

Champ's Café October 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:

October 2020

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



Thursday	Pulled Pork Sandwich	Friday	Baked Ziti
	Onion Rings		Crisp Salad
	Baked Beans		Italian Blend Veggies
	Baby Carrots w/Dip		Fresh Baked Garlic Roll
	Raisins or Choice of Fruit		Choice of Fruit
	Milk		Milk
1		2	

Week Two:

Monday	Asian Chicken w/ Steamed Rice	Tuesday	Nachos w/ Meat and Cheese Sauce	Wednesday	Beef Teriyaki Dippers	Thursday	Breakfast For Lunch	Friday	Chicken Parm w/Spaghetti
	Vegetarian Egg Roll		Refried Beans		Mashed Potatoes & Gravy		French Toast Sticks		Tossed Salad
	Carrot Coins		Corn		Green Beans		Omelette		Broccoli
	Stir Fry Vegetables		Salsa		Whole Grain Roll		Chicken Sausage Patty		Whole Grain Roll
	Choice of Fruit		Choice of Fruit		Choice of Fruit		Tator Tots		Choice of Fruit
Milk	Milk	Milk	Tomato Wedges	Milk					
5	6	7	8	9				9	

Week Three:

Monday	Teriyaki Chicken w/ Steamed Rice	Tuesday	Nachos w/ Meat and Cheese Sauce	Wednesday	Sweet Potato Crusted Fish	Thursday	Turkey & Gravy	Friday	Spaghetti w/ Meat Sauce
	Vegetarian Egg Roll		Refried Beans		Mashed Potatoes & Gravy		Mashed Potatoes		Crisp Salad
	Carrot Coins		Corn		Green Beans		Carrot Coins		Broccoli
	Stir Fry Vegetables		Salsa		Whole Grain Roll		Biscuit		Fresh Baked Garlic Roll
	Choice of Fruit		Choice of Fruit		Choice of Fruit		Raisins or Choice of Fruit		Choice of Fruit
Milk	Milk	Milk	Milk	Milk					
12	13	14	15	16				16	

Week Four: World Peace Week!

Monday	Asian Chicken w/ Steamed Rice	Tuesday	Nachos w/ Meat and Cheese Sauce	Wednesday	BBQ Roasted Chicken	Thursday	Beef Teriyaki Dippers	Friday	Mac & Cheese
	Vegetarian Egg Roll		Refried Beans		Mashed Potatoes & Gravy		Mashed Potatoes & Gravy		Crisp Salad
	Carrot Coins		Corn		Green Beans		Green Beans		Steamed Broccoli
	Stir Fry Vegetables		Salsa		Whole Grain Roll		Whole Grain Roll		Fresh Baked Garlic Roll
	Choice of Fruit		Choice of Fruit		Choice of Fruit		Choice of Fruit		Choice of Fruit
Milk	Milk	Milk	Milk	Milk					
19	20	21	22	23				23	

Week Five:

Monday	Teriyaki Chicken w/ Steamed Rice	Tuesday	Nachos w/ Meat and Cheese Sauce	Wednesday	Country Style Steak	Thursday	Pulled Pork Sandwich	Friday	Baked Ziti
	Vegetarian Egg Roll		Refried Beans		Mashed Potatoes & Gravy		Onion Rings		Crisp Salad
	Carrot Coins		Corn		Broccoli		Baked Beans		Italian Blend Veggies
	Stir Fry Vegetables		Salsa		Whole Grain Roll		Baby Carrots w/Dip		Fresh Baked Garlic Roll
	Choice of Fruit		Choice of Fruit		Choice of Fruit		Raisins or Choice of Fruit		Choice of Fruit
Milk	Milk	Milk	Milk	Milk					
26	27	28	29	30				30	

Wk 19 20 21 22 23 24 25 26 27 28 29 30 31

PLEASE REMEMBER OUR MENU IS SUBJECT TO CHANGE DUE TO AVAILABILITY