

Champ's Café November 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

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: November 2020

Monday 2	Chicken Nuggets Rice Pilaf Green Beans Mixed Veggies Choice of Fruit Milk	Tuesday 3	Teacher Work Day! No School!	Wednesday 4	Beef Teriyaki Dippers Mashed Potatoes & Gravy Steamed Corn Whole Grain Roll Choice of Fruit Milk	Thursday 5	Pizza Slice or Cheesy Garlic Bread Crisp Salad Italian Veggies Raisins or Choice of Fruit Milk	Friday 6	Chicken Fillet on Bun Lettuce, Tomato & Pickle Baked Beans Waffle Cut Sweet Potatoes Choice of Fruit Milk
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Week Two: Western Day!

Monday 9	Mini Cheese Calzones w/ Marinara Sauce Carrot Coins Green Peas Choice of Fruit Milk	Tuesday 10	Soft Taco Lettuce, Salsa & Shredded Cheese Refried Beans Corn Choice of Fruit Milk	Wednesday 11	Spaghetti w/ Meat Sauce Green Beans Italian Blend Veggies Whole Grain Roll Choice of Fruit Milk	Thursday 12	Pizza Slice Cheese or Pepperoni Crisp Salad Broccoli Raisins or Choice of Fruit Milk	Friday 13	Cowboy Burger Lettuce, Tomato & Pickle Waffle Cut Sweet Potatoes Baked Beans Choice of Fruit Milk
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Promote: Diabetes Awareness

Week Three:

Monday 16	Tangerine Chicken Steamed Rice Stir-fry Veggies Green Beans Choice of Fruit Milk	Tuesday 17	Homemade Mac & Cheese Steamed Broccoli Carrot Coins Choice of Fruit Milk	Wednesday 18	Holiday Meal Roast Turkey Mashed Potatoes Steamed Corn Whole Grain Roll Pear Crisp and Fruit Milk	Thursday 19	Pizza Slice or Cheesy Garlic Bread Crisp Salad Baby Carrots Raisins or Choice of Fruit Milk	Friday 20	Chicken Fillet on Bun Lettuce, Tomato & Pickle Baked Beans Smiley Potato Choice of Fruit Milk
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Week Four:

Monday 23	Max Cheese Sticks w Tomato Soup Green Beans Choice of Fruit Milk	Tuesday 24	Soft Taco Lettuce, Salsa & Shredded Cheese Refried Beans Corn Choice of Fruit Milk	Wednesday 25	Beef Teriyaki Dippers Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	Thursday 26	Happy Holiday! No School!	Friday 27	Happy Holiday! No School!
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Week Five:

Monday 30	Chicken Nuggets Carrot Coins Peas Whole Grain Roll Choice of Fruit Milk	<div style="border: 1px solid black; padding: 10px; display: inline-block;"> <p>Please remember our menu is subject to change due to availability.</p> </div>							
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PLEASE REMEMBER OUR MENU IS SUBJECT TO CHANGE DUE TO AVAILABILITY