

# Champ's Café September Menu

## Charlotte County Public Schools 2020

### High School

Free & Reduced Price Meal applications are available online at [champs.yourcharlotteschools.net](http://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](http://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](http://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:				
August 31st				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Teriyaki Chicken w/ Steamed Rice</b> Vegetarian Egg Roll Carrot Coins Stir Fry Vegetables Choice of Fruit Milk	<b>Nachos w/ Meat and Cheese Sauce</b> Refried Beans Corn Lettuce, Salsa Choice of Fruit Milk	<b>Country Style Steak</b> Mashed Potatoes & Gravy Broccoli Whole Grain Roll Choice of Fruit Milk	<b>Pulled Pork Sandwich</b> Onion Rings Baked Beans Baby Carrots w/Dip Raisins or Choice of Fruit Milk	
31	1	2	3	4
Week Two:				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>No School Today</b> <b>Happy Labor Day!</b>	<b>Asian Chicken w/ Steamed Rice</b> Vegetarian Egg Roll Carrot Coins Stir Fry Vegetables Choice of Fruit Milk	<b>Beef Teriyaki Dippers</b> Mashed Potatoes & Gravy Green Beans Whole Grain Roll Choice of Fruit Milk	<b>Breakfast For Lunch</b> <b>French Toast Sticks</b> <b>Omelette</b> Chicken Sausage Patty Tator Tots Tomato Wedges Choice of Fruit Milk	
7	8	9	10	11
Week Three:				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Teriyaki Chicken w/ Steamed Rice</b> Vegetarian Egg Roll Carrot Coins Stir Fry Vegetables Choice of Fruit Milk	<b>Nachos w/ Meat and Cheese Sauce</b> Refried Beans Corn Lettuce, Salsa Choice of Fruit Milk	<b>Sweet Potato Crusted Fish</b> Mashed Potatoes & Gravy Green Beans Whole Grain Roll Choice of Fruit Milk	<b>Turkey &amp; Gravy</b> Mashed Potatoes Carrot Coins Biscuit Raisins or Choice of Fruit Milk	
14	15	16	17	18
Week Four: World Peace Week!				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Asian Chicken w/ Steamed Rice</b> Vegetarian Egg Roll Carrot Coins Stir Fry Vegetables Choice of Fruit Milk	<b>Nachos w/ Meat and Cheese Sauce</b> Refried Beans Corn Lettuce, Salsa Choice of Fruit Milk	<b>BBQ Roasted Chicken</b> Mashed Potatoes & Gravy Green Beans Whole Grain Roll Choice of Fruit Milk	<b>Beef Teriyaki Dippers</b> Mashed Potatoes & Gravy Green Beans Whole Grain Roll Choice of Fruit Milk	
21	22	23	24	25
Week Five:				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>		
<b>Asian Chicken w/ Steamed Rice</b> Vegetarian Egg Roll Carrot Coins Stir Fry Vegetables Choice of Fruit Milk	<b>Nachos w/ Meat and Cheese Sauce</b> Refried Beans Corn Lettuce, Salsa Choice of Fruit Milk	<b>Country Style Steak</b> Mashed Potatoes & Gravy Broccoli Whole Grain Roll Choice of Fruit Milk	Please remember our menu is subject to change due to availability.	
28	29	30		

This institution is an equal opportunity provider and employer.

All of our grain products are w/

PLEASE REMEMBER OUR MENU IS SUBJECT TO CHANG

See re

**September 2020**

**Baked Ziti**

Crisp Salad  
Italian Blend Veggies  
Fresh Baked Garlic Roll  
Choice of Fruit  
Milk

**Chicken Parm  
w/Spaghetti**

Tossed Salad  
Broccoli  
Whole Grain Roll  
Choice of Fruit  
Milk

*Happy Patriots  
Day!*

**Spaghetti w/  
Meat Sauce**

Crisp Salad  
Broccoli  
Fresh Baked Garlic Roll  
Choice of Fruit **Thank  
Custodians  
Celebration!**  
Milk

**Mac & Cheese**

Crisp Salad  
Steamed Broccoli  
Fresh Baked Garlic Roll  
Choice of Fruit  
Milk



Reverse for more information

**Whole grain-rich (WGR)  
SUBJECT TO AVAILABILITY**