

Champ's Café March Menu

Charlotte County Public Schools 2021

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,
Oatmeal, Fruit, Low-Fat Milk

Friday

Turkey Sausage Omelette, Cereal,
Fruit, Low-Fat Milk

Week One:

Monday
Tangerine Chicken w/
Steamed Rice
Biscuit
Stir Fry Vegetables
Carrots
Coined/Diced
Choice of Fruit, Milk
HOPE: Hamburger

1 Choice of Spicy Chicken

Tuesday
Nachos with
Beef & Cheese Sauce
Salsa
Refried Beans, Corn
Choice of Fruit
Milk
HOPE: Ham Deli Sandwich

2 Choice of Champ Burger

Wednesday
Mini Calzones
w/ Marinara Sauce
Cucumbers
Green Beans
Choice of Fruit
Milk

3 Choice of Spicy Chicken

Thursday
Beef Dippers w/
Mashed Potatoes & Gravy
Broccoli
Whole Grain Roll
Choice of Fruit
Milk

4 Choice of Champ Burger

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Friday
Bosco Sticks
w/ Marinara Sauce
Yellow Squash
Sweet Potato Fries
Choice of Fruit
Milk **Non-meat option available**
HOPE: Pizza
Choice of Spicy Chicken
or Chicken Parmesan

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Week Two: National School Breakfast Week- March 8th-12th - Theme "Score Big" !

Monday
Chicken Nuggets
Steamed Rice, Biscuit
Peas
Carrots
Coined/Diced
Choice of Fruit, Milk
HOPE: Grilled Cheese

8 Choice of Spicy Chicken

Tuesday
Soft Taco
Lettuce, Salsa
Refried Beans
Steamed Corn
Choice of Fruit
Milk

9 Choice of Chicken Fillet

Wednesday
Homemade Mac & Cheese
Steamed Broccoli
Relish Cup
Whole Grain Roll
Choice of Fruit
Milk

10 Choice of Meatball Sub

Thursday
Chicken Tenders
Tator Tots
Black beans
Choice of Fruit
Milk

11 Choice of Champ Burger

Friday
Pizza
Cheese or Pepperoni
Crisp Salad
Sweet Potato Fries
Choice of Fruit
Milk **Non-meat option available**
HOPE: Pizza
Choice of Spicy Chicken
or Chicken Parmesan

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Week Three: St. Patrick's Day- March 17th

Spring Break! Enjoy!



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Week Four: World Water Day!- March 22nd

Monday
Tangerine Chicken w/
Steamed Rice & Biscuit
Stir Fry Vegetables
Carrots
Coined/Diced
Choice of Fruit, Milk
HOPE: Grilled Cheese

22 Choice of Spicy Chicken

Tuesday
Nachos with
Beef & Cheese Sauce
Salsa
Refried Beans, Corn
Choice of Fruit
Milk
HOPE: Ham Deli Sandwich

23 Choice of Champ Burger

Wednesday
Breakfast for Lunch
French Toast Sticks
Sausage Patty
Tator Tots
Tomato Slices
Choice of Fruit
Milk

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Thursday
Beef Dippers w/
Mashed Potatoes & Gravy
Broccoli
Whole Grain Roll
Choice of Fruit
Milk

25 Choice of Champ Burger

Friday
Pizza
Cheese or Pepperoni
Spinach **Non-meat option available**
Crisp Salad
Choice of Fruit, Milk
HOPE: Pizza
Choice of Spicy Chicken

26 or Chicken Parmesan

Week Five:

Monday
Chicken Nuggets
Steamed Rice, Biscuit
Peas
Carrots
Coined/Diced
Choice of Fruit, Milk
HOPE: Grilled Cheese

29 Choice of Spicy Chicken

Tuesday
Nachos with
Beef & Cheese Sauce
Salsa
Refried Beans, Corn
Choice of Fruit
Milk
HOPE: Turkey Deli Sandwich

30 Choice of Champ Burger

Wednesday
Max Cheese Sticks w/
Tomato Soup
Cucumbers
Choice of Fruit
Milk

31 Choice of Spicy Chicken

Please remember our menu is subject to change due to availability.



This institution is an equal opportunity provider and employer.

PLEASE REMEMBER OUR MENU IS SUBJECT TO CHANGE DUE TO AVAILABILITY

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