

Champ's Café November 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,
Oatmeal, Fruit, Low-Fat Milk

Friday

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

Week One:

Monday
Tangerine Chicken w/
Steamed Rice & Egg Roll
Stir Fry Vegetables
Carrots
Coined/Diced
Choice of Fruit, Milk

HOPE: Grilled Cheese
2 Choice of Spicy Chicken

Tuesday

**Teacher Work Day!
No School!**

Wednesday

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

4 Choice of Spicy Chicken

Thursday

Chicken Nuggets
Baked Beans
Waffle Cut Sweet Potatoes
Choice of Fruit
Milk

5 Choice of Champ Burger

Friday

November 2020
Pizza
Cheese or Pepperoni
Crisp Salad
Steamed Broccoli
Choice of Fruit
Milk
HOPE: Pizza
Choice of Spicy Chicken
or Chicken Parmesan

Week Two:

Monday
Teriyaki Chicken w/
Steamed Rice
Vegetable Egg Roll
Stir Fry Vegetables
Carrots
Coined/Diced
Choice of Fruit, Milk
HOPE: Ravioli

9 Choice of Spicy Chicken

Tuesday

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

10 Choice of Champ Burger

Wednesday

Mini Calzones
w/ Marinara Sauce
Carrots
Coined/Diced
Steamed Broccoli
Choice of Fruit
Milk
Veteran's Day!

11 Choice of Spicy Chicken

Thursday

Beef Dippers w/
Mashed Potatoes & Gravy
Green Beans
Whole Grain Roll
Choice of Fruit, Milk

12 Choice of Champ Burger

Friday

Western Day!
Bosco Sticks
w/ Marinara Sauce
Italian Veggies
Cucumbers
Choice of Fruit
Milk
HOPE: Pizza
Choice of Cowboy Burger

Promote:
Diabetes Awareness

Week Three:

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

16 Choice of Spicy Chicken

Tuesday

Soft Taco
Lettuce, Salsa
Refried Beans
Steamed Corn
Choice of Fruit
Milk
HOPE: Chicken Fillet

17 Choice of Chicken Fillet

Wednesday

Holiday Meal
Roast Turkey
Mashed Potatoes & Gravy
Green Beans
Whole Grain Roll
Pear Crisp and Fruit
Milk
Choice of Spicy Chicken

18 Choice of Spicy Chicken

Thursday

Vegetarian Chili
w/ a side of cheese
Tortilla Chips
Baked Potato
Carrots
Coined/Diced
Choice of Fruit, Milk
Hope: Chili, biscuit
Choice of Champ Burger

19 Choice of Champ Burger

Friday

Pizza
Cheese or Pepperoni
Spinach
Crisp Salad
Choice of Fruit
Milk
HOPE: Pizza
Choice of Spicy Chicken
or Chicken Parmesan

Week Four:

Monday
Teriyaki Chicken w/
Steamed Rice
Stir Fry Vegetables
Carrots
Coined/Diced
Choice of Fruit, Milk
HOPE: Mini Cheese Calzones

23 Choice of Spicy Chicken

Tuesday

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

24 Choice of Champ Burger

Wednesday

Country-Style Steak
Mashed Potatoes & Gravy
Broccoli
Whole Grain Roll
Choice of Fruit, Milk
Hope: Beef Dippers
Choice of Spicy Chicken

25 Choice of Spicy Chicken

Thursday

Happy Holiday!
No School!

26

Friday

Happy Holiday!
No School!

27

Week Five:

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

30 Choice of Spicy Chicken

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



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

www.charlottecountyschools.org

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