

Champ's Café November 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:					November 2020				
Monday	Tangerine Chicken w/ Steamed Rice Vegetarian Egg Roll Carrot Coins Stir Fry Vegetables Choice of Fruit Milk	Tuesday	Teacher Work Day! No School!	Wednesday	Beef Teriyaki Dippers Mashed Potatoes & Gravy Green Beans Whole Grain Roll Choice of Fruit Milk	Thursday	Breakfast For Lunch French Toast Sticks Omelette Chicken Sausage Patty Tator Tots Tomato Wedges Choice of Fruit Milk	Friday	Chicken Parm w/Spaghetti Tossed Salad Broccoli Whole Grain Roll Choice of Fruit Milk
2		3		4		5		6	

Week Two:					Western Day!				
Monday	Teriyaki Chicken w/ Steamed Rice Vegetarian Egg Roll Carrot Coins Stir Fry Vegetables Choice of Fruit Milk	Tuesday	Nachos w/ Meat and Cheese Sauce Refried Beans Corn Salsa Choice of Fruit Milk	Wednesday	Country Style Steak Mashed Potatoes & Gravy Broccoli Whole Grain Roll Choice of Fruit Milk	Thursday	Vegetarian Chili w/ a side of Cheese Tortilla Chips Carrot Coins Baked Potato Raisins or Choice of Fruit Milk	Friday	Cowboy Burger Lettuce, Tomato & Pickle Waffle Cut Sweet Potatoes Baked Beans Choice of Fruit Milk
9		10		11	Veteran's Day!	12		13	

Promote:
Diabetes Awareness

Week Three:									
Monday	Tangerine Chicken w/ Steamed Rice Vegetarian Egg Roll Carrot Coins Stir Fry Vegetables Choice of Fruit Milk	Tuesday	Nachos w/ Meat and Cheese Sauce Refried Beans Corn Salsa Choice of Fruit Milk	Wednesday	Holiday Meal Roast Turkey Mashed Potatoes Green Beans Whole Grain Roll Pear Crisp and Fruit Milk	Thursday	Beef Teriyaki Dippers Mashed Potatoes & Gravy Carrot Coins Whole Grain Roll Raisins or Choice of Fruit Milk	Friday	Mac & Cheese Crisp Salad Steamed Broccoli Fresh Baked Garlic Roll Choice of Fruit Milk
16		17		18		19		20	

Week Four:									
Monday	Teriyaki Chicken w/ Steamed Rice Vegetarian Egg Roll Carrot Coins Stir Fry Vegetables Choice of Fruit Milk	Tuesday	Nachos w/ Meat and Cheese Sauce Refried Beans Corn Salsa Choice of Fruit Milk	Wednesday	Country Style Steak Mashed Potatoes & Gravy Broccoli Whole Grain Roll Choice of Fruit Milk	Thursday	Happy Holiday! No School!	Friday	Happy Holiday! No School!
23		24		25		26		27	

Week Five:					
Monday	Tangerine Chicken w/ Steamed Rice Vegetarian Egg Roll Carrot Coins Stir Fry Vegetables Choice of Fruit Milk	Please remember our menu is subject to change due to availability.			
30					

Wk 1: 2, 3, 4, 5, 6; Wk 2: 9, 10, 11, 12, 13; Wk 3: 16, 17, 18, 19, 20; Wk 4: 23, 24, 25, 26, 27; Wk 5: 30

PLEASE REMEMBER OUR MENU IS SUBJECT TO CHANGE DUE TO AVAILABILITY