

Champ's Cafe September 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,
Oatmeal, Fruit, Low-Fat Milk

Friday

Turkey Sausage Omelette, Cereal,
Oatmeal, Fruit, Low-Fat Milk

Enjoy Breakfast and Lunch at Champ's Café!



Early Childhood Programs

Week One:

September 2020

August 31st Chicken Nuggets Rice Pilaf Green Peas Diced Carrots Choice of Fruit Milk	Soft Taco Lettuce, Salsa Refried Beans Corn Choice of Fruit Milk	Spaghetti w/meat sauce Green Beans Steamed Broccoli 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
31	Tuesday 1	Wednesday 2	Thursday 3	Friday 4

Week Two:

No School Today Happy Labor Day!	Max Cheese Sticks w/ Marinara Sauce Diced Carrots Green Peas Choice of Fruit Milk	Homemade Mac and Cheese Diced Carrots 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
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11

Happy Patriots Day!

Week Three:

Chicken Nuggets Rice Pilaf Steamed Broccoli Diced Carrots Choice of Fruit Milk	Grilled Cheese Sandwich Tomato Soup Mixed Vegetables Choice of Fruit Milk	Soft Taco w/ Beef & Cheese Lettuce, Salsa Refried Beans Corn Choice of Fruit Milk	Pizza Crisp Salad Mixed Vegetables Choice of Fruit Milk	Chicken Fillet on Bun Pickles Baked Beans Smiley Potatoes Choice of Fruit Milk
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18

Thank Custodians Celebration!

Week Four: World Peace Week!

Mini Cheese Calzones w/ Marinara Sauce Diced Carrots Green Peas Choice of Fruit Milk	Chicken Nuggets Rice Pilaf Steamed Broccoli Diced Carrots Choice of Fruit Milk	Soft Taco w/ Beef & Cheese Lettuce, Salsa Refried Beans Corn Choice of Fruit Milk	Pizza Crisp Salad Mixed Vegetables Choice of Fruit Milk	Champ Burger Pickles Sweet Potato Waffle Fries Baked Beans Choice of Fruit Milk
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25

Week Five:

Mini Cheese Calzones w/ Marinara Sauce Diced Carrots Green Peas Choice of Fruit Milk	Soft Taco Lettuce, Salsa Refried Beans Corn Choice of Fruit Milk	Spaghetti w/meat sauce Green Beans Steamed Broccoli Choice of Fruit Milk
Monday 28	Tuesday 29	Wednesday 30

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



See reverse for more information

This institution is an equal opportunity provider and employer.

All of our grain products are whole grain-rich (WGR)

PLEASE REMEMBER OUR MENU IS SUBJECT TO CHANGE DUE TO AVAILABILITY