

Champ's Café April Menu

Charlotte County Public Schools 2022

Middle 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 Biscuit 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, Choice of Cereal, Cinnamon Roll, Oatmeal, Low-Fat Milk	
Alternate Lunch Entrees: Chef Salad, Deli Sandwich, Wraps, Chicken Fillet, Cheese Burger, Hamburger, Spicy Chicken, "Grab & Go" options daily - check your menu board in the Café for daily selections	

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

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

Monday 4	Chicken Nuggets Tator Tots Carrot Coins Biscuit Choice of Fruit Low-Fat Milk	Tuesday 5	Nachos with Beef & Cheese Sauce or Soft Tacos Salsa, Steamed Corn Beans Choice of Fruit Low-Fat Milk	Wednesday 6	Homemade Mac & Cheese Steamed Broccoli Relish Cup w/ Dip Whole Grain Roll Choice of Fruit Low-Fat Milk	Thursday 7	Chicken Tenders Rice Pilaf Peas Sweet Potato Fries Raisins or Choice of Fruit Low-Fat Milk	Friday 8	Spaghetti w/ Meat Sauce Crisp Salad Italian Veggies Whole Grain Roll Choice of Fruit Low-Fat Milk
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Week Three:

Monday 11	Chicken Nuggets Tator Tots Carrot Coins Biscuit Choice of Fruit Low-Fat Milk	Tuesday 12	Nachos with Beef & Cheese Sauce or Soft Tacos Salsa, Steamed Corn Beans Choice of Fruit Low-Fat Milk	Wednesday 13	Chicken Parm w/ Spaghetti Crisp Salad Steamed Broccoli Whole Grain Roll Choice of Fruit Low-Fat Milk	Thursday 14	Grilled Cheese Green Beans Tomato Soup Raisins or Choice of Fruit Low-Fat Milk	Friday 15	NO SCHOOL ENJOY! 
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Week Four: April 22nd- Earth Day "Go Green" Make our Earth a Beautiful Place to Live

Monday 18	NO SCHOOL ENJOY! 	Tuesday 19	Corn Dog Nuggets Baked Beans Steamed Corn Choice of Fruit Low-Fat Milk	Wednesday 20	Roast Chicken Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Low-Fat Milk	Thursday 21	Meatball Sub Relish Cup w/ Dip Sweet Potato Fries Raisins or Choice of Fruit Low-Fat Milk	Friday 22	Beefaroni Crisp Salad Italian Veggies Whole Grain Roll Choice of Fruit Low-Fat Milk 
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Week Five: April 28th- Take Your Child to Work Day

Monday 25	Chicken Nuggets Tator Tots Carrot Coins Biscuit Choice of Fruit Low-Fat Milk	Tuesday 26	Nachos with Beef & Cheese Sauce or Soft Tacos Salsa, Steamed Corn Beans Choice of Fruit Low-Fat Milk	Wednesday 27	Grilled Cheese Sandwich Green Beans Carrots w/dip Choice of Fruit Low-Fat Milk	Thursday 28	Hot Dog Sliders Baked Beans Sweet Potato Fries Raisins or Choice of Fruit Low-Fat Milk	Friday 29	Chicken Parm w/ Spaghetti Crisp Salad Steamed Broccoli Whole Grain Roll Choice of Fruit Low-Fat Milk
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This institution is an equal opportunity provider and employer.

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