

# Champ's Café April Menu

## Charlotte County Public Schools 2022 High School

Free & Reduced Price Meal applications are available online at [champs.yourcharlotteschools.net](http://champs.yourcharlotteschools.net) or obtained from the school.

Call 941 575 5400 ext. 1406 for more information

### Student Lunch Prices

Free For All Students

Adult Lunch Price \$3.60  
Champs Café Accepts Cash, Checks payable to Champ's Café  
[www.payPAMS.com](http://www.payPAMS.com)

### Breakfast

Free For All Students

Adult Breakfast Price \$1.60

Track your meal account balance for FREE at [www.PayPams.com](http://www.PayPams.com)

### Everyday Choices:

Chef Salads, Hamburger, Cheeseburger, Deli Sub/ Wrap, Pizza, Chicken Fillet, Spicy Chicken, Chicken Nuggets

Alternate Menu Selections at all grade levels, fresh seasonal produce available daily. Menu is subject to change.

Our a la carte offerings meet the guidelines of

The Alliance for a Healthier Generation and are USDA "Smart Snacks"

### Daily Breakfast Menu

Breakfast Bagel Sandwich, French Toast Sticks, Mini Pancakes, Large Muffin, Bagel, Breakfast Pizza  
Choice of Cereal with Muffin, Pop-Tart, Chicken or Sausage Biscuit,

Also included: Oatmeal, Fruit, 100% Juice, Low-Fat Milk  
Turkey Sausage Omelette/Cinnamon Roll Fridays

**Week One: April 2022**



**Be a Role Model**

Please remember our menu is subject to change due to



**Be a Leader**

MANNERS ARE A TRUE REFLECTION OF OUR CHARACTER...

**Friday**

**Chicken Parm w/ Spaghetti**

Crisp Salad

Steamed Broccoli

Whole Grain Roll


Choice of Fruit

Low-Fat Milk


**Week Two: Good Manners Week! Say "Please" and "Thank you"!**

<b>Monday</b>	<b>Tangerine Chicken w/ Steamed Rice</b> Carrot Coins Stir Fry Vegetables Biscuit Choice of Fruit Low-Fat Milk	<b>Tuesday</b>	<b>Nachos w/ Meat and Cheese Sauce or Soft Tacos</b> Salsa, Steamed Corn Beans Choice of Fruit Low-Fat Milk	<b>Wednesday</b>	<b>Roast Chicken w/ Mashed Potatoes &amp; Gravy</b> Green Beans Whole Grain Roll Choice of Fruit Low-Fat Milk	<b>Thursday</b>	<b>Chicken Tenders</b> Sweet Potato Fries Mixed Veggies Biscuit Choice of Fruit Low-Fat Milk	<b>Friday</b>	<b>Beefaroni</b> Crisp Salad Spinach Whole Grain Roll Choice of Fruit Low-Fat Milk
4		5		6		7		8	

**Week Three:**

<b>Monday</b>	<b>Tangerine Chicken w/ Steamed Rice</b> Carrot Coins Stir Fry Vegetables Biscuit Choice of Fruit Low-Fat Milk	<b>Tuesday</b>	<b>Nachos w/ Meat and Cheese Sauce or Soft Tacos</b> Salsa, Steamed Corn Beans Choice of Fruit Low-Fat Milk	<b>Wednesday</b>	<b>Beef Teriyaki Dippers w/ Mashed Potatoes &amp; Gravy</b> Green Beans Whole Grain Roll Choice of Fruit Low-Fat Milk	<b>Thursday</b>	<b>Meatball Sub</b> Relish Cup w/ Dip Sweet Potato Fries Choice of Fruit Low-Fat Milk	<b>Friday</b>	<p><b>NO SCHOOL ENJOY!</b></p> 
11		12		13		14		15	

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

<b>Monday</b>	<p><b>NO SCHOOL ENJOY!</b></p> 	<b>Tuesday</b>	<b>Nachos w/ Meat and Cheese Sauce or Soft Tacos</b> Salsa, Steamed Corn Beans Choice of Fruit Low-Fat Milk	<b>Wednesday</b>	<b>Hot Dog Chili</b> Tator Tots Choice of Fruit Low-Fat Milk	<b>Thursday</b>	<b>Chicken Tenders</b> Sweet Potato Fries Mixed Veggies Biscuit Choice of Fruit Low-Fat Milk	<b>Friday</b>	<b>Baked Ziti</b> Crisp Salad Steamed Broccoli Whole Grain Roll Choice of Fruit Low-Fat Milk
18		19		20		21		22	

**Week Five: April 28th- Take Your Child to Work Day**

<b>Monday</b>	<b>Tangerine Chicken w/ Steamed Rice</b> Carrot Coins Stir Fry Vegetables Biscuit Choice of Fruit Low-Fat Milk	<b>Tuesday</b>	<b>Nachos w/ Meat and Cheese Sauce or Soft Tacos</b> Salsa, Steamed Corn Beans Choice of Fruit Low-Fat Milk	<b>Wednesday</b>	<b>Turkey and Gravy</b> Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Low-Fat Milk	<b>Thursday</b>	<b>Meatball Sub</b> Relish Cup w/ Dip Sweet Potato Fries Choice of Fruit Low-Fat Milk	<b>Friday</b>	<b>Chicken Parm w/ Spaghetti</b> Crisp Salad Green Beans Whole Grain Roll Choice of Fruit Low-Fat Milk
25		26		27		28		29	

**This institution is an equal opportunity provider and employer. All of our grain products are whole grain-rich (WGR)**