

# Champ's Café April Menu

## Charlotte County Public Schools 2021

### Middle School

Champ's Café is inviting all students to participate in the free meals program. Participation for free meals is not mandatory. Students can still bring a lunch from home. If bringing a lunch from home, the meal can still be supplemented by obtaining 3 food items, one of which must be a one-half cup of fruit or vegetables.

Extra food and USDA "Smart Snack" approved items are available to purchase. Champs Café Accepts Cash & Checks payable to Champ's Café.

Adult Lunch Price \$3.60  
Adult Breakfast \$1.60

Track your meals and account balance for FREE at [www.PayPams.com](http://www.PayPams.com)

#### Weekly Breakfast Menu

<b>Monday</b>	<b>FRUIT &amp; 100% JUICE DAILY</b>
Cereal w/ Muffin or Mini Pancakes, Oatmeal, Raisins, Low-Fat Milk	
<b>Tuesday</b>	<b>FRUIT &amp; 100% JUICE DAILY</b>
Sausage Biscuit or Choice of Cereal w/ WGR Pop Tart, Oatmeal, Low-Fat Milk	
<b>Wednesday</b>	<b>FRUIT &amp; 100% JUICE DAILY</b>
Bagel Breakfast Sandwich or Choice of Cereal & Bagel Half, Oatmeal, Low-Fat Milk	
<b>Thursday</b>	<b>FRUIT &amp; 100% JUICE DAILY</b>
French Toast Sticks or Choice of Cereal w/ WGR Muffin, Oatmeal, Low-Fat Milk	
<b>Friday</b>	<b>FRUIT &amp; 100% JUICE DAILY</b>
Turkey Sausage Omelette, Choice of Cereal, Cinnamon Roll, Oatmeal, Low-Fat Milk	
<b>Alternate Lunch Entrees:</b> Chef Salad, Deli Sandwich, Wraps, Chicken Fillet, Cheese Burger, Hamburger, Spicy Chicken, "Grab & Go" options daily - check your menu board in the Café for daily selections	

Our ala carte offerings meet the guidelines of The Alliance for a Healthier Generation and are USDA "Smart Snacks"

#### Week One:

April 2021



Please remember our menu is subject to change due to



**Meatball Sub**  
Sweet Potato Fries  
Green Beans  
Raisins or  
Choice of Fruit  
Milk

Thursday  
1

Friday  
2

**Good Friday!**  
**No School!**



#### Week Two: Good Manners Week! Say "Please" and "Thank you"!

<b>Monday</b>	<b>Tangerine Chicken w/</b> Steamed Rice Carrot Coins Stir Fry Vegetables Choice of Fruit Milk	<b>Tuesday</b>	<b>Soft Taco</b> Lettuce, Salsa & Shredded Cheese Refried Beans Corn Choice of Fruit Milk	<b>Wednesday</b>	<b>Beef Dippers</b> Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	<b>Thursday</b>	<b>Grilled Cheese Sandwich</b> Tomato Soup Relish Cup w/ Dip Raisins or Choice of Fruit Milk	<b>Friday</b>	<b>Chicken Parm w/ Spaghetti</b> Crisp Salad Italian Veggies Whole Grain Roll Choice of Fruit Milk
5		6		7		8		9	

#### Week Three:

<b>Monday</b>	<b>Chicken Nuggets w/</b> Tator Tots Carrot Coins Biscuit Choice of Fruit Milk	<b>Tuesday</b>	<b>Nachos with Beef &amp; Cheese Sauce</b> Salsa Refried Beans Corn Choice of Fruit Milk	<b>Wednesday</b>	<b>Homemade Mac &amp; Cheese</b> Steamed Broccoli Relish Cup w/ Dip Whole Grain Roll Choice of Fruit Milk	<b>Thursday</b>	<b>Chicken Tenders w/</b> Rice Pilaf Peas Sweet Potato Fries Raisins or Choice of Fruit Milk	<b>Friday</b>	<b>Spaghetti w/ Meat Sauce</b> Crisp Salad Cauliflower Whole Grain Roll Choice of Fruit Milk
12		13		14		15		16	

#### Week Four:

April 22nd - Take your child to work day & Earth Day!

<b>Monday</b>	<b>Tangerine Chicken w/</b> Steamed Rice Carrot Coins Stir Fry Vegetables Choice of Fruit Milk	<b>Tuesday</b>	<b>Nachos with Beef &amp; Cheese Sauce</b> Salsa Refried Beans Corn Choice of Fruit Milk	<b>Wednesday</b>	<b>Breakfast for Lunch</b> French Toast Sticks Omelette Tator Tots Tomato Slices Choice of Fruit Milk	<b>Thursday</b>	<b>Hot Dog Sliders</b> Baked Beans Sweet Potato Fries Raisins or Choice of Fruit Milk	<b>Friday</b>	<b>Chicken Parm w/ Spaghetti</b> Crisp Salad Broccoli Whole Grain Roll Choice of Fruit Milk
17		18		19		20		21	

#### Week Five:

April 30th - Raisin Day!

<b>Monday</b>	<b>Chicken Nuggets w/</b> Tator Tots Carrot Coins Biscuit Choice of Fruit Milk	<b>Tuesday</b>	<b>Nachos with Beef &amp; Cheese Sauce</b> Salsa Refried Beans Corn Choice of Fruit Milk	<b>Wednesday</b>	<b>Beef Dippers</b> Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	<b>Thursday</b>	<b>Chicken Tenders w/</b> Sweet Potato Fries Peas Biscuit Choice of Fruit Milk	<b>Friday</b>	<b>Baked Meat &amp; Cheese Ziti</b> Crisp Salad Italian Veggies Whole Grain Roll Raisins Milk
26		27		28		29		30	

PLEASE REMEMBER OUR MENU IS SUBJECT TO CHANGE DUE TO AVAILABILITY