

Champ's Café November 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:					November 2020						
Monday 2	Teriyaki Chicken w/ Steamed Rice Carrot Coins Stir Fry Vegetables Choice of Fruit Milk	Tuesday 3	Teacher Work Day! No School!		Wednesday 4	Homemade Mac & Cheese Steamed Broccoli Carrot Coins Whole Grain Roll Choice of Fruit Milk	Thursday 5	Beef Teriyaki Dippers Mashed Potatoes & Gravy Mixed Veggies Whole Grain Roll Choice of Fruit Milk	Friday 6	Baked Meat & Cheese Ziti Crisp Salad Italian Blend Veggies Fresh Baked Garlic Roll Choice of Fruit Milk	
Week Two:					Western Day!						
Monday 9	Tangerine Chicken w/ Steamed Rice Carrot Coins Stir Fry Vegetables Choice of Fruit Milk	Tuesday 10	Nachos with Beef & Cheese Sauce Salsa Refried Beans Corn Choice of Fruit Milk	Wednesday 11	Breakfast for Lunch! Omelette Muffin Sausage Patty Tator Tots & Tomato Wedges Choice of Fruit Milk Veteran's Day!	Thursday 12	Country-Style Steak Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	Friday 13	Cowboy Burger Lettuce, Tomato & Pickle Waffle Cut Sweet Potatoes Baked Beans Choice of Fruit Milk Promote: Diabetes Awareness		
Week Three:											
Monday 16	Teriyaki Chicken w/ Steamed Rice Carrot Coins Stir Fry Vegetables Choice of Fruit Milk	Tuesday 17	Soft Taco Lettuce, Salsa & Shredded Cheese Refried Beans Corn Choice of Fruit Milk	Wednesday 18	Holiday Meal Roast Turkey Mashed Potatoes Green Beans Whole Grain Roll Pear Crisp and Fruit Milk	Thursday 19	Cheese Quesadilla Salsa Baked Beans Baby Carrots Raisins or Choice of Fruit Milk	Friday 20	Chicken Parm w/ Spaghetti Crisp Salad Broccoli Whole Grain Roll Choice of Fruit Milk		
Week Four:											
Monday 23	Tangerine Chicken w/ Steamed Rice Carrot Coins Stir Fry Vegetables Choice of Fruit Milk	Tuesday 24	Nachos with Beef & Cheese Sauce Salsa Refried Beans Corn Choice of Fruit Milk	Wednesday 25	Vegetarian Chili w/ a side of Cheese Tortilla Chips Broccoli Baked Potato Choice of Fruit Milk	Thursday 26	Happy Holiday! No School!		Friday 27	Happy Holiday! No School!	
Week Five:											
Monday 30	Teriyaki Chicken w/ Steamed Rice Carrot Coins Stir Fry Vegetables Choice of Fruit Milk	Please remember our menu is subject to change due to availability.									



PLEASE REMEMBER OUR MENU IS SUBJECT TO CHANGE DUE TO AVAILABILITY