

# Champ's Cafe April Menu

## Charlotte County Public Schools 2022

### Baker Center

Champ's Café is inviting all students to participate in the free meals program. Participation for free meals is not mandatory - unless students are enrolled in the Pre-K program. 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)

#### Weekly 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

Enjoy Breakfast and Lunch at Champ's Café!

Week One: <span style="float: right;">April 2022</span>				
 <div style="display: flex; justify-content: space-between;"> <div style="text-align: center;"> <p><b>Be a Role Model</b></p> <p>Please remember our menu is subject to change due to availability.</p> </div> <div style="text-align: center;"> <p><b>Be a Leader</b></p> </div> </div> <div style="text-align: center; margin-top: 10px;">  <p>MANNERS ARE A TRUE REFLECTION OF OUR CHARACTER...</p> </div>				
Week Two: Good Manners Week! Say "Please" and "Thank you"!				
<p><b>Monday</b></p> <p>4</p>	<p><b>Tuesday</b></p> <p>5</p>	<p><b>Wednesday</b></p> <p>6</p>	<p><b>Thursday</b></p> <p>7</p>	<p><b>Friday</b></p> <p>8</p>
<p>Mini Cheese Calzones w/ Marinara Sauce</p> <p>Mixed Veggies</p> <p>Choice of Fruit</p> <p>Low-Fat Milk</p>	<p>Grilled Cheese Sandwich</p> <p>Tomato Soup</p> <p>Choice of Fruit</p> <p>Low-Fat Milk</p>	<p>Homemade Beefaroni w/ Steamed Broccoli</p> <p>Whole Grain Roll</p> <p>Choice of Fruit</p> <p>Low-Fat Milk</p>	<p>Pizza</p> <p>Red Peppers</p> <p>Choice of Fruit</p> <p>Low-Fat Milk</p>	<p>Champ Burger</p> <p>Baked Beans</p> <p>Tator Tots</p> <p>Choice of Fruit</p> <p>Low-Fat Milk</p>
Week Three:				
<p><b>Monday</b></p> <p>11</p>	<p><b>Tuesday</b></p> <p>12</p>	<p><b>Wednesday</b></p> <p>13</p>	<p><b>Thursday</b></p> <p>14</p>	<p><b>Friday</b></p> <p>15</p>
<p>Chicken Nuggets</p> <p>Rice Pilaf</p> <p>Peas</p> <p>Choice of Fruit</p> <p>Low-Fat Milk</p>	<p>Turkey Deli Sandwich</p> <p>Diced Carrots</p> <p>Choice of Fruit</p> <p>Low-Fat Milk</p>	<p><b>Breakfast For Lunch</b></p> <p>Omelette</p> <p>Sliced Tomatoes</p> <p>Biscuit</p> <p>Choice of Fruit</p> <p>Low-Fat Milk</p>	<p>Pizza</p> <p>Yellow Squash</p> <p>Choice of Fruit</p> <p>Low-Fat Milk</p>	<p><b>NO SCHOOL ENJOY!</b></p> 
Week Four: April 22nd- Earth Day "Go Green" Make our Earth a Beautiful Place to Live				
<p><b>Monday</b></p> <p>18</p>	<p><b>Tuesday</b></p> <p>19</p>	<p><b>Wednesday</b></p> <p>20</p>	<p><b>Thursday</b></p> <p>21</p>	<p><b>Friday</b></p> <p>22</p>
<p><b>NO SCHOOL ENJOY!</b></p> 	<p>Mini Cheese Calzones w/ Marinara Sauce</p> <p>Mixed Veggies</p> <p>Choice of Fruit</p> <p>Low-Fat Milk</p>	<p>Spaghetti w/meat sauce</p> <p>Steamed Broccoli</p> <p>Whole Grain Roll</p> <p>Choice of Fruit</p> <p>Low-Fat Milk</p>	<p>Pizza</p> <p>Red Peppers</p> <p>Choice of Fruit</p> <p>Low-Fat Milk</p>	<p>Champ Burger</p> <p>Baked Beans</p> <p>Sweet Potato Fries</p> <p>Choice of Fruit</p> <p>Low-Fat Milk</p> 
Week Five: April 28th- Take Your Child to Work Day				
<p><b>Monday</b></p> <p>25</p>	<p><b>Tuesday</b></p> <p>26</p>	<p><b>Wednesday</b></p> <p>27</p>	<p><b>Thursday</b></p> <p>28</p>	<p><b>Friday</b></p> <p>29</p>
<p>Chicken Nuggets</p> <p>Rice Pilaf</p> <p>Peas</p> <p>Choice of Fruit</p> <p>Low-Fat Milk</p>	<p>Grilled Cheese Sandwich</p> <p>Sweet Potato Fries</p> <p>Choice of Fruit</p> <p>Low-Fat Milk</p>	<p>Homemade Mac &amp; Cheese</p> <p>Steamed Broccoli</p> <p>Whole Grain Roll</p> <p>Choice of Fruit</p> <p>Low-fat Milk</p>	<p>Pizza</p> <p>Cucumber Slices</p> <p>Choice of Fruit</p> <p>Low-Fat Milk</p>	<p>Chicken Fillet on Bun</p> <p>Black Beans</p> <p>Sweet Potato Fries</p> <p>Choice of Fruit</p> <p>Low-Fat Milk</p>

This institution is an equal opportunity provider and employer.

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