

Champ's Cafe March Menu

Charlotte County Public Schools 2020

Baker Center

Champ's Café is inviting all students to participate in the free meals program.

Participation for free meals is not mandatory - unless students are enrolled in the Pre-K program.

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

Weekly Breakfast Menu

Monday
Cereal and Hard-Boiled Egg, Oatmeal, Fruit, Low-Fat Milk
Tuesday
Chicken Sausage Patty, Biscuit, Oatmeal, 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, Oatmeal, Fruit, Low-Fat Milk

Enjoy Breakfast and Lunch at Champ's Café!



Week One: National School Breakfast Week - March 2nd- 6th - "Out Of This World" !

Monday	Tuesday	Wednesday	Thursday	Friday
Tangerine Chicken Rice Pilaf Green Beans Diced Carrots Choice of Fruit Milk	Turkey Deli Sandwich Cucumbers (diced/sliced) Green Peas Choice of Fruit Milk	Turkey and Gravy Mashed Potatoes Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	Pizza Crisp Salad Spinach Choice of Fruit Milk	Champ Burger Pickles Sweet Potato Waffle Fries Baked Beans Choice of Fruit Milk
2	3	4	5	6

Week Two: Happy National Nutrition Month! Eat more fruits & Veggies!

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Nuggets Rice Pilaf Green Peas Diced Carrots Choice of Fruit Milk	Soft Taco Lettuce, Salsa Refried Beans Corn Choice of Fruit Milk	Beef Dippers Steamed Broccoli Mashed Potatoes Whole Grain Roll Choice of Fruit Milk	Pizza Crisp Salad Mixed Vegetables Choice of Fruit Milk	Chicken Fillet on Bun Pickles Diced Carrots Smiley Potatoes Choice of Fruit Milk
9	10	11	12	13

Week Three: Happy St. Patricks Day! Catch up on sleep, shoot for 8-9 hours/day.

We are celebrating National School Breakfast Week March 2nd-6th-Join us for breakfast at school ! Open 30 minutes before School

Spring Break! Enjoy!

Did you Know?



Students who eat school breakfast are more likely to:

- * Maintain a healthy weight
- * Have better concentration & memory
- * Score higher on standardized tests

Week Four: Reach for breakfast everyday! It gives you extra energy to play and think!

Monday	Tuesday	Wednesday	Thursday	Friday
Teacher Work Day No School !	Grilled Cheese Sandwich Tomato Soup Mixed Vegetables Choice of Fruit Milk	Homemade Mac and Cheese Diced Carrots Broccoli Whole Grain Roll Choice of Fruit Milk	Pizza Crisp Salad Vegetable Medley Choice of Fruit Milk	Chicken Fillet on Bun Pickles Baked Beans Smiley Potatoes Choice of Fruit Milk
23	24	25	26	27

Week Five: Eat breakfast, break the "fast"!

Monday	Tuesday
Mini Cheese Calzones w/ Marinara Sauce Diced Carrots Green Peas Choice of Fruit Milk	Turkey Deli Sandwich Potato Wedges Baked Beans Choice of Fruit Milk
30	31

SCHOOL BREAKFAST OUT OF THIS WORLD!



See reverse for more information on breakfast & academics- testing is coming up

This institution is an equal opportunity provider and employer.

All of our grain products are whole grain-rich (WGR)
MENU SUBJECT TO CHANGE DUE TO AVAILABILITY