

Champ's Café May Menu

Charlotte County Public Schools 2019

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 \$3.50
Adult Breakfast \$1.50

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-Boiled 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: | | | | May 2019 | |
|---|--|------------------|--|---|--|
|  |  | Wednesday | Country Style Steak Mashed Potatoes/Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk HOPE: Ham Deli Sandwich | Chicken Nuggets Rice Pilaf Waffle Cut Sweet Potatoes Vegetable Medley Choice of Fruit Milk | Bosco Sticks w/ Marinara Sauce Crisp Salad Green Beans Choice of Fruit, Milk HOPE: Pizza Choice of Spicy Chicken |
| | | 1 | Choice of Pulled Pork | 2 | Choice of Champ Burger |

| Week Two: | | | | | | | | | |
|---------------|---|----------------|---|------------------|---|-----------------|--|---------------|---|
| Monday | Teriyaki Chicken Steamed Rice Stir Fry Vegetables Carrot Coins Eggroll Choice of Fruit Milk HOPE: Grilled Cheese | Tuesday | Nachos with Beef & Cheese Sauce Refried Beans Steamed Corn Lettuce, Salsa Choice of Fruit Milk HOPE: Turkey Deli Sandwich | Wednesday | Mesquite Roast Chicken Mashed Potatoes/Gravy Broccoli Whole Grain Roll Choice of Fruit Milk PEAR CRISP HOPE: Chicken Nuggets | Thursday | Chicken Fajita Cheese, Lettuce, Salsa Black Beans & Rice Waffle Cut Sweet Potatoes Choice of Fruit Milk HOPE: Champ Burger | Friday | Pizza Cheese or Pepperoni Crisp Salad Green Peas Choice of Fruit Milk Choice of Spicy Chicken |
| 6 | Choice of Spicy Chicken | 7 | Choice of Chicken Fillet | 8 | Choice of Pulled Pork | 9 | Choice of Champ Burger | 10 | or Chicken Parmesan |

| Week Three: | | | | | | | | | |
|---------------|---|----------------|--|------------------|---|-----------------|---|---------------|---|
| Monday | Tangerine Chicken Steamed Rice Stir Fry Vegetables Carrot Coins Eggroll Choice of Fruit Milk HOPE: Ravioli | Tuesday | Nachos with Beef & Cheese Sauce Refried Beans Steamed Corn Lettuce, Salsa Choice of Fruit Milk HOPE: Soft Taco | Wednesday | Country Style Steak Mashed Potatoes/Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk HOPE: Grilled Cheese | Thursday | Chicken Nuggets Biscuit Waffle Cut Sweet Potatoes Green Beans Choice of Fruit Milk HOPE: Champ Burger | Friday | Bosco Sticks w/ Marinara Sauce Crisp Salad Mixed Vegetables Choice of Fruit Milk HOPE: Pizza Choice of Spicy Chicken |
| 13 | Choice of Spicy Chicken | 14 | Choice of Chicken Fillet | 15 | Choice of Pulled Pork | 16 | Choice of Champ Burger | 17 | or Chicken Parmesan |

| Week Four: | | | | | | | | | |
|---------------|---|----------------|--|------------------|--|-----------------|---|---------------|---|
| Monday | Teriyaki Chicken Steamed Rice Stir Fry Vegetables Carrot Coins Eggroll Choice of Fruit, Milk HOPE: Grilled Cheese | Tuesday | Nachos with Beef & Cheese Sauce Refried Beans Corn, Lettuce, Salsa Choice of Fruit Milk HOPE: Ham Deli Sandwich | Wednesday | Beef Teriyaki Dippers Mashed Potatoes/Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk HOPE: Pulled Pork | Thursday | Corn Dog Nuggets Baked Beans Waffle Cut Sweet Potatoes Choice of Fruit Milk HOPE: Chicken Sandwich | Friday | Pizza Cheese or Pepperoni Crisp Salad Mixed Vegetables Choice of Fruit Milk Choice of Spicy Chicken |
| 20 | Choice of Spicy Chicken | 21 | Choice of Chicken Fillet | 22 | Choice of Pulled Pork | 23 | Choice of Champ Burger | 24 | or Chicken Parmesan |

| Week Five: | | | | | | | | | |
|---------------|------------------|----------------|--|------------------|---|-----------------|---|---------------|---|
| Monday | No School | Tuesday | Nachos with Beef & Cheese Sauce Refried Beans Steamed Corn Lettuce, Salsa Choice of Fruit, Milk HOPE: Soft Taco | Wednesday | Manager's Choice Vegetable 1 Vegetable 2 Choice of Fruit Milk | Thursday | Manager's Choice Vegetable 1 Vegetable 2 Choice of Fruit Milk | Friday | Manager's Choice Vegetable 1 Vegetable 2 Choice of Fruit Milk |
| 27 | | 28 | Choice of Chicken Fillet | 29 | | 30 | | 31 | |

This institution is an equal opportunity provider and employer.
 MENU SUBJECT TO CHANGE DUE TO AVAILABILITY

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

Track your meal account balance for FREE at www.payPams.com