

Champ's Café January Menu

Charlotte County Public Schools 2020

Elementary School

Champ's Café is inviting all students to participate in the free meals program. Participation for free meals is not mandatory. Students can still bring a lunch from home. If bringing a lunch from home, the meal can still be supplemented by obtaining 3 food items, one of which must be a one-half cup of fruit or vegetables.

Extra food and USDA "Smart Snack" approved items are available to purchase. Champs Café Accepts Cash & Checks payable to Champ's Café.

Adult Lunch Price \$3.60
Adult Breakfast \$1.60

Track your meals and account balance for FREE at www.PayPAMS.com

Weekly Breakfast Menu

Monday FRUIT & 100% JUICE DAILY

Cereal w/ Muffin or Mini Pancakes, Oatmeal, Raisins, Low-Fat Milk

Tuesday FRUIT & 100% JUICE DAILY

Sausage Sandwich or Choice of Cereal w/ WGR Pop Tart, Oatmeal, Low-Fat Milk

Wednesday FRUIT & 100% JUICE DAILY

Bagel Breakfast Sandwich or Choice of Cereal & Bagel Half, Oatmeal, Low-Fat Milk

Thursday FRUIT & 100% JUICE DAILY





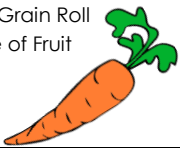

French Toast Sticks or Choice of Cereal w/ WGR Muffin, Oatmeal, Low-Fat Milk

Friday IT & 100% JUICE DAILY

Turkey Sausage Omelette w/ Choice of Cereal or Cinnamon Roll, Oatmeal, Low-Fat Milk

Alternate Lunch Entrees: Chef Salad, Champ Pack w/ Turkey, Cheese & Crackers, Deli Sandwich, Yogurt with Cheese Stick

Our a la carte offerings meet the guidelines The Alliance for a Healthier Generation and are USDA "Smart Snacks"

Week One: January 2020				
Happy New Year! 		Welcome Back to School! 		Spaghetti w/Meat Sauce Steamed Broccoli Baby Carrots w/ Dip Garlic Whole Grain Roll Choice of Fruit Milk Wednesday 8
		Pizza Slice Cheese or Pepperoni Tossed Salad Mixed Vegetables Raisins or Choice of Fruit Milk Thursday 9	Champ Burger Lettuce, Tomato & Pickle Tator Tots Steamed Corn Choice of Fruit Milk  Friday 10	
Week Two:				
Monday 13 Chicken Nuggets Rice Pilaf Green Peas Carrot Coins Choice of Fruit Milk	Tuesday 14 Nachos with Beef & Cheese sauce Lettuce, Salsa Refried Beans Corn Choice of Fruit Milk	Wednesday 15 Turkey and Gravy Mashed Potatoes Steamed Broccoli Whole Grain Roll Choice of Fruit Milk 	Thursday 16 Pizza Slice Cheese or Pepperoni Tossed Salad Mixed Vegetables Raisins or Choice of Fruit Milk	Friday 17 No School Today
Week Three:				
Monday 20 No School Today Martin Luther King Holiday	Tuesday 21 Chicken Nuggets Green Beans Baked Beans Choice of Fruit Milk	Wednesday 22 Homemade Mac & Cheese Steamed Broccoli Baby Carrots w/ Dip Whole Grain Roll Choice of Fruit Milk 	Thursday 23 Pizza Slice or Cheesy Garlic Bread Tossed Salad Mixed Vegetables Raisins or Choice of Fruit Milk	Friday 24 Champ Burger Lettuce, Tomato & Pickle Vegetable Medley Tator Tots Choice of Fruit Milk
Week Four: Vitamins in Veggies Week!				
Monday 27 Chicken Nuggets Green Beans Baked Beans Choice of Fruit Milk	Tuesday 28 Grilled Cheese Sandwich Tomato Soup Mixed Vegetables Choice of Fruit Milk	Wednesday 29 Beef Teriyaki Dippers Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	Thursday 30 Pizza Slice Cheese or Pepperoni Tossed Salad Vegetable Medley Raisins or Choice of Fruit Milk	Friday 31 Chicken Fillet Lettuce, Tomato & Pickle Waffle Cut Sweet Potatoes Corn Choice of Fruit Milk
Week Five:				
January 27th - 31st is "Vitamins in Veggies" Week! Perform magic each day by eating 2 servings of veggies to make them <u>disappear!</u> 				

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY

This institution is an equal opportunity provider and employer.

All of our grain products are whole grain-rich (WGR).