

Champ's Café October 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:

October 2020

Please remember our menu is subject to change due to availability.



Thursday	Homemade Mac & Cheese	Baked Meat & Cheese Ziti
	Steamed Broccoli	Crisp Salad
	Vegetable Medley	Italian Blend Veggies
	Muffin-apple	Fresh Baked Garlic Roll
	Raisins or Choice of Fruit	Choice of Fruit
	1 Milk	2 Milk

Week Two:

Monday	Asian Chicken w/ Steamed Rice	Tuesday	Nachos with Beef & Cheese Sauce	Wednesday	Roasted BBQ Chicken	Thursday	Hot Dog Sliders	Friday	Spaghetti w/ Meat Sauce
	Carrot Coins		Salsa		Smiley Potatoes		Baked Beans		Crisp Salad
	Stir Fry Vegetables		Refried Beans		Steamed Broccoli		Sweet Potato Fries		Vegetable Medley
	Choice of Fruit		Corn		Whole Grain Roll		Raisins or Choice of Fruit		Fresh Baked Garlic Roll
	Milk		Choice of Fruit		Choice of Fruit		Milk		Choice of Fruit
5		6	Milk	7	Milk	8		9	Milk

Week Three:

Monday	Teriyaki Chicken w/ Steamed Rice	Tuesday	Nachos with Beef & Cheese Sauce	Wednesday	Sweet Potato Crusted Fish	Thursday	Grilled Cheese Sandwich	Friday	Homemade Beefaroni
	Carrot Coins		Salsa		Potato Wedges		Tomato Soup		Steamed Broccoli
	Stir Fry Vegetables		Refried Beans		Green Beans		Veggie Relish Cup w/ Dip		Crisp Salad
	Choice of Fruit		Corn		Choice of Fruit		Raisins or Choice of Fruit		Fresh Baked Garlic Roll
	Milk		Choice of Fruit		Milk		Milk		Choice of Fruit
12		13	Milk	14	Cookie	15		16	Milk

Week Four:

Monday	Asian Chicken w/ Steamed Rice	Tuesday	Nachos with Beef & Cheese Sauce	Wednesday	Beef Teriyaki Dippers	Thursday	Grilled Cheese Sandwich	Friday	Homemade Beefaroni
	Carrot Coins		Salsa		Mashed Potatoes & Gravy		Tomato Soup		Italian Blend Veggies
	Stir Fry Vegetables		Refried Beans		Steamed Broccoli		Veggie Relish Cup w/ Dip		Crisp Salad
	Choice of Fruit		Corn		Whole Grain Roll		Raisins or Choice of Fruit		Fresh Baked Garlic Roll
	Milk		Choice of Fruit		Milk		Milk		Choice of Fruit
19		20	Milk	21		22		23	Milk

Week Five:

Monday	Tangerine Chicken w/ Steamed Rice	Tuesday	Nachos with Beef & Cheese Sauce	Wednesday	Roasted BBQ Chicken	Thursday	Homemade Mac & Cheese	Friday	Baked Meat & Cheese Ziti
	Carrot Coins		Salsa		Mashed Potatoes & Gravy		Steamed Broccoli		Crisp Salad
	Stir Fry Vegetables		Refried Beans		Baked Beans		Carrot Coins		Vegetable Medley
	Choice of Fruit		Corn		Biscuit		Muffin-apple		Fresh Baked Garlic Roll
	Milk		Choice of Fruit		Milk		Raisins or Choice of Fruit, Milk		Choice of Fruit
26		27	Milk	28		29		30	Milk

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