

Champ's Café October 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:

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



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

HOPE: Chicken Sandwich
1 Choice of Champ Burger

October 2020

Friday
Pizza
Cheese or Pepperoni
Crisp Salad
Green Beans
Choice of Fruit
Milk
HOPE: Pizza

Choice of Spicy Chicken
2 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: Mini Cheese Calzones
5 Choice of Spicy Chicken

Tuesday
Nachos with
Beef & Cheese Sauce
Salsa
Refried Beans, Corn
Choice of Fruit
Milk

HOPE: Ham Deli Sandwich
6 Choice of Champ Burger

Wednesday
Grilled Cheese
Tomato Soup
Steamed Broccoli
Choice of Fruit
Milk

7 Choice of Spicy Chicken

Thursday
Pulled Pork Sandwich
Baked Onion Rings
Baked Beans
Raisins or
Choice of Fruit, Milk

Hope: Turkey Deli Sandwich
8 Choice of Champ Burger

Friday
Bosco Sticks
w/ Marinara Sauce
Crisp Salad
Steamed Corn
Choice of Fruit
Milk
HOPE: Pizza

Choice of Spicy Chicken
9 or Chicken Parmesan

Week Three:

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

HOPE: Grilled Cheese

12 Choice of Spicy Chicken

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

13 Choice of Chicken Fillet

Wednesday
Mac & Cheese
Steamed Broccoli
Italian Blend Veggies
Whole Grain Roll
Choice of Fruit, Milk

14 Choice of Spicy Chicken

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

15 Choice of Champ Burger

Friday
Pizza
Cheese or Pepperoni
Spinach
Crisp Salad
Choice of Fruit
Milk

Choice of Spicy Chicken
16 or Chicken Parmesan

Week Four:

Monday
Teriyaki Chicken w/
Steamed Rice
Stir Fry Vegetables
Carrots
Coined/Diced
Choice of Fruit, Milk

HOPE: Ravioli

19 Choice of Spicy Chicken

Tuesday
Nachos with
Beef & Cheese Sauce
Salsa
Refried Beans, Corn
Choice of Fruit
Milk

HOPE: Ham Deli Sandwich

20 Choice of Champ Burger

Wednesday
Roast Chicken
Mashed Potatoes
Steamed Broccoli
Whole Grain Roll
Choice of Fruit
Milk

Hope: Beef Dippers

21 Choice of Spicy Chicken

Thursday
Chicken Nuggets
Mashed Potatoes
Carrots
Coined/Diced
Choice of Fruit
Milk

HOPE: Chicken Sandwich

22 Choice of Champ Burger

Friday
Bosco Sticks
w/ Marinara Sauce
Crisp Salad
Steamed Corn
Choice of Fruit, Milk
HOPE: Pizza

Choice of Spicy Chicken

23 or Chicken Parmesan

Week Five:

Monday
Teriyaki Chicken w/
Steamed Rice
Stir Fry Vegetables
Carrots
Coined/Diced
Choice of Fruit, Milk

HOPE: Mini Cheese Calzones

26 Choice of Spicy Chicken

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

27 Choice of Chicken Fillet

Wednesday
Roast Chicken
Mashed Potatoes
Steamed Broccoli
Whole Grain Roll
Choice of Fruit
Milk

Hope: Beef Dippers

28 Choice of Spicy Chicken

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

HOPE: Chicken Sandwich

29 Choice of Champ Burger

Friday
Pizza
Cheese or Pepperoni
Spinach
Crisp Salad
Choice of Fruit
Milk

Choice of Spicy Chicken

30 or Chicken Parmesan

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