stir Fry
Brown Fried Rice
- Vegetable Soup
- Chicken Noodle Soup

MAY 17

- A-** Flounder with Chimichurri Sauce
Greek Style Vegetable Rice
- B-** White Meat Chicken Nuggets
Roasted Root Vegetables
Baked Potato
(Plain or Sweet Potato)
- Chili
- Cream of Cauliflower Soup

MAY 20

- A-** Chicken Taco w/Pineapple Pico de Gallo
Cajun Rice & Beans
Spinach w/ Carrots
- B-** Stuffed Shells w/ Marinara
Spinach w/ Carrots
Garlic Bread
- Asian Vegetable Soup
- Hot & Sour Soup

MAY 21

- A-** Roasted Balsamic Chicken with Feta & Tomatoes or Southern Fried Chicken, Tater Tots
Parmesan Basil Vegetables
- B-** Grill Cheese Sandwich
Tater Tots
Parmesan Basil Vegetables
- Chicken Gumbo Soup
- Curried Lentil Soup

MAY 22

- A-** Chicken w/Potatoes & Leeks
Balsamic Vegetables
- B-** Pepperoni Pizza, Cheese Pizza or Vegetable Pizza
Balsamic Vegetables
Steamed Corn
- Carrot Bisque
- Vegetable Beef Soup

MAY 23

- A-** Turkey Meat Loaf
Collard Greens
Roasted Red Potatoes
- B-** Beef Soft Taco or Vegan Portobello Bean Fajita
Cilantro Rice
Southwest Roasted Vegetables
- Chicken Noodle Soup
- Vegetable Rice Soup

MAY 24

- A-** BBQ Tofu over Brown Rice
Green Beans w/ Mushroom & Onion
- B-** Chicken Sandwich
(Grilled or Fried)
Green Beans w/ Mushroom & Onion
Baked Potato
- Chili
- Broccoli Cheese Soup

MAY 27 MEMORIAL DAY

MAY 28

- A-** Quinoa Cakes w/ Cilantro Sauce
Spring Vegetables
- B-** Beef Burrito or Cheese Quesadilla, Red Beans
Spring Vegetables
- Beef Barley Soup
- Tomato Soup

MAY 29

- A-** Santa Fe Chicken Pita
Black Bean & Mandarin Orange Salad
- B-** Pepperoni Pizza or Cheese Pizza
Curried Stewed Tomatoes and Greens
Carrot Fries
- Navy Bean Soup
- Bacon Corn Chowder

MAY 30

- A-** Chicken Apple Sesame Stir Fry, Brown Rice
- B-** Cheeseburger w/ Lettuce & Tomato, Waffle Fries
Jerk Roasted Squash & Zucchini Blend
- Potato 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