

Champ's Café May Menu

Charlotte County Public Schools 2019

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 \$3.50

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 \$1.50

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: | | | | May 2019 | |
|--|---|---|--|--|--|
|  | | Wednesday Country Style Steak Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit, Milk 1 | Thursday Turkey & Gravy Mashed Potatoes Green Peas Biscuit Choice of Fruit Raisins Milk 2 | Friday Mac & Cheese Crisp Salad Green Beans Fresh Baked Garlic Roll Choice of Fruit Milk 3 | |
| | | Week Two: | | | |
| Monday Tangerine Chicken Steamed Rice Stir Fry Vegetables Carrot Coins Vegetable Eggroll Choice of Fruit Milk 6 | Tuesday Nachos w/ Meat and Cheese Sauce Refried Beans, Corn Lettuce, Salsa Choice of Fruit Milk 7 | Wednesday Mesquite Roast Chicken Mashed Potatoes & Gravy Green Peas Whole Grain Roll Choice of Fruit Milk SPECIAL PEAR CRISP 8 | Thursday Beef Teriyaki Dippers Mashed Potatoes & Gravy Green Beans Biscuit Choice of Fruit Raisins Milk 9 | Friday Homemade Beefaroni Whole Grain Roll Steamed Broccoli Crisp Salad Choice of Fruit Milk 10 | |
| Week Three: | | | | | |
| Monday Teriyaki Chicken Steamed Rice Stir Fry Vegetables Carrot Coins Vegetable Eggroll Choice of Fruit Milk 13 | Tuesday Nachos w/ Meat and Cheese Sauce Refried Beans Corn Lettuce, Salsa Choice of Fruit Milk 14 | Wednesday Country Style Steak Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk 15 | Thursday Chicken Fajita Black Beans and Rice Cheese, Lettuce, Salsa Waffle Cut Sweet Potatoes Choice of Fruit Raisins Milk 16 | Friday Baked Meat & Cheese Ziti Crisp Salad Vegetable Medley Fresh Baked Garlic Roll Choice of Fruit Milk 17 | |
| Week Four: | | | | | |
| Monday Tangerine Chicken Steamed Rice Stir Fry Vegetables Green Peas Vegetable Eggroll Choice of Fruit Milk 20 | Tuesday Nachos w/ Meat and Cheese Sauce Refried Beans Corn Lettuce, Salsa Choice of Fruit Milk 21 | Wednesday Beef Teriyaki Dippers Mashed Potatoes & Gravy Spinach Whole Grain Roll Choice of Fruit Milk 22 | Thursday Pulled Pork Sandwich Baked Onion Rings Baked Beans Relish cup Choice of Fruit Raisins Milk 23 | Friday Chicken Parmesan w/ Spaghetti & Sauce Crisp Salad Italian Blend Veggies Fresh Baked Garlic Roll Choice of Fruit Milk 24 | |
| Week Five: | | | | | |
| Monday No School 27 | Tuesday Nachos w/ Meat and Cheese Sauce Refried Beans Corn Lettuce, Salsa Choice of Fruit Milk 28 | Wednesday Manager's Choice Vegetable 1 Vegetable 2 Choice of Fruit Milk 29 | Thursday Manager's Choice Vegetable 1 Vegetable 2 Choice of Fruit Milk 30 | Friday Manager's Choice Vegetable 1 Vegetable 2 Choice of Fruit Milk 31 | |

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