Champ's Cafe October 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!

Charlotte County Public Schools
Early Childhood Programs

October 2020

Week One:

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

Thursday 1	**Pizza** Crisp Salad Mixed Vegetables Choice of Fruit Milk	
Friday 2		**Chicken Fillet on Bun** Pickles Diced Carrots **Smiley Potatoes** Choice of Fruit Milk

Week Two:

Monday 5	**Max Cheese Sticks w/ Marinara Sauce** Diced Carrots Green Peas Choice of Fruit Milk			
Tuesday 6		**Tukey Deli Sandwich** Cucumber Slices Potato Wedges Choice of Fruit Milk		
Wednesday 7			**Homemade Mac and Cheese** Diced Carrots Broccoli Whole Grain Roll Choice of Fruit Milk	
Thursday 8				**Pizza** Crisp Salad Spinach Choice of Fruit Milk
Friday 9				**Champ Burger** Pickles **Sweet Potato Waffle Fries** Baked Beans Choice of Fruit Milk

Week Three:

Monday 12	**Chicken Nuggets** Rice Pilaf Steamed Broccoli Diced Carrots Choice of Fruit Milk			
Tuesday 13		**Grilled Cheese Sandwich** Tomato Soup Mixed Vegetables Choice of Fruit Milk		
Wednesday 14			**Soft Taco w/ Beef & Cheese** Lettuce, Salsa Refried Beans Corn Choice of Fruit Milk	
Thursday 15				**Pizza** Crisp Salad Mixed Vegetables Choice of Fruit Milk
Friday 16				**Chicken Fillet on Bun** Pickles Baked Beans **Smiley Potatoes** Choice of Fruit Milk

Week Four:

Monday 19	**Mini Cheese Calzones w/ Marinara Sauce** Diced Carrots Green Peas Choice of Fruit Milk			
Tuesday 20		**Ham Deli Sandwich** Baked Beans Sweet Potato Waffle Fries Choice of Fruit Milk		
Wednesday 21			**Beef Teriyaki Dippers** Steamed Broccoli Mashed Potatoes Whole Grain Roll Choice of Fruit Milk	
Thursday 22				**Pizza** Crisp Salad Mixed Vegetables Choice of Fruit Milk
Friday 23				**Champ Burger** Pickles **Sweet Potato Waffle Fries** Baked Beans Choice of Fruit Milk

Week Five:

Monday 26	**Mini Cheese Calzones w/ Marinara Sauce** Diced Carrots Green Peas Choice of Fruit Milk			
Tuesday 27		**Soft Taco** Lettuce, Salsa Refried Beans Corn Choice of Fruit Milk		
Wednesday 28			**Spaghetti w/meat sauce** Green Beans Steamed Broccoli Choice of Fruit Milk	
29				**Pizza** Crisp Salad Mixed Vegetables Choice of Fruit Milk
30				**Chicken Fillet on Bun** Pickles Diced Carrots **Smiley Potatoes** Choice of Fruit Milk

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PLEASE REMEMBER OUR MENU IS SUBJECT TO CHANGE DUE TO AVAILABILITY