

Champ's Café May Menu

Charlotte County Public Schools 2019

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 \$3.50
Adult Breakfast \$1.50

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

Week One:				
May 2019				
				
Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Country Style Steak Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	Pulled Pork Sandwich Smiley Potatoes Baked Beans Onion Rings Raisins or Choice of Fruit Milk	Homemade Beefaroni Crisp Romaine Salad Italian Vegetable Blend Fresh Baked Garlic Roll Choice of Fruit Milk

Week Two:				
Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
		SPECIAL PEAR CRISP		
		Mesquite Roast Chicken Mashed Potatoes Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	Grilled Cheese Sandwich Tomato Soup Mixed Vegetables Veggie Relish Cup w/ Dip Raisins or Choice of Fruit Milk	Spaghetti/ Meat Sauce Crisp Salad Green Beans Fresh Baked Garlic Roll Choice of Fruit Milk

Week Three:				
Monday	Tuesday	Wednesday	Thursday	Friday
13	14	15	16	17
		Beef Teriyaki Dippers Washed Potatoes & Gravy Green Beans Whole Grain Roll Choice of Fruit Milk	Chicken Fajita Shredded Cheese Black Beans & Rice Waffle Cut Sweet Potatoes Lettuce, Salsa Raisins or Choice of Fruit	Baked Meat & Cheese Ziti Crisp Salad Vegetable Medley Fresh Baked Garlic Roll Choice of Fruit Milk

Week Four:				
Monday	Tuesday	Wednesday	Thursday	Friday
20	21	22	23	24
		Turkey and Gravy Mashed Potatoes Green Peas Whole Grain Roll Choice of Fruit Milk	Corn Dog Nuggets Waffle Cut Sweet Potatoes Baked Beans Raisins or Choice of Fruit Milk Milk	Spaghetti with Meat Sauce Crisp Salad Italian Vegetable Blend Fresh Baked Garlic Roll Choice of Fruit Milk

Week Five:				
Monday	Tuesday	Wednesday	Thursday	Friday
27	28	29	30	31
NO SCHOOL				
		Manager's Choice Vegetable 1 Vegetable 2 Choice of Fruit Milk	Manager's Choice Vegetable 1 Vegetable 2 Choice of Fruit Milk	Manager's Choice Vegetable 1 Vegetable 2 Choice of Fruit Milk

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