

# Champ's Café March Menu

Charlotte County Public Schools 2020

## Elementary School

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

Participation for free meals is not mandatory.

Students can still bring a lunch from home.

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](http://www.PayPams.com)

### Weekly Breakfast Menu

**Monday** FRUIT & 100% JUICE DAILY

Cereal w/ Muffin or Mini Pancakes, Oatmeal, Raisins, Low-Fat Milk

**Tuesday** FRUIT & 100% JUICE DAILY

Sausage Sandwich or Choice of Cereal w/ WGR Pop Tart, Oatmeal, Low-Fat Milk

**Wednesday** FRUIT & 100% JUICE DAILY

Bagel Breakfast Sandwich or Choice of Cereal & Bagel Half, Oatmeal, Low-Fat Milk

**Thursday** FRUIT & 100% JUICE DAILY

French Toast Sticks or Choice of Cereal w/ WGR Muffin, Oatmeal, Low-Fat Milk

**Friday** FRUIT & 100% JUICE DAILY

Turkey Sausage Omelette w/ Choice of Cereal or Cinnamon Roll, Oatmeal, Low-Fat Milk

**Alternate Lunch Entrees:** Chef Salad, Champ Pack w/ Turkey, Cheese & Crackers, Deli Sandwich, Yogurt with Cheese Stick

Our a la carte offerings meet the guidelines of

The Alliance for a Healthier Generation and are USDA "Smart Snacks"

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

March 2020

<b>Monday</b> 2	<b>Tuesday</b> 3	<b>Wednesday</b> 4	<b>Thursday</b> 5	<b>Friday</b> 6
Corn Dog Nuggets Green Beans Carrot Coins Choice of Fruit Milk	Nachos with <b>Beef &amp; Cheese Sauce</b> Lettuce, Salsa Refried Beans Corn Choice of Fruit Milk	Spaghetti w/meat sauce Crisp Salad Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	Pizza Slice <b>Cheese or Pepperoni</b> Relish Cup Mixed Vegetables Raisins or Choice of Fruit Milk	Champ Burger Lettuce, Tomato & Pickle <b>Sweet Potato Fries</b> Vegetable Medley Choice of Fruit Milk

Non-meat entrees available through Lent on Fridays

### Week Two: Happy National Nutrition Month!

Eat more fruits & Veggies!

<b>Monday</b> 9	<b>Tuesday</b> 10	<b>Wednesday</b> 11	<b>Thursday</b> 12	<b>Friday</b> 13
Mini Cheeze Calzones w/ Marinara Sauce Green Beans Carrot Coins Choice of Fruit Milk	Soft Taco Lettuce, Salsa with shredded cheese Refried Beans Corn Choice of Fruit Milk	Beef Teriyaki Dippers Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	Pizza Slice or <b>Cheesy Garlic Bread</b> Relish Cup Vegetable Medley Raisins or Choice of Fruit Milk	Chicken Fillet on Bun Lettuce, Tomato & Pickle <b>Tomato Soup</b> Spinach Choice of Fruit Milk

Non-meat entrees available through Lent on Fridays

### 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:

Testing will begin soon, another reason to reach for breakfast everyday!

<b>Monday</b> 23	<b>Tuesday</b> 24	<b>Wednesday</b> 25	<b>Thursday</b> 26	<b>Friday</b> 27
<b>Teacher Work Day</b>  <b>No School !</b>	Max Cheese Sticks w/ Tomato Soup Green Beans Choice of Fruit Milk	Roasted Chicken Broccoli Baked Potato Whole Grain Roll Choice of Fruit Milk	Pizza Slice <b>Cheese or Pepperoni</b> Relish Cup Vegetable Medley Raisins or Choice of Fruit Milk	Chicken Fillet on Bun Lettuce, Tomato & Pickle Baked Beans <b>Sweet Potato Fries</b> Choice of Fruit Milk

Johnny Pops Day!

Non-meat entrees available through Lent on Fridays

### Week Five:

Eat breakfast, increase your test scores!

<b>Monday</b> 30	<b>Tuesday</b> 31
Chicken Nuggets Rice Pilaf Green Peas Carrot Coins Choice of Fruit Milk	Nachos with <b>Beef &amp; Cheese Sauce</b> Lettuce, Salsa Refried Beans Corn Choice of Fruit Milk

## SCHOOL BREAKFAST OUT OF THIS WORLD!

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



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

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY

This institution is an equal opportunity provider and employer.