

Champ's Café March 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

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:				March 2021	
Monday	Chicken Nuggets w/ Tator Tots Carrot Coins Biscuit Choice of Fruit Milk	Tuesday	Nachos with Beef & Cheese Sauce Salsa Refried Beans Corn Choice of Fruit Milk	Wednesday	Homemade Mac & Cheese Steamed Broccoli Relish Cup w/ Dip Whole Grain Roll Choice of Fruit Milk
1		2		3	
Thursday	Meatball Sub Sweet Potato Fries Green Beans Raisins or Choice of Fruit Milk	Friday	Spaghetti w/ Meat Sauce Crisp Salad Cauliflower Whole Grain Roll Choice of Fruit Milk		Non-meat option available
4		5			

Week Two: National School Breakfast Week- March 8th- 12th - Theme "Score Big" !					
Monday	Chicken Tenders w/ Rice Pilaf Peas Carrot Coins Choice of Fruit Milk	Tuesday	Soft Taco Lettuce, Salsa & Shredded Cheese Refried Beans Corn Choice of Fruit Milk	Wednesday	Beef Dippers Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk
8		9		10	
Thursday	Grilled Cheese Sandwich Tomato Soup Relish Cup w/ Dip Choice of Fruit Milk	Friday	Chicken Parm w/ Spaghetti Crisp Salad Italian Veggies Whole Grain Roll Choice of Fruit Milk		Non-meat option available
11		12			

Week Three: St. Patrick's Day- March 17th

Spring Break! Enjoy!



Week Four: World Water Day!- March 22nd					
Monday	Chicken Tenders w/ Mashed Potatoes & Gravy Peas Biscuit Choice of Fruit Milk	Tuesday	Nachos with Beef & Cheese Sauce Salsa Refried Beans Corn Choice of Fruit Milk	Wednesday	Breakfast for Lunch French Toast Sticks Sausage Patty Tator Tots Tomato Slices Choice of Fruit Milk
15		16		17	
Thursday	Hot Dog Sliders Baked Beans Sweet Potato Fries Raisins or Choice of Fruit Milk	Friday	Baked Meat & Cheese Ziti Crisp Salad Broccoli Whole Grain Roll Choice of Fruit Milk		Non-meat option available
18		19			

Week Five:			
Monday	Chicken Nuggets w/ Tator Tots Carrot Coins Biscuit Choice of Fruit Milk	Tuesday	Nachos with Beef & Cheese Sauce Salsa Refried Beans Corn Choice of Fruit Milk
22		23	
Wednesday	Beef Dippers Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Please remember our menu is subject to change due to</p> </div>	
24		25	
Monday		Tuesday	
29		30	
Wednesday		31	



This institution is an equal opportunity provider and employer.

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

PLEASE REMEMBER OUR MENU IS SUBJECT TO CHANGE DUE TO AVAILABILITY