

**Be sure you can eat each day at Champ's Café!
Keep a few dollars on your account as a safety net!**

You can track your account balance **FOR FREE:**
PayPAMS.com or through your district **FOCUS** account.

When you use **PayPAMS.com** or its **Mobile App** to pay for meals or 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, or write your keypad number on the back of your school ID and then show it to the cashier to enter your keypad number for you.

Apply online at champs.yourcharlotteschools.net for Free or Reduced-Price meals: \$.30 breakfast and \$.40 lunch.



Use the Nutrislice App to see the daily menu!

Mark your favorites with a 

and identify foods you cannot eat due to allergies.

Choose & Eat

the full menu Healthy School Lunch of 7 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, 2 different Fruits*, 2 different Vegetables* & Milk

You may choose all 4 servings or take just 1 serving of:

2 different Fruits and /or 2 different Vegetables

Vegetables are offered from the following categories:

Dark green, Red-Orange, Beans and Peas, Starchy and Other.

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

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, eliminating trans fats & maintaining fat calories to less than 30% of the 750-850 calorie full-menu school lunch.

2020/2021

Welcome to
Lemon Bay High School

Manta Ray



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

Manta Ray Champ's Cafe

\$2.80 Lunch Meal Deals include:

Protein, Grain, 2 different Fruits, 2 different Vegetables & Milk

Track your account balance online for FREE: PayPAMS.com or through your district FOCUS account.

Students: If you do not have lunch money one day, see the Cashier if you can have a meal. You must **re-pay** the Champ's Café the **very next school day**. You and your Family are responsible for bringing a negative balance on your account back to positive. Deposit some money on your account so you can depend on refueling each day at **Champ's Cafe!**

1 Livin' Green



Variety of **Chef Salads** (Chicken, Spicy Chicken, Tuna, Turkey, Ham or Veggie) & Dressings with Fresh-Baked Roll, **Sandwich Wraps** (Turkey or Ham and on various days, Spicy Chicken or Caesar) **and Hero Sandwiches** (Turkey, Ham or Tuna) with Lettuce, Tomato & Pickle, & Protein Power Packs, all with Fruit & Vegetable Choices of the Day, Milk

"Smart Snack" Approved Ala Carte Items:

Yogurt, Water, Flavored Water, Snacks, Popcorn, Specialty Drinks & Sports Drinks

3 Power Slice Pizza



Cheese or Pepperoni Pizza, on various days:
Champ's Specialty Pizzas,
Cheese Sticks with Marinara Sauce,
all with Fruit & Vegetable Choices of the Day, Milk

5 & 6 Just Like Home Cookin'

On various days: Pasta, Turkey with Gravy, Tangerine or Teriyaki Chicken, or Champ's Specialties such as Nachos, Tacos or Chicken Fajita; & **Our Champ's Specials**

Line 6: Chicken Nuggets every day,
in addition to Entrees listed above for Line 5:



with Grain offering and Fruit & Vegetable Choices of the Day, Milk

No Ala Carte products will be sold to a student with a negative balance.

8 Manta Treats

"Smart Snack" Approved Ala Carte Items:

Ice Cream Specialties, Cereal Bars, Snacks, Popcorn, Cookies, Muffins and other Fresh-Baked Products, Fruit, Water, Flavored Water, Smart Snack Approved Specialty Drinks & Sports Drinks

9 Kick-in Chicken

Spicy, Grilled or Breaded Chicken Fillet on Bun with Lettuce, Tomato & Pickle, all with Fruit & Vegetable Choices of the Day, Milk.



10 Champ's Grill



Hamburger or Cheeseburger with Lettuce, Tomato & Pickle or Specialty Hot Sandwiches on various days, all with Fruit & Vegetable Choices of the Day, Milk



Breakfast is Served!

Open 30 minutes before school at various food courts

Every day: \$1.20 Breakfast Meal Deals include

Fruit & Juice, Milk & Oatmeal offered with all breakfast meals

Cereal & Muffin or Breakfast Bagel Sandwich or

Deluxe Muffin or Pancakes or French Toast Sticks or

Breakfast Pizza, or Sausage or Chicken Biscuit Sandwich

Featured Items: Fruit & Yogurt Smoothie & Yogurt Parfait!

On Fridays: in addition to everyday choices
Fresh-Baked Cinnamon Roll and Frittata

For Special Diet Needs:

Please see your Champ's Manager.



Vegetarian options available at this food court, just ask!