

# Champ's Café May Menu

Charlotte County Public Schools 2019

## 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 \$3.50  
Adult Breakfast \$1.50

Track your meals and account balance for FREE at [www.PayPams.com](http://www.PayPams.com)

Week One:					May 2019					
					<b>Wednesday</b> Turkey and Gravy Mashed Potatoes Steamed Broccoli Whole Grain Roll Choice of Fruit Milk <b>1</b>		<b>Thursday</b> Pizza Slice or <b>Cheesy Garlic Bread</b> Crisp salad Steamed Corn Raisins or Choice of Fruit Milk <b>2</b>		<b>Friday</b> Champ Burger Lettuce, Tomato & Pickle Green Peas <b>Smiley Potatoes</b> Choice of Fruit Milk <b>3</b>	
					<b>Week Two:</b>					
<b>Monday</b> Mini Cheeze Calzones w/Marinara Sauce Green Peas Carrot Coins Choice of Fruit Milk <b>6</b>		<b>Tuesday</b> Corn Dog Nuggets Green Beans Baked Beans Choice of Fruit Milk <b>7</b>		<b>Wednesday</b> Homemade Mac & Cheese Steamed Broccoli Baby Carrots w/ Dip Whole Grain Roll Choice of Fruit Milk <b>8</b>		<b>Thursday</b> Pizza <b>Cheese or Pepperoni</b> Crisp Salad Mixed Vegetables Raisins or Choice of Fruit Milk <b>9</b>		<b>Friday</b> Chicken Fillet Lettuce, Tomato & Pickle Waffle Cut Sweet Potatoes Steamed Corn Choice of Fruit Milk <b>10</b>		
<b>Week Three:</b>										
<b>Monday</b> Chicken Nuggets Rice Pilaf Green Beans Carrot Coins Choice of Fruit Milk <b>13</b>		<b>Tuesday</b> Nachos with <b>Beef &amp; Cheese Sauce</b> Lettuce, Salsa Refried Beans Corn Choice of Fruit Milk <b>14</b>		<b>Wednesday</b> Spaghetti w/ <b>Meat Sauce</b> <b>Garlic Roll</b> Broccoli Vegetable Medley Choice of Fruit Milk <b>15</b>		<b>Thursday</b> Pizza <b>Cheese or Pepperoni</b> Crisp Salad Spinach Raisins or Choice of Fruit Milk <b>16</b>		<b>Friday</b> Champ Burger Lettuce, Tomato & Pickle Smiley Potatoes Mixed Vegetables Choice of Fruit Milk <b>17</b>		
<b>Week Four:</b>										
<b>Monday</b> Mini Cheeze Calzones w/Marinara Sauce Green Beans Carrot Coins Choice of Fruit Milk <b>20</b>		<b>Tuesday</b> Grilled Cheese Sandwich Tomato Soup Mixed Vegetables Choice of Fruit Milk <b>21</b>		<b>Wednesday</b> Beef Teriyaki Dippers Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk <b>22</b>		<b>Thursday</b> Pizza Slice or <b>Cheesy Garlic Bread</b> Crisp Salad Waffle Cut Sweet Potatoes Raisins or Choice of Fruit Milk <b>23</b>		<b>Friday</b> Chicken Fillet Lettuce, Tomato & Pickle Vegetable Medley Baked Beans Choice of Fruit Milk <b>24</b>		
<b>Week Five:</b>										
<b>Monday</b> <b>NO SCHOOL</b> <b>27</b>		<b>Tuesday</b> Max Sticks w/ Marinara Sauce Green Beans Baked Beans Choice of Fruit Milk <b>28</b>		<b>Wednesday</b> Pasta Special Day Steamed Broccoli Baby Carrots w/ Dip Garlic roll Choice of Fruit Milk <b>29</b>		<b>Thursday</b> Manager's Special <b>Veg. 1</b> Veg 2 Choice of Fruit Milk <b>30</b>		<b>Friday</b> Manager's Special Veg. 1 Veg.2 Choice of Fruit <b>31</b>		

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	
<b>Alternate Lunch Entrees:</b> 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"

This institution is an equal opportunity provider and employer.

All of our grain products are whole grain-rich (WGR)  
MENU SUBJECT TO CHANGE DUE TO AVAILABILITY