

# Champ's Café April Menu

Charlotte County Public Schools 2022

## The Academy & H.O.P.E.

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](http://www.PayPams.com)

**Daily Academy Breakfast Menu:**  
Breakfast Bagel Sandwich  
French Toast Sticks

Large Muffin, Sausage Biscuit Sandwich  
Choice of Cereal w/ Muffin, Pop-Tart, or NutriGrain  
All of the above Entrees include: Oatmeal  
Choice of Fruit, 100% Juice & Low-Fat Milk

### H.O.P.E. Breakfast Menu

#### Monday

Oatmeal & Hard-Boiled Egg,  
Fruit, Low-Fat Milk

#### Tuesday

Cereal & Chicken Sausage Patty,  
Fruit, Low-Fat Milk

#### Wednesday

Nonfat Yogurt & Oatmeal,  
Fruit, Low-Fat Milk

#### Thursday

Omelette & Cereal,  
Fruit, Low-Fat Milk

#### Friday

Whole Grain French Toast Sticks & Oatmeal,  
Fruit, Low-Fat Milk

### Week One:



Please remember our menu is subject to change due to

Be a Role Model

Good Day

Please

Thank You

Sorry

Excuse Me

Be a Leader

MANNERS ARE A TRUE REFLECTION OF OUR CHARACTER...

April 2022

Pizza

Cheese or Pepperoni  
Crisp Salad  
Tator Tots  
Choice of Fruit  
Low-Fat Milk  
HOPE: Pizza  
Choice of Spicy Chicken  
1 or Chicken Parmesan

### Week Two:

### Good Manners Week! Say "Please" and "Thank you"!

**Monday** Chicken Nuggets

Steamed Rice  
Peas  
Carrots  
Coined/Diced  
Choice of Fruit  
Low-Fat Milk

4 Choice of Spicy Chicken

**Tuesday** Nachos with Beef & Cheese Sauce

Salsa  
Beans, Corn  
Choice of Fruit  
Low-Fat Milk

HOPE: Ham Deli Sandwich

5 Choice of Champ Burger

**Wednesday** Beef Dippers w/

Mashed Potatoes & Gravy  
Steamed Broccoli  
Whole Grain Roll  
Choice of Fruit  
Low-Fat Milk

Hope:Hamburger

6 Choice of Spicy Chicken

**Thursday** Mini Calzones

w/ Marinara Sauce  
Cucumbers  
Green Beans  
Raisins or  
Choice of Fruit  
Low-Fat Milk

7 Choice of Champ Burger

**Friday** Bosco Sticks

w/ Marinara Sauce  
Baked Beans  
Sweet Potato Fries  
Choice of Fruit  
Low-Fat Milk  
HOPE: Pizza  
Choice of Spicy Chicken  
8 or Chicken Parmesan

### Week Three:

**Monday** Tangerine Chicken w/

Steamed Rice  
Biscuit  
Stir Fry Vegetables  
Carrots  
Coined/Diced  
Choice of Fruit, Low-Fat Milk

11 Choice of Spicy Chicken

**Tuesday** Nachos with Beef & Cheese Sauce

Salsa  
Beans, Corn  
Choice of Fruit  
Low-Fat Milk

HOPE: Turkey Deli Sandwich

12 Choice of Champ Burger

**Wednesday** Breakfast For Lunch

French Toast Sticks  
Omelette or Sausage  
Tator Tots  
Tomato Slices  
Choice of Fruit  
Low-Fat Milk

13 Choice of Spicy Chicken

**Thursday** Chicken Tenders

Sweet Potato Fries  
Black Beans  
Biscuit  
Raisins or  
Choice of Fruit  
Low-Fat Milk

Hope: Chicken Nuggets

14 Choice of Champ Burger

**Friday**



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### Week Four: April 22nd- Earth Day "Go Green" Make our Earth a Beautiful Place to Live

**Monday**



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**Tuesday** Soft Taco w/

Lettuce, Salsa  
Beans  
Steamed Corn  
Choice of Fruit  
Low-Fat Milk

19 Choice of Champ Burger

**Wednesday** Grilled Cheese w/

Tomato Soup  
Yellow squash  
Choice of Fruit  
Low-Fat Milk

20 Choice of Spicy Chicken

**Thursday** Meatball Sub

Sweet Potato Fries  
Relish Cup w/ Dip  
Raisins or  
Choice of Fruit  
Low-Fat Milk

HOPE: Chicken Sandwich

21 Choice of Champ Burger

**Friday** Bosco Sticks

w/ Marinara Sauce  
Steamed Broccoli  
Red Peppers  
Choice of Fruit, Low-Fat Milk  
HOPE: Pizza  
Choice of Spicy Chicken  
22 or Chicken Parmesan

### Week Five:

### April 28th- Take Your Child to Work Day

**Monday** Tangerine Chicken w/

Steamed Rice  
Biscuit  
Stir Fry Vegetables  
Carrots  
Coined/Diced  
Choice of Fruit, Low-Fat Milk

HOPE: Grilled Cheese

25 Choice of Spicy Chicken

**Tuesday** Nachos with Beef & Cheese Sauce

Salsa  
Beans, Corn  
Choice of Fruit  
Low-Fat Milk

HOPE: Turkey Deli Sandwich

26 Choice of Champ Burger

**Wednesday** Turkey & Gravy w/

Mashed Potatoes  
Steamed Broccoli  
Whole Grain Roll  
Choice of Fruit  
Low-Fat Milk

Hope:Hamburger

27 Choice of Spicy Chicken

**Thursday** Chicken Tenders

Sweet Potato Fries  
Green Beans  
Biscuit  
Raisins or  
Choice of Fruit  
Low-Fat Milk

Hope: Chicken Nuggets

28 Choice of Champ Burger

**Friday** Pizza

Cheese or Pepperoni  
Crisp Salad  
Tator Tots  
Choice of Fruit  
Low-Fat Milk  
HOPE: Pizza  
Choice of Spicy Chicken  
29 or Chicken Parmesan

This institution is an equal opportunity provider and employer.

Everyday Lunch Entrée Choices:  
Chef Salads, Deli Wraps, Sub Sandwich