

November 18th-
November 22nd



Charlotte Catholic
High School



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DELI	Ham, Turkey, Pepperoni, Salami, Assorted Cheeses, Lettuce, Tomato, Onions, Pickles, Olives, Banana Peppers, Jalapenos, Cucumbers Chicken Tender or Buffalo Chicken Sub	Ham, Turkey, Pepperoni, Salami, Assorted Cheeses, Lettuce, Tomato, Onions, Pickles, Olives, Banana Peppers, Jalapenos, Cucumbers Chicken Tender or Buffalo Chicken Sub	Ham, Turkey, Pepperoni, Salami, Assorted Cheeses, Lettuce, Tomato, Onions, Pickles, Olives, Banana Peppers, Jalapenos, Cucumbers Chicken Tender or Buffalo Chicken Sub	Ham, Turkey, Pepperoni, Salami, Assorted Cheeses, Lettuce, Tomato, Onions, Pickles, Olives, Banana Peppers, Jalapenos, Cucumbers Chicken Tender or Buffalo Chicken Sub	No Deli Sandwiches French Bread Pizza Station
GRAB & GO	Strawberry Spinach Salad Chicken Caesar Wrap Chicken Bacon Ranch Wrap Chipotle Chicken Wrap Buffalo Chicken Wrap Salad Bar	Strawberry Spinach Salad Chicken Caesar Wrap Chicken Bacon Ranch Wrap Chipotle Chicken Wrap Buffalo Chicken Wrap Salad Bar	Strawberry Spinach Salad Chicken Caesar Wrap Chicken Bacon Ranch Wrap Chipotle Chicken Wrap Buffalo Chicken Wrap Salad Bar	Strawberry Spinach Salad Chicken Caesar Wrap Chicken Bacon Ranch Wrap Chipotle Chicken Wrap Buffalo Chicken Wrap Salad Bar	Strawberry Spinach Salad Tuna Salad Salad Bar
COMFORT ZONE	Spaghetti w/ Meat Sauce or Chicken Alfredo Fruit Salad Garlic Bread	Walking Taco or Burrito Bar w/ Ground Beef or Chicken Spanish Rice Black Beans Corn Lettuce & Cheese	Spicy Buffalo or BBQ Boneless Wings or Grilled Chicken Macaroni & Cheese Seasoned Green Beans Breadstick	Orange Chicken or Beef With Broccoli w/ Fried Rice or Lo Mein Noodles Stir Fry Vegetables Chicken Potstickers Egg Roll Fortune Cookie	Manicotti or Pasta w/ Marinara or Alfredo Fruit Salad Garlic Bread
COMFORT ZONE	Fried Chicken Mashed Potatoes w/ Gravy Broccoli w/ Cheese Biscuit	Beef Enchiladas or White Chicken Enchiladas Spanish Rice Chips w/ Salsa	Spicy Buffalo or BBQ Boneless Wings or Grilled Chicken Macaroni & Cheese Seasoned Green Beans Breadstick	Orange Chicken or Beef With Broccoli w/ Fried Rice or Lo Mein Noodles Stir Fry Vegetables Chicken Potstickers Egg Roll Fortune Cookie	French Bread Pizza Made to Order At The Deli Bar Purchase Tickets At The Register
FAST FOOD	Cheeseburger, Spicy Chicken Sandwich, Chicken Sandwich, Pizza, Chicken Tenders, Chicken Nuggets, Corn Dogs, Chips w/ Queso, French Fries	Cheeseburger, Spicy Chicken Sandwich, Chicken Sandwich, Pizza, Chicken Tenders, Chicken Nuggets, Corn Dogs, Chips w/ Queso, French Fries	Cheeseburger, Spicy Chicken Sandwich, Chicken Sandwich, Pizza, Chicken Tenders, Chicken Nuggets, Corn Dogs, Chips w/ Queso, French Fries	Cheeseburger, Spicy Chicken Sandwich, Chicken Sandwich, Pizza, Chicken Tenders, Chicken Nuggets, Corn Dogs, Chips w/ Queso, French Fries	Cheese Quesadilla, Grilled Cheese, Fish Sandwich, Mozzarella Sticks, Bosco Sticks, Hand Breaded Shrimp, Cheese Pizza, Pretzels, Chips w/ Queso, French Fries
DESSERT	Cookies, Ice Cream, Parfaits, Fruit Cups	Cookies, Ice Cream, Parfaits, Fruit Cups	Cookies, Ice Cream, Parfaits, Fruit Cups	Cookies, Ice Cream, Parfaits, Fruit Cups	Cookies, Ice Cream, Parfaits, Fruit Cups



Eat the BeWell Way! Look for the BeWell Blueberry!

Lexington

INDEPENDENTS

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
- 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

DECEMBER 2nd-
DECEMBER 6th



Charlotte Catholic
High School



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DELI	Ham, Turkey, Pepperoni, Salami, Assorted Cheeses, Lettuce, Tomato, Onions, Pickles, Olives, Banana Peppers, Jalapenos, Cucumbers Chicken Tender or Buffalo Chicken Sub	Ham, Turkey, Pepperoni, Salami, Assorted Cheeses, Lettuce, Tomato, Onions, Pickles, Olives, Banana Peppers, Jalapenos, Cucumbers Chicken Tender or Buffalo Chicken Sub	Ham, Turkey, Pepperoni, Salami, Assorted Cheeses, Lettuce, Tomato, Onions, Pickles, Olives, Banana Peppers, Jalapenos, Cucumbers Chicken Tender or Buffalo Chicken Sub	Ham, Turkey, Pepperoni, Salami, Assorted Cheeses, Lettuce, Tomato, Onions, Pickles, Olives, Banana Peppers, Jalapenos, Cucumbers Chicken Tender or Buffalo Chicken Sub	No Deli Sandwiches French Bread Pizza Station
GRAB & GO	Strawberry Spinach Salad Chicken Caesar Wrap Chicken Bacon Ranch Wrap Chipotle Chicken Wrap Buffalo Chicken Wrap Salad Bar	Strawberry Spinach Salad Chicken Caesar Wrap Chicken Bacon Ranch Wrap Chipotle Chicken Wrap Buffalo Chicken Wrap Salad Bar	Strawberry Spinach Salad Chicken Caesar Wrap Chicken Bacon Ranch Wrap Chipotle Chicken Wrap Buffalo Chicken Wrap Salad Bar	Strawberry Spinach Salad Chicken Caesar Wrap Chicken Bacon Ranch Wrap Chipotle Chicken Wrap Buffalo Chicken Wrap Salad Bar	Strawberry Spinach Salad Tuna Salad Salad Bar
COMFORT ZONE	Chicken Parmigiana or Spaghetti w/ Meat sauce Fruit Salad Garlic Bread	Walking Taco or Burrito Bar w/ Ground Beef or Chicken Spanish Rice Black Beans Corn Lettuce & Cheese	Spicy Buffalo or BBQ Boneless Wings or Grilled Chicken Macaroni & Cheese Seasoned Green Beans Breadstick	Orange Chicken or Hibachi Chicken w/ Fried Rice or Lo Mein Noodles Stir Fry Vegetables Chicken Potstickers Egg Roll Fortune Cookie	Stuffed Shells or Pasta w/ Marinara or Alfredo Fruit Salad Garlic Bread
COMFORT ZONE	Philly Cheese Sub or Meatball Sub Cheese Fries	Over the Top Nachos w/ Ground Beef or Chicken Lettuce, Tomato, Nacho Cheese, Queso, Jalapenos, Chives, Cilantro, Sour Cream	Spicy Buffalo or BBQ Boneless Wings or Grilled Chicken Macaroni & Cheese Seasoned Green Beans Breadstick	Orange Chicken or Hibachi Chicken w/ Fried Rice or Lo Mein Noodles Stir Fry Vegetables Chicken Potstickers Egg Roll Fortune Cookie	French Bread Pizza Made to Order At The Deli Bar Purchase Tickets At The Register
FAST FOOD	Cheeseburger, Spicy Chicken Sandwich, Chicken Sandwich, Pizza, Chicken Tenders, Chicken Nuggets, Corn Dogs, Chips w/ Queso, French Fries	Cheeseburger, Spicy Chicken Sandwich, Chicken Sandwich, Pizza, Chicken Tenders, Chicken Nuggets, Corn Dogs, Chips w/ Queso, French Fries	Cheeseburger, Spicy Chicken Sandwich, Chicken Sandwich, Pizza, Chicken Tenders, Chicken Nuggets, Corn Dogs, Chips w/ Queso, French Fries	Cheeseburger, Spicy Chicken Sandwich, Chicken Sandwich, Pizza, Chicken Tenders, Chicken Nuggets, Corn Dogs, Chips w/ Queso, French Fries	Cheese Quesadilla, Grilled Cheese, Fish Sandwich, Mozzarella Sticks, Bosco Sticks, Hand Breaded Shrimp, Cheese Pizza, Pretzels, Chips w/ Queso, French Fries
DESSERT	Cookies, Ice Cream, Parfaits, Fruit Cups	Cookies, Ice Cream, Parfaits, Fruit Cups	Cookies, Ice Cream, Parfaits, Fruit Cups	Cookies, Ice Cream, Parfaits, Fruit Cups	Cookies, Ice Cream, Parfaits, Fruit Cups

Eat the BeWell Way! Look for the BeWell Blueberry!

Lexington

INDEPENDENTS

DO 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
- 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

DECEMBER 9th -
DECEMBER 13th



Charlotte Catholic
High School



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DELI	NO SCHOOL	Ham, Turkey, Pepperoni, Salami, Assorted Cheeses, Lettuce, Tomato, Onions, Pickles, Olives, Banana Peppers, Jalapenos, Cucumbers Chicken Tender or Buffalo Chicken Sub	Ham, Turkey, Pepperoni, Salami, Assorted Cheeses, Lettuce, Tomato, Onions, Pickles, Olives, Banana Peppers, Jalapenos, Cucumbers Chicken Tender or Buffalo Chicken Sub	Ham, Turkey, Pepperoni, Salami, Assorted Cheeses, Lettuce, Tomato, Onions, Pickles, Olives, Banana Peppers, Jalapenos, Cucumbers Chicken Tender or Buffalo Chicken Sub	DELI CLOSED
GRAB & GO	NO SCHOOL	<ul style="list-style-type: none"> Strawberry Spinach Salad Chicken Caesar Wrap Chicken Bacon Ranch Wrap Chipotle Chicken Wrap Buffalo Chicken Wrap Salad Bar 	<ul style="list-style-type: none"> Strawberry Spinach Salad Chicken Caesar Wrap Chicken Bacon Ranch Wrap Chipotle Chicken Wrap Buffalo Chicken Wrap Salad Bar 	<ul style="list-style-type: none"> Strawberry Spinach Salad Chicken Caesar Wrap Chicken Bacon Ranch Wrap Chipotle Chicken Wrap Buffalo Chicken Wrap Salad Bar 	<ul style="list-style-type: none"> Strawberry Spinach Salad Tuna Salad Salad Bar
COMFORT ZONE	NO SCHOOL	Walking Taco or Burrito Bar w/ Ground Beef or Chicken Spanish Rice Black Beans Corn Lettuce & Cheese	Spicy Buffalo or BBQ Boneless Wings or Grilled Chicken Macaroni & Cheese Seasoned Green Beans Breadstick	Orange Chicken or Hibachi Chicken w/ Fried Rice or Lo Mein Noodles Stir Fry Vegetables Chicken Potstickers Egg Roll Fortune Cookie	Stuffed Shells or Pasta w/ Marinara or Alfredo Fruit Salad Garlic Bread
	NO SCHOOL	Over the Top Nachos w/ Ground Beef or Chicken Lettuce, Tomato, Nacho Cheese, Queso, Jalapenos, Chives, Cilantro, Sour Cream	Spicy Buffalo or BBQ Boneless Wings or Grilled Chicken Macaroni & Cheese Seasoned Green Beans Breadstick	Orange Chicken or Hibachi Chicken w/ Fried Rice or Lo Mein Noodles Stir Fry Vegetables Chicken Potstickers Egg Roll Fortune Cookie	Stuffed Shells or Pasta w/ Marinara or Alfredo Fruit Salad Garlic Bread
FAST FOOD	NO SCHOOL	Cheeseburger, Spicy Chicken Sandwich, Chicken Sandwich, Pizza, Chicken Tenders, Chicken Nuggets, Corn Dogs, Chips w/ Queso, French Fries	Cheeseburger, Spicy Chicken Sandwich, Chicken Sandwich, Pizza, Chicken Tenders, Chicken Nuggets, Corn Dogs, Chips w/ Queso, French Fries	Cheeseburger, Spicy Chicken Sandwich, Chicken Sandwich, Pizza, Chicken Tenders, Chicken Nuggets, Corn Dogs, Chips w/ Queso, French Fries	Cheese Quesadilla, Grilled Cheese, Fish Sandwich, Mozzarella Sticks, Bosco Sticks, Hand Breded Shrimp, Cheese Pizza, Pretzels, Chips w/ Queso, French Fries
DESSERT	NO SCHOOL	Cookies, Ice Cream, Parfaits, Fruit Cups	Cookies, Ice Cream, Parfaits, Fruit Cups	Cookies, Ice Cream, Parfaits, Fruit Cups	Cookies, Ice Cream, Parfaits, Fruit Cups

Eat the BeWell Way! Look for the BeWell Blueberry!

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INDEPENDENTS

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- primarily cook from scratch, reducing use of processed foods
- Use fresh and frozen organic vegetables to maximize nutritional value
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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

**JANUARY 6th-
JANUARY 10th**



**Charlotte Catholic
High School**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DELI	Ham, Turkey, Pepperoni, Salami, Assorted Cheeses, Lettuce, Tomato, Onions, Pickles, Olives, Banana Peppers, Jalapenos, Cucumbers Chicken Tender or Buffalo Chicken Sub	Ham, Turkey, Pepperoni, Salami, Assorted Cheeses, Lettuce, Tomato, Onions, Pickles, Olives, Banana Peppers, Jalapenos, Cucumbers Chicken Tender or Buffalo Chicken Sub	Ham, Turkey, Pepperoni, Salami, Assorted Cheeses, Lettuce, Tomato, Onions, Pickles, Olives, Banana Peppers, Jalapenos, Cucumbers Chicken Tender or Buffalo Chicken Sub	Ham, Turkey, Pepperoni, Salami, Assorted Cheeses, Lettuce, Tomato, Onions, Pickles, Olives, Banana Peppers, Jalapenos, Cucumbers Chicken Tender or Buffalo Chicken Sub	No Deli Sandwiches French Bread Pizza Station
GRAB & GO	<ul style="list-style-type: none"> Strawberry Spinach Salad Chicken Caesar Wrap Chicken Bacon Ranch Wrap Chipotle Chicken Wrap Buffalo Chicken Wrap Salad Bar 	<ul style="list-style-type: none"> Strawberry Spinach Salad Chicken Caesar Wrap Chicken Bacon Ranch Wrap Chipotle Chicken Wrap Buffalo Chicken Wrap Salad Bar 	<ul style="list-style-type: none"> Strawberry Spinach Salad Chicken Caesar Wrap Chicken Bacon Ranch Wrap Chipotle Chicken Wrap Buffalo Chicken Wrap Salad Bar 	<ul style="list-style-type: none"> Strawberry Spinach Salad Chicken Caesar Wrap Chicken Bacon Ranch Wrap Chipotle Chicken Wrap Buffalo Chicken Wrap Salad Bar 	<ul style="list-style-type: none"> Strawberry Spinach Salad Tuna Salad Salad Bar
COMFORT ZONE	<ul style="list-style-type: none"> Spaghetti w/ Meat Sauce or Chicken Alfredo Fruit Salad Garlic Bread 	<ul style="list-style-type: none"> Walking Taco or Burrito Bar w/ Ground Beef or Chicken Spanish Rice Black Beans Corn Lettuce & Cheese 	<ul style="list-style-type: none"> Spicy Buffalo or BBQ Boneless Wings or Grilled Chicken Macaroni & Cheese Seasoned Green Beans Breadstick 	<ul style="list-style-type: none"> Orange Chicken or Beef With Broccoli w/ Fried Rice or Lo Mein Noodles Stir Fry Vegetables Chicken Potstickers Egg Roll Fortune Cookie 	<ul style="list-style-type: none"> Manicotti or Pasta w/ Marinara or Alfredo Fruit Salad Garlic Bread
COMFORT ZONE	<ul style="list-style-type: none"> Fried Chicken Mashed Potatoes w/ Gravy Broccoli w/ Cheese Biscuit 	<ul style="list-style-type: none"> Beef Enchiladas or White Chicken Enchiladas Spanish Rice Chips w/ Salsa 	<ul style="list-style-type: none"> Spicy Buffalo or BBQ Boneless Wings or Grilled Chicken Macaroni & Cheese Seasoned Green Beans Breadstick 	<ul style="list-style-type: none"> Orange Chicken or Beef With Broccoli w/ Fried Rice or Lo Mein Noodles Stir Fry Vegetables Chicken Potstickers Egg Roll Fortune Cookie 	<ul style="list-style-type: none"> Broccoli & Cheddar Soup Chicken Tortellini Soup Bread Bowl Grilled Cheese Sandwich
FAST FOOD	<ul style="list-style-type: none"> Cheeseburger, Spicy Chicken Sandwich, Chicken Sandwich, Pizza, Chicken Tenders, Chicken Nuggets, Corn Dogs, Chips w/ Queso, French Fries 	<ul style="list-style-type: none"> Cheeseburger, Spicy Chicken Sandwich, Chicken Sandwich, Pizza, Chicken Tenders, Chicken Nuggets, Corn Dogs, Chips w/ Queso, French Fries 	<ul style="list-style-type: none"> Cheeseburger, Spicy Chicken Sandwich, Chicken Sandwich, Pizza, Chicken Tenders, Chicken Nuggets, Corn Dogs, Chips w/ Queso, French Fries 	<ul style="list-style-type: none"> Cheeseburger, Spicy Chicken Sandwich, Chicken Sandwich, Pizza, Chicken Tenders, Chicken Nuggets, Corn Dogs, Chips w/ Queso, French Fries 	<ul style="list-style-type: none"> Cheese Quesadilla, Grilled Cheese, Fish Sandwich, Mozzarella Sticks, Bosco Sticks, Hand Breaded Shrimp, Cheese Pizza, Pretzels, Chips w/ Queso, French Fries
DESSERT	<ul style="list-style-type: none"> Cookies, Ice Cream, Parfaits, Fruit Cups 	<ul style="list-style-type: none"> Cookies, Ice Cream, Parfaits, Fruit Cups 	<ul style="list-style-type: none"> Cookies, Ice Cream, Parfaits, Fruit Cups 	<ul style="list-style-type: none"> Cookies, Ice Cream, Parfaits, Fruit Cups 	<ul style="list-style-type: none"> Cookies, Ice Cream, Parfaits, Fruit Cups

Eat the BeWell Way! Look for the BeWell Blueberry!

Lexington

INDEPENDENTS

- 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
 - 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

January 13th-
January 17th



Charlotte Catholic
High School



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DELI	Ham, Turkey, Pepperoni, Salami, Assorted Cheeses, Lettuce, Tomato, Onions, Pickles, Olives, Banana Peppers, Jalapenos, Cucumbers Chicken Tender or Buffalo Chicken Sub	Ham, Turkey, Pepperoni, Salami, Assorted Cheeses, Lettuce, Tomato, Onions, Pickles, Olives, Banana Peppers, Jalapenos, Cucumbers Chicken Tender or Buffalo Chicken Sub	Ham, Turkey, Pepperoni, Salami, Assorted Cheeses, Lettuce, Tomato, Onions, Pickles, Olives, Banana Peppers, Jalapenos, Cucumbers Chicken Tender or Buffalo Chicken Sub	Ham, Turkey, Pepperoni, Salami, Assorted Cheeses, Lettuce, Tomato, Onions, Pickles, Olives, Banana Peppers, Jalapenos, Cucumbers Chicken Tender or Buffalo Chicken Sub	DELI CLOSED
GRAB & GO	<ul style="list-style-type: none"> Strawberry Spinach Salad Chicken Caesar Wrap Chicken Bacon Ranch Wrap Chipotle Chicken Wrap Buffalo Chicken Wrap Salad Bar 	<ul style="list-style-type: none"> Strawberry Spinach Salad Chicken Caesar Wrap Chicken Bacon Ranch Wrap Chipotle Chicken Wrap Buffalo Chicken Wrap Salad Bar 	<ul style="list-style-type: none"> Strawberry Spinach Salad Chicken Caesar Wrap Chicken Bacon Ranch Wrap Chipotle Chicken Wrap Buffalo Chicken Wrap Salad Bar 	<ul style="list-style-type: none"> Strawberry Spinach Salad Chicken Caesar Wrap Chicken Bacon Ranch Wrap Chipotle Chicken Wrap Buffalo Chicken Wrap Salad Bar 	<ul style="list-style-type: none"> Strawberry Spinach Salad Tuna Salad Salad Bar
COMFORT ZONE	<ul style="list-style-type: none"> Chicken Parmigiana or Spaghetti w/ Meat sauce Fruit Salad Garlic Bread 	<ul style="list-style-type: none"> Walking Taco or Burrito Bar w/ Ground Beef or Chicken Spanish Rice Black Beans Corn Lettuce & Cheese 	<ul style="list-style-type: none"> Spicy Buffalo or BBQ Boneless Wings or Grilled Chicken Macaroni & Cheese Seasoned Green Beans Breadstick 	<ul style="list-style-type: none"> Orange Chicken or Hibachi Chicken w/ Fried Rice or Lo Mein Noodles Stir Fry Vegetables Chicken Potstickers Egg Roll Fortune Cookie 	<ul style="list-style-type: none"> Cheese Tortellini or Pasta w/ Marinara or Alfredo Fruit Salad Garlic Bread
COMFORT ZONE	<ul style="list-style-type: none"> Philly Cheese Sub or Meatball Sub Cheese Fries 	<ul style="list-style-type: none"> Over the Top Nachos w/ Ground Beef or Chicken Lettuce, Tomato, Nacho Cheese, Queso, Jalapenos, Chives, Cilantro, Sour Cream 	<ul style="list-style-type: none"> Spicy Buffalo or BBQ Boneless Wings or Grilled Chicken Macaroni & Cheese Seasoned Green Beans Breadstick 	<ul style="list-style-type: none"> Orange Chicken or Hibachi Chicken w/ Fried Rice or Lo Mein Noodles Stir Fry Vegetables Chicken Potstickers Egg Roll Fortune Cookie 	<ul style="list-style-type: none"> Baked Potato Soup Chicken Noodle Soup Bread Boule Grilled Chesses Sandwich
FAST FOOD	<ul style="list-style-type: none"> Cheeseburger, Spicy Chicken Sandwich, Chicken Sandwich, Pizza, Chicken Tenders, Chicken Nuggets, Corn Dogs, Chips w/ Queso, French Fries 	<ul style="list-style-type: none"> Cheeseburger, Spicy Chicken Sandwich, Chicken Sandwich, Pizza, Chicken Tenders, Chicken Nuggets, Corn Dogs, Chips w/ Queso, French Fries 	<ul style="list-style-type: none"> Cheeseburger, Spicy Chicken Sandwich, Chicken Sandwich, Pizza, Chicken Tenders, Chicken Nuggets, Corn Dogs, Chips w/ Queso, French Fries 	<ul style="list-style-type: none"> Cheeseburger, Spicy Chicken Sandwich, Chicken Sandwich, Pizza, Chicken Tenders, Chicken Nuggets, Corn Dogs, Chips w/ Queso, French Fries 	<ul style="list-style-type: none"> Cheese Quesadilla, Grilled Cheese, Fish Sandwich, Mozzarella Sticks, Bosco Sticks, Hand Breaded Shrimp, Cheese Pizza, Pretzels, Chips w/ Queso, French Fries
DESSERT	<ul style="list-style-type: none"> Cookies, Ice Cream, Parfaits, Fruit Cups 	<ul style="list-style-type: none"> Cookies, Ice Cream, Parfaits, Fruit Cups 	<ul style="list-style-type: none"> Cookies, Ice Cream, Parfaits, Fruit Cups 	<ul style="list-style-type: none"> Cookies, Ice Cream, Parfaits, Fruit Cups 	<ul style="list-style-type: none"> Cookies, Ice Cream, Parfaits, Fruit Cups

Eat the BeWell Way! Look for the BeWell Blueberry!

Lexington

INDEPENDENTS

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
- 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

**JANUARY 20th-
JANUARY 24th**



**Charlotte Catholic
High School**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DELI	Ham, Turkey, Pepperoni, Salami, Assorted Cheeses, Lettuce, Tomato, Onions, Pickles, Olives, Banana Peppers, Jalapenos, Cucumbers Chicken Tender or Buffalo Chicken Sub	Ham, Turkey, Pepperoni, Salami, Assorted Cheeses, Lettuce, Tomato, Onions, Pickles, Olives, Banana Peppers, Jalapenos, Cucumbers Chicken Tender or Buffalo Chicken Sub	Ham, Turkey, Pepperoni, Salami, Assorted Cheeses, Lettuce, Tomato, Onions, Pickles, Olives, Banana Peppers, Jalapenos, Cucumbers Chicken Tender or Buffalo Chicken Sub	Ham, Turkey, Pepperoni, Salami, Assorted Cheeses, Lettuce, Tomato, Onions, Pickles, Olives, Banana Peppers, Jalapenos, Cucumbers Chicken Tender or Buffalo Chicken Sub	No Deli Sandwiches French Bread Pizza Station
GRAB & GO	<ul style="list-style-type: none"> Strawberry Spinach Salad Chicken Caesar Wrap Chicken Bacon Ranch Wrap Chipotle Chicken Wrap Buffalo Chicken Wrap Salad Bar 	<ul style="list-style-type: none"> Strawberry Spinach Salad Chicken Caesar Wrap Chicken Bacon Ranch Wrap Chipotle Chicken Wrap Buffalo Chicken Wrap Salad Bar 	<ul style="list-style-type: none"> Strawberry Spinach Salad Chicken Caesar Wrap Chicken Bacon Ranch Wrap Chipotle Chicken Wrap Buffalo Chicken Wrap Salad Bar 	<ul style="list-style-type: none"> Strawberry Spinach Salad Chicken Caesar Wrap Chicken Bacon Ranch Wrap Chipotle Chicken Wrap Buffalo Chicken Wrap Salad Bar 	<ul style="list-style-type: none"> Strawberry Spinach Salad Tuna Salad Salad Bar
COMFORT ZONE	Spaghetti w/ Meat Sauce or Chicken Alfredo Fruit Salad Garlic Bread	Walking Taco or Burrito Bar w/ Ground Beef or Chicken Spanish Rice Black Beans Corn Lettuce & Cheese	Spicy Buffalo or BBQ Boneless Wings or Grilled Chicken Macaroni & Cheese Seasoned Green Beans Breadstick	Orange Chicken or Beef With Broccoli w/ Fried Rice or Lo Mein Noodles Stir Fry Vegetables Chicken Potstickers Egg Roll Fortune Cookie	Manicotti or Pasta w/ Marinara or Alfredo Fruit Salad Garlic Bread
COMFORT ZONE	Fried Chicken Mashed Potatoes w/ Gravy Broccoli w/ Cheese Biscuit	Beef Enchiladas or White Chicken Enchiladas Spanish Rice Chips w/ Salsa	Spicy Buffalo or BBQ Boneless Wings or Grilled Chicken Macaroni & Cheese Seasoned Green Beans Breadstick	Orange Chicken or Beef With Broccoli w/ Fried Rice or Lo Mein Noodles Stir Fry Vegetables Chicken Potstickers Egg Roll Fortune Cookie	Broccoli & Cheddar Soup Chicken Tortellini Soup Bread Bowl Grilled Cheese Sandwich
FAST FOOD	Cheeseburger, Spicy Chicken Sandwich, Chicken Sandwich, Pizza, Chicken Tenders, Chicken Nuggets, Corn Dogs, Chips w/ Queso, French Fries	Cheeseburger, Spicy Chicken Sandwich, Chicken Sandwich, Pizza, Chicken Tenders, Chicken Nuggets, Corn Dogs, Chips w/ Queso, French Fries	Cheeseburger, Spicy Chicken Sandwich, Chicken Sandwich, Pizza, Chicken Tenders, Chicken Nuggets, Corn Dogs, Chips w/ Queso, French Fries	Cheeseburger, Spicy Chicken Sandwich, Chicken Sandwich, Pizza, Chicken Tenders, Chicken Nuggets, Corn Dogs, Chips w/ Queso, French Fries	Cheese Quesadilla, Grilled Cheese, Fish Sandwich, Mozzarella Sticks, Bosco Sticks, Hand Breaded Shrimp, Cheese Pizza, Pretzels, Chips w/ Queso, French Fries
DESSERT	Cookies, Ice Cream, Parfaits, Fruit Cups	Cookies, Ice Cream, Parfaits, Fruit Cups	Cookies, Ice Cream, Parfaits, Fruit Cups	Cookies, Ice Cream, Parfaits, Fruit Cups	Cookies, Ice Cream, Parfaits, Fruit Cups

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JANUARY 20th -
JANUARY 24th



Charlotte Catholic
High School



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DELI	NO SCHOOL	Ham, Turkey, Pepperoni, Salami, Assorted Cheeses, Lettuce, Tomato, Onions, Pickles, Olives, Banana Peppers, Jalapenos, Cucumbers Chicken Tender or Buffalo Chicken Sub	Ham, Turkey, Pepperoni, Salami, Assorted Cheeses, Lettuce, Tomato, Onions, Pickles, Olives, Banana Peppers, Jalapenos, Cucumbers Chicken Tender or Buffalo Chicken Sub	Ham, Turkey, Pepperoni, Salami, Assorted Cheeses, Lettuce, Tomato, Onions, Pickles, Olives, Banana Peppers, Jalapenos, Cucumbers Chicken Tender or Buffalo Chicken Sub	DELI CLOSED
GRAB & GO	NO SCHOOL	<ul style="list-style-type: none"> Strawberry Spinach Salad Chicken Caesar Wrap Chicken Bacon Ranch Wrap Chipotle Chicken Wrap Buffalo Chicken Wrap Salad Bar 	<ul style="list-style-type: none"> Strawberry Spinach Salad Chicken Caesar Wrap Chicken Bacon Ranch Wrap Chipotle Chicken Wrap Buffalo Chicken Wrap Salad Bar 	<ul style="list-style-type: none"> Strawberry Spinach Salad Chicken Caesar Wrap Chicken Bacon Ranch Wrap Chipotle Chicken Wrap Buffalo Chicken Wrap Salad Bar 	<ul style="list-style-type: none"> Strawberry Spinach Salad Tuna Salad Salad Bar
COMFORT ZONE	NO SCHOOL	<ul style="list-style-type: none"> Walking Taco or Burrito Bar w/ Ground Beef or Chicken Spanish Rice Black Beans Corn Lettuce & Cheese 	<ul style="list-style-type: none"> Spicy Buffalo or BBQ Boneless Wings or Grilled Chicken Macaroni & Cheese Seasoned Green Beans Breadstick 	<ul style="list-style-type: none"> Orange Chicken or Hibachi Chicken w/ Fried Rice or Lo Mein Noodles Stir Fry Vegetables Chicken Potstickers Egg Roll Fortune Cookie 	<ul style="list-style-type: none"> Stuffed Shells or Pasta w/ Marinara or Alfredo Fruit Salad Garlic Bread
	NO SCHOOL	<ul style="list-style-type: none"> Over the Top Nachos w/ Ground Beef or Chicken Lettuce, Tomato, Nacho Cheese, Queso, Jalapenos, Chives, Cilantro, Sour Cream 	<ul style="list-style-type: none"> Spicy Buffalo or BBQ Boneless Wings or Grilled Chicken Macaroni & Cheese Seasoned Green Beans Breadstick 	<ul style="list-style-type: none"> Orange Chicken or Hibachi Chicken w/ Fried Rice or Lo Mein Noodles Stir Fry Vegetables Chicken Potstickers Egg Roll Fortune Cookie 	<ul style="list-style-type: none"> Broccoli & Cheese Soup Chicken Tortilla Soup Bread Boule Grilled Cheese Sandwich
FAST FOOD	NO SCHOOL	<ul style="list-style-type: none"> Cheeseburger, Spicy Chicken Sandwich, Chicken Sandwich, Pizza, Chicken Tenders, Chicken Nuggets, Corn Dogs, Chips w/ Queso, French Fries 	<ul style="list-style-type: none"> Cheeseburger, Spicy Chicken Sandwich, Chicken Sandwich, Pizza, Chicken Tenders, Chicken Nuggets, Corn Dogs, Chips w/ Queso, French Fries 	<ul style="list-style-type: none"> Cheeseburger, Spicy Chicken Sandwich, Chicken Sandwich, Pizza, Chicken Tenders, Chicken Nuggets, Corn Dogs, Chips w/ Queso, French Fries 	<ul style="list-style-type: none"> Cheese Quesadilla, Grilled Cheese, Fish Sandwich, Mozzarella Sticks, Bosco Sticks, Hand Breaded Shrimp, Cheese Pizza, Pretzels, Chips w/ Queso, French Fries
DESSERT	NO SCHOOL	<ul style="list-style-type: none"> Cookies, Ice Cream, Parfaits, Fruit Cups 	<ul style="list-style-type: none"> Cookies, Ice Cream, Parfaits, Fruit Cups 	<ul style="list-style-type: none"> Cookies, Ice Cream, Parfaits, Fruit Cups 	<ul style="list-style-type: none"> Cookies, Ice Cream, Parfaits, Fruit Cups

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 - Use fresh and frozen organic vegetables to maximize nutritional value
 - Offer fresh salads and fresh fruit daily
 - 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