

# Champ's Café April Menu

## Charlotte County Public Schools 2022

### 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](http://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 FRUIT & 100% JUICE DAILY**

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

**Alternate Lunch Entrees:** Chef Salad,  
Deli Sandwich, Yogurt with Cheese Stick

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

#### Week One:



Please remember our menu is subject to change due to

### Be a Role Model



### Be a Leader

MANNERS ARE A TRUE REFLECTION OF OUR CHARACTER...

#### April 2022

**Chicken Fillet on Bun**  
Lettuce, Tomato & Pickle  
Black Beans  
Sweet Potato Fries  
Choice of Fruit  
Low-Fat Milk

Friday

1

#### Week Two:

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

**Monday**  
Chicken Nuggets  
Steamed Rice  
Carrot Coins  
Green Peas  
Choice of Fruit  
Low-Fat Milk

4

**Tuesday**  
Grilled Cheese w/  
Chili Beans  
Steamed Yellow Squash  
Choice of Fruit  
Low-Fat Milk

5

**Wednesday**  
Spaghetti w/  
meat sauce  
Italian Veggies  
Steamed Broccoli  
Whole Grain Roll  
Choice of Fruit  
Low-Fat Milk

6

**Thursday**  
Pizza Slice  
Cheese or Pepperoni  
Crisp Salad  
Baby Carrots w/dip  
Raisins or  
Choice of Fruit  
Low-Fat Milk

7

**Friday**  
Champ Burger  
Lettuce, Tomato & Pickle  
Baked Beans  
Smiley Potatoes  
Choice of Fruit  
Low-Fat Milk

8

#### Week Three:

**Monday**  
Max Sticks  
w/ Marinara Sauce  
Carrot Coins  
Green Peas  
Choice of Fruit  
Low-Fat Milk

11

**Tuesday**  
Corn Dog Nuggets  
Tator Tots  
Baked Beans  
Choice of Fruit  
Low-Fat Milk

12

**Wednesday**  
Beefaroni w/  
Steamed Broccoli  
Mixed Veggies  
Whole Grain Roll  
Choice of Fruit  
Low-Fat Milk

13

**Thursday**  
Pizza Slice  
Cheese or Pepperoni  
Crisp Salad  
Steamed Cauliflower  
Raisins or  
Choice of Fruit  
Low-Fat Milk

14

**Friday**  
**NO SCHOOL ENJOY!**  


15

#### Week Four:

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

**Monday**

**NO SCHOOL ENJOY!**  
  
Smile

18

**Tuesday**  
Hot Dog Slider  
Tator Tots  
Chili Beans  
Choice of Fruit  
Low-Fat Milk

19

**Wednesday**  
Roast Chicken w/  
Mashed Potatoes & Gravy  
Steamed Broccoli  
Whole Grain Roll  
Choice of Fruit  
Low-Fat Milk

20

**Thursday**  
Pizza Slice  
Cheese or Pepperoni  
Crisp Salad  
Carrots w/ Dip  
Raisins or  
Choice of Fruit  
Low-Fat Milk

21

**Friday**  
Champ Burger  
Lettuce, Tomato & Pickle  
Baked Beans  
Tator Tots  
Choice of Fruit  
Low-Fat Milk 

22

#### Week Five:

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

**Monday**  
Mini Cheese Calzones  
w/ Marinara Sauce  
Carrot Coins  
Green Peas  
Choice of Fruit  
Low-Fat Milk

25

**Tuesday**  
Soft Taco w/  
Lettuce, Salsa,  
& Shredded Cheese  
Beans  
Steamed Corn  
Choice of Fruit  
Low-Fat Milk

26

**Wednesday**  
Homemade Mac & Cheese  
Steamed Broccoli  
Mixed Veggies  
Whole Grain Roll  
Choice of Fruit  
Low-Fat Milk

27

**Thursday**  
Pizza Slice  
Cheese or Pepperoni  
Crisp Salad  
Steamed Cauliflower  
Raisins or  
Choice of Fruit  
Low-Fat Milk

28

**Friday**  
Chicken Fillet on Bun  
Lettuce, Tomato & Pickle  
Black Beans  
Sweet Potato Fries  
Choice of Fruit  
Low-Fat Milk

29

This institution is an equal opportunity provider and employer.

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