

Track your account balance on line for free: **PayPams.com** or through the district **FOCUS** account. When you use **Pay-Pams.com** or its **Mobile App** to pay for ala carte purchases using a credit or debit card, there is a \$1.95 transaction fee.



The keypad will be sanitized often for your use. You may choose to use the end of your spork kit, a stylus or pencil eraser to enter your keypad number.

**Choose & Eat** the full menu healthy School Lunch of 6 food items at Champ's Café!. **Your Breakfast tray must have a fruit or juice .**

Your lunch tray may have ALL these foods, but it must have at least 3 of these foods:

Protein, Bread/Grain, 1 Fruit\*, 2 different Vegetables\*, & Milk.

\*You must take a half-cup of a Vegetable or Fruit\* with your lunch meal

**You may choose 1 serving each of 2 different vegetables and/or 1 serving of fruit.**

*Vegetables are offered from the following categories:*

Dark Green, Red-Orange, Beans and Peas, Starchy and Other

### **Etiquette Expectations:**

Please say "**Please**" and "**Thank You**" to those who help serve you. Learn your keypad number (enter it into your cell phone). Have your money ready to hand the Cashier.

Write your full name and keypad number on a check.

Clean up your tray when you are finished eating

In alignment with the USDA 2015 /2020 Dietary Guidelines for Americans, Nutritional Goals for our Customers include increasing fiber through whole grains, fruits & vegetables, decreasing sodium, & added sugars. Eliminating trans fats & maintaining fat calories to less than 30% of the 600-700 calorie full-menu school lunch (above).

2020/2021

Welcome to  
L.A. Ainger Middle School

# Cougar



**Download the Nutrislice app today!**

**Check out menus, nutrient facts, highlight your favorites and identify foods you cannot eat due to allergies.**

### **Student Code of Conduct:**

**"Parents and Students are financially responsible for debt incurred from purchasing meals at Champ's Café."**

Eat Well, Learn Well, Live Well, Be Well

**Champ's Café** operates under the United States Department of Agriculture's National School Breakfast and National School Lunch Programs.

**"USDA is an equal opportunity provider and employer."**

Eat a wide variety of nutritious and delicious foods at your  
***Cougar Champ's Cafe***

**All Meals are Free of Charge to ALL**

**L.A. Ainger Students!**

Ala carte products will not be sold to a student with a  
Negative Balance.

We would like to encourage all students to keep a balance on  
their account for Ala Carte purchases. All extra food items pur-  
chased Ala Carte require payment from your account or cash  
paid at a time of purchase **Thank You!**



**Main Event & Pizza**

On most days: Main Event Choices - see list below;

On various days: Pepperoni or Cheese Pizza, Specialty Pizza,  
Bosco Cheese Sticks with Marinara Sauce,  
all with Fruit and Vegetable Choices of the Day, Milk.



**On Various Days:** Country Steak, Baked Chicken, Roast Tur-  
key or Teriyaki beef Dippers with Mashed Potatoes,  
Tangerine Chicken with Rice or Champ's Specialties  
such as Nachos, Tacos or Chicken Fajita,  
Pasta with Tossed Salad with Choice of Dressing,  
all with Fruit and Vegetable Choices of the Day, Milk.



**For Special Diet Needs and Vegetarian Requests,  
Please See Your Champ's Café Manager.**



**Champ Burger & Chicken Fillet**

Hamburger, Cheeseburger, Grilled Breaded or  
Spicy Chicken Fillet on a Bun with Lettuce, Tomato & Pickle,  
and a Variety of Wraps & Hero Sandwiches,  
Variety of Chef Salads and Dressings,  
all with Fruit and Vegetable Choices of the Day, Milk.



**Use the Nutrislice App to see the daily menu!**  
**Mark your favorites with a**   
**and identify foods you cannot**   
**eat due to allergies.**



**Free Breakfast is Served!**

Open 30 minutes before school at various food courts.

**Fruit, Juice, Milk & Oatmeal offered**

**with all breakfast meals.**

Choice of Cereal offered everyday.

**Offered on Various Days:**

Mini Pancakes, Pancake Kabob,

Sausage Biscuit Sandwich,

Bagel Breakfast Sandwich, French Toast Sticks,

Turkey Sausage Omelet and Cinnamon Rolls.