

Champ's Café March Menu

Charlotte County Public Schools 2021

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:				March 2021	
Monday	Mini Cheese Calzones w/ Marinara Sauce Carrot Coins Green Peas Choice of Fruit Milk 1	Soft Taco Lettuce, Salsa & Shredded Cheese Refried Beans Corn Choice of Fruit Milk 2	Chicken Parm w/ Spaghetti & Sauce Italian Veggies Steamed Broccoli Choice of Fruit Milk 3	Pizza Slice Cheese or Pepperoni Crisp Salad Mixed Veggies Raisins or Choice of Fruit Milk 4	Champ Burger Lettuce, Tomato & Pickle Baked Beans Sweet Potato Fries Choice of Fruit Milk 5 Non-meat option available

Week Two: National School Breakfast Week- March 8th-12th - Theme "Score Big" !					
Monday	Chicken Nuggets Steamed Rice Stir-fry Veggies Green Beans Choice of Fruit Milk 8	Homemade Mac & Cheese Steamed Broccoli Carrots w/dip Whole Grain Roll Choice of Fruit Milk 9	Breakfast for Lunch French Toast Sticks Sausage Patty Tater Tots Tomato Wedges Choice of Fruit Milk 10	Pizza Slice Cheese or Pepperoni Crisp Salad Steamed Cauliflower Raisins or Choice of Fruit Milk 11	Chicken Fillet on Bun Lettuce, Tomato & Pickle Black Beans Smiley Potato Choice of Fruit Milk 12 Non-meat option available

Week Three: St. Patrick's Day- March 17th

Spring Break! Enjoy!



Week Four: World Water Day!- March 22nd					
Monday	Max Cheese Sticks w/ w/ Marinara Sauce Green Beans Mixed Veggies Choice of Fruit Milk 22	Hot Dog Slider Sweet Potato Fries Baked Beans Choice of Fruit Milk 23	Beef Teriyaki Dippers Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk 24	Pizza Slice or Cheesy Garlic Bread Crisp Salad Carrots w/dip Raisins or Choice of Fruit Milk 25	Chicken Fillet on Bun Lettuce, Tomato & Pickle Black Beans Tator Tots Choice of Fruit Milk 26 Non-meat option available

Week Five:			
Monday	Mini Cheese Calzones w/ Marinara Sauce Carrot Coins Green Peas Choice of Fruit Milk 29	Grilled Cheese w/ Tomato Soup Steamed Yellow Squash Choice of Fruit Milk 30	Roast Chicken Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk 31

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



This institution is an equal opportunity provider and employer. All of our grain products are whole grain-rich (WGR) PLEASE REMEMBER OUR MENU IS SUBJECT TO CHANGE DUE TO AVAILABILITY