

Champ's Café September 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:					
August 31st					
Monday	Chicken Nuggets Mashed Potatoes Green Peas Biscuit Choice of Fruit Milk	Tuesday	Grilled Cheese Tomato Soup Relish Cup Choice of Fruit Milk	Wednesday Roast Chicken Steamed Broccoli Carrot Coins Steamed Rice Choice of Fruit Milk	Thursday Pizza Slice or Cheesy Garlic Bread Crisp Salad Vegetable Medley Raisins or Choice of Fruit Milk
31		1	2	3	
Jonny Pops Day!					
4					
Week Two:					
Monday	No School Today Happy Labor Day!	Tuesday	Mini Cheese Calzones w/ Marinara Sauce Carrot Coins Green Beans Choice of Fruit Milk	Wednesday Homemade Beefaroni Baby Carrots w/ Dip Spinach Whole Grain Roll Choice of Fruit Milk	Thursday Pizza Slice Cheese or Pepperoni Crisp Salad Broccoli Raisins or Choice of Fruit Milk
7		8	9	10	
11					
Week Three:					
Monday	Sweet Potato Crusted Fish Potato Wedges Spinach Hush Puppies Choice of Fruit Milk	Tuesday	Homemade Mac & Cheese Steamed Broccoli Carrot Coins Choice of Fruit Milk	Wednesday Spaghetti w/ Meat Sauce Green Beans Italian Blend Veggies Whole Grain Roll Choice of Fruit Milk	Thursday Pizza Slice Cheese or Pepperoni Crisp Salad Steamed Cauliflower Raisins or Choice of Fruit Milk
14	Cookie	15	16	17	
18					
Week Four: World Peace Week!					
Monday	Mini Cheese Calzones w/ Marinara Sauce Carrot Coins Peas Choice of Fruit Milk	Tuesday	Grilled Cheese Tomato Soup Relish Cup Choice of Fruit Milk	Wednesday Homemade Beefaroni Vegetable Medley Spinach Whole Grain Roll Choice of Fruit Milk	Thursday Pizza Slice or Cheesy Garlic Bread Crisp Salad Baby Carrots Raisins or Choice of Fruit Milk
21		22	23	24	
25					
Week Five:					
Monday	Mini Cheese Calzones w/ Marinara Sauce Carrot Coins Peas Choice of Fruit Milk	Tuesday	Max Cheese Sticks w/ Tomato Soup Green Beans Choice of Fruit Milk	Wednesday Roast Chicken Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	<div style="border: 1px solid black; padding: 5px; width: fit-content;"> Please remember our menu is subject to change due to availability. </div>
28		29	30		

This institution is an equal opportunity provider and employer. All of our grain products are PLEASE REMEMBER OUR MENU IS SUBJECT TO CHANG

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September 2020

Chicken Fillet on Bun

Lettuce, Tomato & Pickle

Baked Beans

Waffle Cut Sweet Potatoes

Choice of Fruit

Milk

Champ Burger

Lettuce, Tomato & Pickle

Smiley Potatoes

Baked Beans

Choice of Fruit

Milk

*Happy Patriots
Day!*

Chicken Fillet on Bun

Lettuce, Tomato & Pickle

Baked Beans

Waffle Cut Sweet Potatoes

Choice of Fruit
Milk

*Thank
Custodians
Celebration!*

Champ Burger

Lettuce, Tomato & Pickle

Waffle Cut Sweet Potatoes

Baked Beans

Choice of Fruit

Milk



reverse for more information

whole grain-rich (WGR)

BE DUE TO AVAILABILITY