

Champ's Café March Menu

Charlotte County Public Schools 2020

The Academy & H.O.P.E.

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

Daily Academy Breakfast Menu:

- Breakfast Bagel Sandwich
- French Toast Sticks
- Large Muffin, Sausage Biscuit Slider
- Choice of Cereal w/ Muffin, Pop-Tart, or NutriGrain
- All of the above Entrees include: Oatmeal
- Choice of Fruit, 100% Juice & Low-Fat Milk

H.O.P.E. Breakfast Menu

- Monday**
Cereal and Hard-Cooked Egg, Oatmeal, Fruit, Low-Fat Milk
- Tuesday**
Chicken Sausage Patty, Biscuit, Fruit, Low-Fat Milk
- Wednesday**
Nonfat Yogurt & Cereal, Oatmeal, Fruit, Low-Fat Milk
- Thursday**
Whole Grain French Toast Sticks, Syrup, Oatmeal, Fruit, Low-Fat Milk
- Friday**
Turkey Sausage Omelette, Cereal, Fruit, Low-Fat Milk

Week One: National School Breakfast Week - March 2nd- 6th - "Out Of This World" !

Monday	Tuesday	Wednesday	Thursday	Friday
Teriyaki Chicken w/ Steamed Rice and Eggroll Stir Fry Vegetables Carrots Coined/Diced Choice of Fruit, Milk	Nachos with Beef & Cheese Sauce Refried Beans Steamed Corn Lettuce, Salsa Choice of Fruit, Milk	Beef Dippers Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit, Milk	Chicken Tenders Peas Waffle-Cut Sweet Potatoes Biscuit Choice of Fruit Milk	Pizza Cheese or Pepperoni Crisp Salad Italian Vegetables Choice of Fruit Milk
HOPE: Mini Cheese Calzones	HOPE: Soft Taco		HOPE: Champ Burger	
2 Choice of Spicy Chicken	3 Choice of Chicken Fillet	4 Choice of Spicy Chicken	5 Choice of Champ Burger	6 Choice of Spicy Chicken or Chicken Parmesan

Week Two: Happy National Nutrition Month! Eat more fruits & Veggies!

Monday	Tuesday	Wednesday	Thursday	Friday
Tangerine Chicken w/ Steamed Rice and Eggroll Stir Fry Vegetables Carrots Coined/Diced Choice of Fruit, Milk	Soft Taco Refried Beans Steamed Corn Lettuce, Salsa Choice of Fruit Milk	Country Style Steak Mashed Potatoes Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	Corn Dog Nuggets Baked Beans Waffle Cut Sweet Potatoes Choice of Fruit Milk	Bosco Sticks w/ Marinara Sauce Crisp Salad Green Beans Choice of Fruit Milk
HOPE: Chicken Nuggets		Hope: Beef Dippers	HOPE: Chicken Sandwich	HOPE: Pizza
9 Choice of Spicy Chicken	10 Choice of Chicken Fillet	11 Choice of Spicy Chicken	12 Choice of Champ Burger	13 Choice of Spicy Chicken or Chicken Parmesan

Week Three: Happy St. Patricks Day! Catch up on sleep, shoot for 8-9 hours/day.

We are celebrating National School Breakfast Week March 2nd-6th-Join us for breakfast at school ! Open 30 minutes before School

Spring Break! Enjoy!



Did you Know?

Students who eat school breakfast are more likely to:

- * Maintain a healthy weight
- * Have better concentration & memory
- * Score higher on standardized tests

Week Four: Testing will begin soon, another reason to reach for breakfast everyday!

Monday	Tuesday	Wednesday	Thursday	Friday
Teacher Work Day No School !	Nachos with Beef & Cheese Sauce Refried Beans Corn, Lettuce, Salsa Choice of Fruit Milk HOPE: Ham Deli Sandwich	Vegetarian Chili w/cheese Tortilla Chips Carrots Coined/Diced Baked Potato Choice of Fruit, Milk HOPE: Biscuit	Mesquite Roast Chicken Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk HOPE: Beef Dippers	Pizza Cheese or Pepperoni Crisp Salad, Green Peas Choice of Fruit Milk Choice of Spicy Chicken or Chicken Parmesan
	HOPE: Ham Deli Sandwich	HOPE: Biscuit	HOPE: Beef Dippers	
23	24 Choice of Chicken Fillet	25 Choice of Spicy Chicken	26 Choice of Spicy Chicken	27

Week Five: Eat breakfast, increase your test scores!

Monday	Tuesday
Tangerine Chicken w/ Steamed Rice and Eggroll Stir Fry Vegetables Carrots Coined/Diced Choice of Fruit, Milk HOPE: Chicken Nuggets	Soft Taco Refried Beans Steamed Corn Lettuce, Salsa Choice of Fruit Milk HOPE: Chicken Fillet
30 Choice of Spicy Chicken	31 Choice of Chicken Fillet

SCHOOL BREAKFAST OUT OF THIS WORLD!



See reverse for more information on breakfast & academics- testing is coming up

This institution is an equal opportunity provider and employer.

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY

Everyday Lunch Entree Choices:
Chef Salads, Deli Wraps, Sub Sandwich

