

Champ's Café October 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:

October 2020

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



Thursday	Pizza Slice or Cheesy Garlic Bread	Chicken Fillet on Bun
	Crisp Salad	Lettuce, Tomato & Pickle
	Vegetable Medley	Baked Beans
	Raisins or Choice of Fruit	Waffle Cut Sweet Potatoes
	Milk	Choice of Fruit
1		2

Week Two:

Monday	Mini Cheese Calzones w/ Marinara Sauce	Soft Taco	Homemade Beefaroni	Pizza Slice Cheese or Pepperoni	Champ Burger
	Carrot Coins	Lettuce, Salsa & Shredded Cheese	Baby Carrots w/ Dip	Crisp Salad	Lettuce, Tomato & Pickle
	Green Beans	Refried Beans	Spinach	Broccoli	Smiley Potatoes
	Choice of Fruit	Corn	Whole Grain Roll	Raisins or Choice of Fruit	Baked Beans
	Milk	Choice of Fruit	Choice of Fruit	Milk	Choice of Fruit
5	6	7	8	9	

Week Three:

Monday	Sweet Potato Crusted Fish	Homemade Mac & Cheese	Spaghetti w/ Meat Sauce	Pizza Slice Cheese or Pepperoni	Chicken Fillet on Bun
	Potato Wedges	Steamed Broccoli	Green Beans	Crisp Salad	Lettuce, Tomato & Pickle
	Spinach	Carrot Coins	Italian Blend Veggies	Steamed Cauliflower	Baked Beans
	Hush Puppies	Choice of Fruit	Whole Grain Roll	Raisins or Choice of Fruit	Waffle Cut Sweet Potatoes
	Choice of Fruit	Milk	Choice of Fruit	Milk	Choice of Fruit
12	13	14	15	16	

Week Four:

Monday	Max Cheese Sticks w/	Soft Taco	Beef Teriyaki Dippers	Pizza Slice or Cheesy Garlic Bread	Champ Burger
	Tomato Soup	Lettuce, Salsa & Shredded Cheese	Mashed Potatoes & Gravy	Crisp Salad	Lettuce, Tomato & Pickle
	Green Beans	Refried Beans	Steamed Broccoli	Baby Carrots	Waffle Cut Sweet Potatoes
	Choice of Fruit	Corn	Whole Grain Roll	Raisins or Choice of Fruit	Baked Beans
	Milk	Choice of Fruit	Choice of Fruit	Milk	Choice of Fruit
19	20	21	22	23	

Week Five:

Monday	Mini Cheese Calzones w/ Marinara Sauce	Max Cheese Sticks w/	Roast Chicken	Pizza Slice or Cheesy Garlic Bread	Chicken Fillet on Bun
	Carrot Coins	Tomato Soup	Mashed Potatoes & Gravy	Crisp Salad	Lettuce, Tomato & Pickle
	Peas	Green Beans	Steamed Broccoli	Vegetable Medley	Baked Beans
	Choice of Fruit	Choice of Fruit	Whole Grain Roll	Raisins or Choice of Fruit	Waffle Cut Sweet Potatoes
	Milk	Milk	Choice of Fruit	Milk	Choice of Fruit
26	27	28	29	30	

Wk 1 # 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

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