

Champ's Café March Menu

Charlotte County Public Schools 2020

High School

Free & Reduced Price Meal applications are available online at champs.yourcharlotteschools.net or obtained from the school.

Call 941 575 5400 ext. 109 for more information

Student Lunch Prices

High School \$2.80 daily, \$14 weekly
 \$.40 Reduced Price Lunch daily, \$2.00 weekly
 Free to those who qualify.
Adult Lunch Price \$3.60

Champs Café Accepts Cash, Checks payable to Champ's Café

www.payPAMS.com

Students Breakfast \$1.20 daily, \$6 weekly
 \$.30 Reduced Price Breakfast daily, \$1.50 weekly
 Free to those who qualify.

Adult Breakfast \$1.60

Track your meal account balance for **FREE** at www.payPams.com

Everyday Choices:

Chef Salads, Hamburger, Cheeseburger,
 Deli Sub/ Wrap, Pizza,
 Chicken Fillet, Spicy Chicken, Chicken Nuggets

Alternate Menu Selections at all grade levels, fresh seasonal produce available daily. Menu is subject to change.

Our a la carte offerings meet the guidelines of

The Alliance for a Healthier Generation and are USDA "Smart Snacks"

Daily Breakfast Menu

Breakfast Bagel Sandwich, Oatmeal, French Toast Sticks, Mini Pancakes, Large Muffin, Bagel, Breakfast Pizza, Choice of Cereal with Muffin, Pop-Tart, Chicken or Sausage Biscuit, Fruit,

Turkey Sausage Omelette/Cinnamon Roll Fridays

Week One: National School Breakfast Week - March 2nd- 6th - "Out Of This World" School Breakfast!					March 2020
Monday	Tangerine Chicken w/ Steamed Rice and Eggroll Carrot Coins Stir Fry Vegetables Choice of Fruit Milk	Tuesday	Nachos w/ Meat and Cheese Sauce Refried Beans Corn Lettuce, Salsa Choice of Fruit Milk	Wednesday	Mesquite Roast Chicken Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk
2		3		4	
Thursday	Beef Teriyaki Dippers Mashed Potatoes & Gravy Baby Carrots w/Dip Biscuit Choice of Fruit Raisins Milk	Friday	Mac and Cheese Crisp Salad Italian Blend Veggies Fresh Baked Garlic Roll Choice of Fruit Milk <small>Non-meat entrees available through Lent on Fridays</small>		5
					6

Week Two: Happy National Nutrition Month!					Eat more fruits & Veggies!
Monday	Teriyaki Chicken w/ Steamed Rice and Vegetable Eggroll Carrot Coins Stir Fry Vegetables Choice of Fruit Milk	Tuesday	Nachos w/ Meat and Cheese Sauce Refried Beans Corn Lettuce, Salsa Choice of Fruit Milk	Wednesday	Breakfast For Lunch French Toast Sticks Omelette Chicken Sausage Patty Tator Tots Tomato Wedges Choice of Fruit/ Milk
9		10		11	
Thursday	Country Steak Mashed Potatoes & Gravy Broccoli Whole Grain Roll Choice of Fruit Raisins Milk	Friday	Baked Ziti Crisp Salad Italian Blend Veggies Fresh Baked Garlic Roll Choice of Fruit Milk <small>Non-meat entrees available through Lent on Fridays</small>		12
					13

Week Three: Happy St. Patricks Day! Catch up on sleep, shoot for 8-9 hours/day.

We are celebrating National School Breakfast Week March 2nd-6th-Join us for breakfast at school !
 Open 30 minutes

Spring Break! Enjoy!



Did you Know?

Students who eat school breakfast are more likely to:

- * Maintain a healthy weight
- * Have better concentration & memory
- * Score higher on standardized tests

Week Four: Testing will begin soon, another reason to reach for breakfast everyday!

Monday	Teacher Work Day No School !	Tuesday	Nachos w/ Meat and Cheese Sauce Refried Beans Corn Lettuce, Salsa Choice of Fruit Milk	Wednesday	Vegetarian Chili w/ a side of Cheese Tortilla Chips Carrot Coins Baked Potato Choice of Fruit Milk
23		24		25	
Thursday	Turkey & Gravy Mashed Potatoes Baby Carrots w/Dip Biscuit Choice of Fruit Raisins Milk	Friday	Spaghetti w/ Meat Sauce Crisp Salad Broccoli Fresh Baked Garlic Roll Choice of Fruit Milk <small>Non-meat entrees available through Lent on Fridays</small>		26
					27

Week Five: Eat breakfast, increase your test scores!

Monday	Tangerine Chicken w/ Steamed Rice and Eggroll Carrot Coins Stir Fry Vegetables Choice of Fruit Milk	Tuesday	Nachos w/ Meat and Cheese Sauce Refried Beans Corn Lettuce, Salsa Choice of Fruit Milk		
30		31			

SCHOOL BREAKFAST OUT OF THIS WORLD!

See reverse for more information on breakfast & academics- testing is coming up

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