

Champ's Cafe November 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	Oatmeal & Hard-Boiled Egg, Fruit, Low-Fat Milk
Tuesday	Cereal & Chicken Sausage Patty, Fruit, Low-Fat Milk
Wednesday	Nonfat Yogurt & Oatmeal, Fruit, Low-Fat Milk
Thursday	Turkey Sausage Omelette & Cereal, Fruit, Low-Fat Milk
Friday	Whole Grain French Toast Sticks & Oatmeal, Fruit, Low-Fat Milk

Enjoy Breakfast and Lunch at Champ's Café!



Week One:					November 2020					
Monday	Max Cheese Sticks w/ Marinara Sauce Diced Carrots Green Peas Choice of Fruit Milk	Tuesday	Teacher Work Day! No School!		Wednesday	Homemade Beefaroni Mixed Veggies Spinach Whole Grain Roll Choice of Fruit Milk	Thursday	Pizza Crisp Salad Cucumbers Choice of Fruit Milk	Friday	Chicken Fillet on Bun Lettuce, Tomato, Pickles Diced Carrots Smiley Potatoes Choice of Fruit Milk
2		3			4		5		6	
Week Two:					Western Day!					
Monday	Chicken Nuggets Rice Pilaf Green Peas Diced Carrots Choice of Fruit Milk	Tuesday	Tukey Deli Sandwich Cucumber Slices Potato Wedges Choice of Fruit Milk	Wednesday	Homemade Mac and Cheese Green Beans Broccoli Whole Grain Roll Choice of Fruit Milk	Thursday	Pizza Crisp Salad Spinach Choice of Fruit Milk	Friday	Champ Burger Lettuce, Tomato, Pickles Sweet Potato Waffle Fries Baked Beans Choice of Fruit Milk	
9		10		11	Veteran's Day!	12		13		
Week Three:										
Monday	Mini Cheese Calzones w/ Marinara Sauce Diced Carrots Green Peas Choice of Fruit Milk	Tuesday	Grilled Cheese Sandwich Tomato Soup Mixed Vegetables Choice of Fruit Milk	Wednesday	Holiday Meal Roast Turkey Mashed Potatoes Green Beans Whole Grain Roll Pear Crisp and Fruit Milk	Thursday	Cheesy Garlic Bread Spinach Italian Veggie Blend Choice of Fruit Milk	Friday	Chicken Fillet on Bun Lettuce, Tomato, Pickles Baked Beans Smiley Potatoes Choice of Fruit Milk	
16		17		18		19		20		
Week Four:										
Monday	Max Cheese Sticks w/ Marinara Sauce Diced Carrots Green Peas Choice of Fruit Milk	Tuesday	Ham Deli Sandwich Baked Beans Sweet Potato Waffle Fries Choice of Fruit Milk	Wednesday	Spaghetti w/meat sauce Green Beans Steamed Broccoli Choice of Fruit Milk	Thursday	Happy Holiday! No School!		Friday	Happy Holiday! No School!
23		24		25		26		27		
Week Five:										
Monday	Chicken Nuggets Mashed Potatoes Diced Carrots Whole Grain Roll Choice of Fruit Milk									
30										

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

