

Champ's Café September 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	Asian Chicken w/ Steamed Rice Vegetable Egg Roll Stir Fry Vegetables Carrots Coined/Diced Choice of Fruit, Milk HOPE: Ravioli	Tuesday	Soft Taco Lettuce, Salsa Refried Beans Steamed Corn Choice of Fruit Milk	Wednesday	Roast Chicken Mashed Potatoes Steamed Broccoli Whole Grain Roll Choice of Fruit Milk Hope: Beef Dippers	Thursday	Chicken Nuggets Baked Beans Waffle Cut Sweet Potatoes Choice of Fruit Milk HOPE: Chicken Sandwich	Friday	
31	Choice of Spicy Chicken	1	Choice of Chicken Fillet	2	Choice of Spicy Chicken	3	Choice of Champ Burger	4	

Week Two:

Monday	No School Today Happy Labor Day!	Tuesday	Teriyaki Chicken w/ Steamed Rice Vegetable Egg Roll Stir Fry Vegetables Carrots Coined/Diced Choice of Fruit, Milk HOPE: Mini Cheese Calzones	Wednesday	Grilled Cheese Tomato Soup Steamed Broccoli Choice of Fruit Milk	Thursday	Pulled Pork Sandwich Baked Onion Rings Baked Beans Raisins or Choice of Fruit, Milk Hope: Turkey Deli Sandwich	Friday	
7		8	Choice of Spicy Chicken	9	Choice of Spicy Chicken	10	Choice of Champ Burger	11	

Week Three:

Monday	Asian Chicken w/ Steamed Rice & Egg Roll Stir Fry Vegetables Carrots Coined/Diced Choice of Fruit, Milk HOPE: Grilled Cheese	Tuesday	Nachos with Beef & Cheese Sauce Lettuce, Salsa Refried Beans, Corn Choice of Fruit Milk HOPE: Ham Deli Sandwich	Wednesday	Mac & Cheese Steamed Broccoli Italian Blend Veggies Whole Grain Roll Choice of Fruit, Milk	Thursday	Beef Dippers w/ Mashed Potatoes & Gravy Carrot Coins Whole Grain Roll Choice of Fruit, Milk	Friday	
14	Choice of Spicy Chicken	15	Choice of Champ Burger	16	Choice of Spicy Chicken	17	Choice of Champ Burger	18	

Week Four: World Peace Week!

Monday	Teriyaki Chicken w/ Steamed Rice Stir Fry Vegetables Carrots Coined/Diced Choice of Fruit, Milk HOPE: Ravioli	Tuesday	Nachos with Beef & Cheese Sauce Lettuce, Salsa Refried Beans, Corn Choice of Fruit Milk HOPE: Ham Deli Sandwich	Wednesday	Grilled Cheese Tomato Soup Steamed Broccoli Choice of Fruit Milk	Thursday	Chicken Nuggets Mashed Potatoes Carrots Coined/Diced Choice of Fruit Milk HOPE: Chicken Sandwich	Friday	
21	Choice of Spicy Chicken	22	Choice of Champ Burger	23	Choice of Spicy Chicken	24	Choice of Champ Burger	25	

Week Five:

Monday	Teriyaki Chicken w/ Steamed Rice Stir Fry Vegetables Carrots Coined/Diced Choice of Fruit, Milk HOPE: Mini Cheese Calzones	Tuesday	Soft Taco Lettuce, Salsa Refried Beans Steamed Corn Choice of Fruit Milk	Wednesday	Roast Chicken Mashed Potatoes Steamed Broccoli Whole Grain Roll Choice of Fruit Milk Hope: Beef Dippers	<div style="border: 1px solid black; padding: 10px; display: inline-block;"> <p>Please remember our menu is subject to change due to availability.</p> </div> 			
28	Choice of Spicy Chicken	29	Choice of Chicken Fillet	30	Choice of Spicy Chicken				

This institution is an equal opportunity provider and employer.

PLEASE REMEMBER OUR MENU IS SUBJECT TO CHANGE DUE TO AVAILABILITY

See reverse
Everyday Lunch Er
Chef Salads, Deli Wrag

September 2020

Pizza

Cheese or Pepperoni

Crisp Salad

Green Beans

Choice of Fruit

Milk

[HOPE: Pizza](#)

Choice of Spicy Chicken

or Chicken Parmesan

Bosco Sticks

w/ Marinara Sauce

Crisp Salad

Steamed Corn

Choice of Fruit

Milk

[HOPE: Pizza](#)

Choice of Spicy Chicken

or Chicken Parmesan

Pizza

Cheese or Pepperoni

Spinach

Crisp Salad

Choice of Fruit **Thank**

Milk

**Custodians
Celebration!**

Choice of Spicy Chicken

or Chicken Parmesan

Bosco Sticks

w/ Marinara Sauce

Crisp Salad

Steamed Corn

Choice of Fruit, Milk

[HOPE: Pizza](#)

Choice of Spicy Chicken

or Chicken Parmesan



se for more information

**tree Choices:
s, Sub Sandwich**

