

# Champ's Café April Menu

## Charlotte County Public Schools 2022

### Year-Round Elementary

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:



### 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...

#### April 2022

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

Friday

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#### Week Two:



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

<b>Monday</b>	<b>Chicken Nuggets</b> Steamed Rice Carrot Coins Green Peas Choice of Fruit Low-Fat Milk	<b>Tuesday</b>	<b>Grilled Cheese w/ Chili Beans</b> Steamed Yellow Squash Choice of Fruit Low-Fat Milk	<b>Wednesday</b>	<b>Spaghetti w/ meat sauce</b> Italian Veggies Steamed Broccoli Whole Grain Roll Choice of Fruit Low-Fat Milk	<b>Thursday</b>	<b>Pizza Slice Cheese or Pepperoni</b> Crisp Salad Baby Carrots w/dip Raisins or Choice of Fruit Low-Fat Milk	<b>Friday</b>	<b>Champ Burger</b> Lettuce, Tomato & Pickle Baked Beans Smiley Potatoes Choice of Fruit Low-Fat Milk
4		5		6		7		8	

#### Week Three:

<b>Monday</b>	<b>Mini Cheese Calzones w/ Marinara Sauce</b> Carrot Coins Green Peas Choice of Fruit Low-Fat Milk	<b>Tuesday</b>	<b>Corn Dog Nuggets</b> Tator Tots Baked Beans Choice of Fruit Low-Fat Milk	<b>Wednesday</b>	<b>Beefaroni w/ Steamed Broccoli</b> Mixed Veggies Whole Grain Roll Choice of Fruit Low-Fat Milk	<b>Thursday</b>	<b>Pizza Slice Cheese or Pepperoni</b> Crisp Salad Steamed Cauliflower Raisins or Choice of Fruit Low-Fat Milk	<b>Friday</b>	<b>NO SCHOOL ENJOY!</b> 
11		12		13		14		15	

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

<b>Monday</b>	<b>NO SCHOOL ENJOY!</b> 	<b>Tuesday</b>	<b>Hot Dog Slider</b> Tator Tots Chili Beans Choice of Fruit Low-Fat Milk	<b>Wednesday</b>	<b>Roast Chicken w/ Mashed Potatoes &amp; Gravy</b> Steamed Broccoli Whole Grain Roll Choice of Fruit Low-Fat Milk	<b>Thursday</b>	<b>Pizza Slice Cheese or Pepperoni</b> Crisp Salad Carrots w/ Dip Raisins or Choice of Fruit Low-Fat Milk	<b>Friday</b>	<b>Champ Burger</b> Lettuce, Tomato & Pickle Baked Beans Tator Tots 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>Mini Cheese Calzones w/ Marinara Sauce</b> Carrot Coins Green Peas Choice of Fruit Low-Fat Milk	<b>Tuesday</b>	<b>Soft Taco w/ Lettuce, Salsa, &amp; Shredded Cheese</b> Beans Steamed Corn Choice of Fruit Low-Fat Milk	<b>Wednesday</b>	<b>Homemade Mac &amp; Cheese</b> Steamed Broccoli Mixed Veggies Whole Grain Roll Choice of Fruit Low-Fat Milk	<b>Thursday</b>	<b>Pizza Slice Cheese or Pepperoni</b> Crisp Salad Steamed Cauliflower Raisins or Choice of Fruit Low-Fat Milk	<b>Friday</b>	<b>Chicken Fillet on Bun</b> Lettuce, Tomato & Pickle Black Beans Sweet Potato Fries 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)