

**Be sure you can eat each day at Champ's Café!
Keep a few dollars on your account as a safety net!**

You can track your account balance for FREE:
PayPAMS.com or through your district **FOCUS** account.
When you use **PayPAMS.com** or its **mobile app** to pay for meals or ala carte purchases using a credit or debit card, there is a \$1.95 transaction fee.



The keypad will be sanitized often for your use, or write your keypad number on the back of your school ID and then show it to the cashier to enter your keypad number for you.

Apply online at champs.yourcharlotteschools.net for Free or Reduced-Price meals: \$.30 breakfast and \$.40 lunch.



**Use the Nutrislice App to see the daily menu!
Mark your favorites with a **

& identify foods you cannot eat due to allergies.

Choose & Eat

the full menu Healthy School Lunch of 7 food items at Champ's Café!
Your Breakfast tray must have a fruit or juice.

Your lunch tray may have **ALL** these foods, but it must have at least 3 of these foods: Protein, Bread/Grain, 2 Different Fruits*, 2 Different Vegetables*, Milk.

You must take a half-cup of a Vegetable or Fruit

You may choose all 4 servings or take just 1 serving of

2 different Fruits and/or 2 different Vegetables.

Vegetables are offered from the following categories:

Dark green, Red-Orange, Beans and Peas, Starchy and Other.

In alignment with the USDA 2015 /2020 Dietary Guidelines for Americans, Nutritional Goals for our Customers include increasing fiber through whole grains, fruits & vegetables, decreasing sodium, & added sugars, eliminating trans fats & maintaining fat calories to less than 30% of the 750-850 calorie full-menu school lunch.

2020/2021

Welcome to Charlotte High School TARPON



**Download the Nutrislice app today!
Check out menus, nutrient facts, highlight your favorites and identify foods you cannot eat due to allergies.**

Student Code of Conduct:

"Parents and students are financially responsible for debt incurred from purchasing meals at Champ's Café."

Eat Well, Learn Well, Live Well, Be Well

Champ's Café operates under the United States Department of Agriculture's National School Breakfast and National School Lunch Programs.

"USDA is an equal opportunity provider and employer."

Eat a wide variety of nutritious and delicious foods at your

Tarpon Champ's Cafe

\$2.80 Lunch Meal Deals include:

Protein, Grain, 2 different Fruits, 2 different Vegetables & Milk

Students: If you do not have lunch money one day, ask your Cashier if you can have a meal. You must **re-pay** Champ's Cafe the **very next school day**. **You and your Family** are responsible for bringing a **negative balance on your account back to positive**. Deposit some money on your account so you can depend on refueling each day at **Champ's Cafe!**

1 Tarpon Treats

"Smart Snacks" Approved Ala Carte Items:

Ice Cream Specialties, Cereal Bars, Snacks, Popcorn, Cookies, Bagels, Muffins and other Fresh-Baked Products, Fruit, Water, Flavored Water, "Smart Snacks Approved" Specialty Drinks & Sport Drinks

2 Slam Dunkin' Nuggets

Chicken Nuggets/Specialty Nuggets such as Spicy or Dill Nuggets, or Chicken Tenders, Rice Pilaf or Roll, all with Fruit and Vegetable Choices of the Day, Milk

Just Like Home Cookin'

3 Coyote Grill 4 The Main Event

On various days: Pasta, Beef Dippers, Tangerine or Teriyaki Chicken, or Champs's Specialties such as Nachos, Tacos or Chicken Fajita; all with Fruit and Vegetable Choices of the Day, Milk

5 Red Baron

On various days: Garlic Bread Pizza, Nachos, Specialty Hot Sandwiches, Bosco Cheese Sticks with Marinara Sauce, all with Fruit and Vegetable Choices of the Day, Milk

6 Power Slice Pizza

On various days Cheese or Pepperoni Pizza, Southwest Pizza or Champ's Specialty Pizza, all with Fruit and Vegetable Choices of the Day, Milk

 **Vegetarian options available at this food court, just ask!**

No Ala Carte products will be sold to a student with a Negative Balance.

For Special Diet Needs, please see your Champ's Café Manager.

7 On the Green

Spicy Chicken Wrap with Lettuce, Tomato & Pickle, all with Fruit and Vegetable Choices of the Day, Milk

Variety of Chef Salads & Dressings with Fresh-Baked Roll, all with Fruit and Vegetable Choices of the Day, Milk

Ala Carte Items: Water, Flavored Water, "Smart Snack Approved" Specialty Drinks & Sports Drinks

8 Kick-in Chicken

Spicy Chicken Fillet on Bun, Spicy Chicken Wrap with Lettuce, Tomato & Pickle, all with Fruit and Vegetable Choices of the Day, Milk



9 Champ's Grill

Chicken Fillet, Breaded, Dill or Grilled, on Bun with Lettuce, Tomato & Pickle, all with Fruit and Vegetable Choices of the Day, Milk

10 Champburger

Hamburger or Cheeseburger Bacon Cheeseburger, with Lettuce, Tomato & Pickle, all with Fruit and Vegetable Choices of the Day, Milk

Breakfast

Breakfast is Served!

Open 30 minutes before school at various food courts

Every day: \$1.20 Breakfast Meal Deals include:

Fruit & Juice, Milk & Oatmeal offered with all breakfast meals

Cereal & Muffin or Breakfast Bagel Sandwich or Deluxe Muffin or French Toast Sticks or Sausage Pancake Kabob, Sausage Biscuit or Chicken Biscuit Sandwich

On Fridays: in addition to everyday choices

Fresh-Baked Cinnamon Roll and Frittata.

NEW ITEMS: Fruit & Yogurt Smoothie & Yogurt Parfait!