

Champ's Café March Menu

Charlotte County Public Schools 2020

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

Weekly Breakfast Menu

Monday	FRUIT & 100% JUICE DAILY
Cereal w/ Muffin or Mini Pancakes, Oatmeal, Raisins, Low-Fat Milk	
Tuesday	FRUIT & 100% JUICE DAILY
Sausage Biscuit or Choice of Cereal w/ WGR Pop Tart, Oatmeal, Low-Fat Milk	
Wednesday	FRUIT & 100% JUICE DAILY
Bagel Breakfast Sandwich or Choice of Cereal & Bagel Half, Oatmeal, Low-Fat Milk	
Thursday	FRUIT & 100% JUICE DAILY
French Toast Sticks or Choice of Cereal w/ WGR Muffin, Oatmeal, Low-Fat Milk	
Friday	FRUIT & 100% JUICE DAILY
Turkey Sausage Omelette, Choice of Cereal, Cinnamon Roll, Oatmeal, Low-Fat Milk	
Alternate Lunch Entrees: 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: National School Breakfast Week - March 2nd- 6th - "Out Of This World" !

March 2020

Monday 2	Tangerine Chicken w/ Steamed Rice and Vegetable Eggroll Carrot Coins Stir Fry Vegetables Choice of Fruit Milk	Tuesday 3	Nachos with Beef & Cheese Sauce Refried Beans Corn Lettuce, Salsa Choice of Fruit Milk	Wednesday 4	Mesquite Roast Chicken Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	Thursday 5	Chicken Tenders Peas Sweet Potato Fries Biscuit Choice of Fruit Milk	Friday 6	Baked Meat & Cheese Ziti Crisp Salad Italian Vegetable Blend Fresh Baked Garlic Roll Choice of Fruit Milk Non-meat entrees available through Lent on Fridays
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Week Two: Happy National Nutrition Month! Eat more fruits & Veggies!


Monday 9	Chicken Nuggets Rice Pilaf Carrot Coins Vegetable Medley Choice of Fruit Milk	Tuesday 10	Nachos with Beef & Cheese Sauce Refried Beans Corn Lettuce, Salsa Choice of Fruit Milk	Wednesday 11	Turkey & Gravy Mashed Potatoes Broccoli Biscuit Choice of Fruit Milk	Thursday 12	Breakfast for Lunch! Omelette Muffin Sausage Patty Tator Tots & Tomato Wedges Choice of Fruit Milk	Friday 13	Spaghetti with Meat Sauce Crisp Salad Vegetable Medley Fresh Baked Garlic Roll Choice of Fruit Milk Non-meat entrees available through Lent on Fridays
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Week Three: Happy St. Patricks Day! Catch up on sleep, shoot for 8-9 hours/day.

We are celebrating National School Breakfast Week March 2nd-6th-Join us for breakfast at school !
Open 30 minutes before School

Spring Break! Enjoy!

Did you Know?



Students who eat school breakfast are more likely to:

- * Maintain a healthy weight
- * Have better concentration & memory
- * Score higher on standardized tests

Week Four: Testing will begin soon, another reason to reach for breakfast everyday!

Monday 23	Teacher Work Day No School !	Tuesday 24	Soft Taco w/ Shredded Cheese Refried Beans, Corn Lettuce, Salsa Choice of Fruit Milk	Wednesday 25	Beef Teriyaki Dippers Mashed Potatoes & Gravy Broccoli Whole Grain Roll Choice of Fruit Milk	Thursday 26	Grilled Cheese Sandwich Tomato Soup Mixed Vegetables Veggie Relish Cup w/ Dip Raisins or Choice of Fruit Milk	Friday 27	Homemade Beefaroni Carrot Coins Crisp Salad Fresh Baked Garlic Roll Choice of Fruit Milk Non-meat entrees available through Lent on Fridays
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Week Five: Eat breakfast, increase your test scores!

Monday 30	Tangerine Chicken w/ Steamed Rice and Vegetable Eggroll Carrot Coins Stir Fry Vegetables Choice of Fruit Milk	Tuesday 31	Nachos with Beef & Cheese Sauce Refried Beans Corn Lettuce, Salsa Choice of Fruit Milk	<h2 style="color: green;">SCHOOL BREAKFAST OUT OF THIS WORLD!</h2>  <p>See reverse for more information on breakfast & academics- testing is coming up</p>
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This institution is an equal opportunity provider and employer.

All of our grain products are whole grain-rich (WGR)

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY