

# Champ's Café September 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](http://www.PayPams.com)

#### Weekly Breakfast Menu

<b>Monday</b>	<b>FRUIT &amp; 100% JUICE DAILY</b>
Cereal w/ Muffin or Mini Pancakes, Oatmeal, Raisins, Low-Fat Milk	
<b>Tuesday</b>	<b>FRUIT &amp; 100% JUICE DAILY</b>
Sausage Biscuit or Choice of Cereal w/ WGR Pop Tart, Oatmeal, Low-Fat Milk	
<b>Wednesday</b>	<b>FRUIT &amp; 100% JUICE DAILY</b>
Bagel Breakfast Sandwich or Choice of Cereal & Bagel Half, Oatmeal, Low-Fat Milk	
<b>Thursday</b>	<b>FRUIT &amp; 100% JUICE DAILY</b>
French Toast Sticks or Choice of Cereal w/ WGR Muffin, Oatmeal, Low-Fat Milk	
<b>Friday</b>	<b>FRUIT &amp; 100% JUICE DAILY</b>
Turkey Sausage Omelette, Choice of Cereal, Cinnamon Roll, Oatmeal, Low-Fat Milk	
<b>Alternate Lunch Entrees:</b> 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:								
August 31st								
<b>Monday</b>	<b>Chicken Nuggets w/ Mashed Potatoes Carrot Coins Biscuit Choice of Fruit Milk</b>	<b>Tuesday</b>	<b>Nachos with Beef &amp; Cheese Sauce Lettuce, Salsa Refried Beans Corn Choice of Fruit Milk</b>	<b>Wednesday</b>	<b>Beef Teriyaki Dippers Mashed Potatoes Green Beans Whole Grain Roll Choice of Fruit Milk</b>	<b>Thursday</b>	<b>Homemade Mac &amp; Cheese Steamed Broccoli Carrot Coins Muffin-apple Raisins or Choice of Fruit Milk</b>	<b>Friday</b>
31		1		2		3		4
Week Two:								
<b>Monday</b>	<b>No School Today Happy Labor Day!</b>	<b>Tuesday</b>	<b>Asian Chicken w/ Steamed Rice Carrot Coins Stir Fry Vegetables Choice of Fruit Milk</b>	<b>Wednesday</b>	<b>Roasted BBQ Chicken Mashed Potatoes &amp; Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk</b>	<b>Thursday</b>	<b>Cheese Quesadilla Baked Beans Sweet Potato Fries Raisins or Choice of Fruit Milk</b>	<b>Friday</b>
7		8		9		10		11
Week Three:								
<b>Monday</b>	<b>Teriyaki Chicken w/ Steamed Rice Carrot Coins Stir Fry Vegetables Choice of Fruit Milk</b>	<b>Tuesday</b>	<b>Nachos with Beef &amp; Cheese Sauce Lettuce, Salsa Refried Beans Corn Choice of Fruit Milk</b>	<b>Wednesday</b>	<b>Sweet Potato Crusted Fish Potato Wedges Green Beans Choice of Fruit Milk</b>	<b>Thursday</b>	<b>Grilled Cheese Sandwich Tomato Soup Veggie Relish Cup w/ Dip Raisins or Choice of Fruit Milk</b>	<b>Friday</b>
14		15		16	Cookie	17		18
Week Four: World Peace Week!								
<b>Monday</b>	<b>Asian Chicken w/ Steamed Rice Carrot Coins Stir Fry Vegetables Choice of Fruit Milk</b>	<b>Tuesday</b>	<b>Nachos with Beef &amp; Cheese Sauce Lettuce, Salsa Refried Beans Corn Choice of Fruit Milk</b>	<b>Wednesday</b>	<b>Roasted BBQ Chicken Mashed Potatoes &amp; Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk</b>	<b>Thursday</b>	<b>Grilled Cheese Sandwich Tomato Soup Veggie Relish Cup w/ Dip Raisins or Choice of Fruit Milk</b>	<b>Friday</b>
21		22		23		24		25
Week Five:								
<b>Monday</b>	<b>Tangerine Chicken w/ Steamed Rice Carrot Coins Stir Fry Vegetables Choice of Fruit Milk</b>	<b>Tuesday</b>	<b>Nachos with Beef &amp; Cheese Sauce Lettuce, Salsa Refried Beans Corn Choice of Fruit Milk</b>	<b>Wednesday</b>	<b>Beef Teriyaki Dippers Mashed Potatoes Carrot Coins Biscuit Choice of Fruit Milk</b>	<div style="border: 1px solid black; padding: 5px; text-align: center;">                     Please remember our menu is subject to change due to availability.                 </div>		
28		29		30				

This institution is an equal opportunity provider and employer.

All of our grain products are wh

PLEASE REMEMBER OUR MENU IS SUBJECT TO CHANG

**September 2020**

**Baked Meat & Cheese Ziti**

Crisp Salad  
Vegetable Medley  
Fresh Baked Garlic Roll  
Choice of Fruit  
Milk

**Spaghetti w/  
Meat Sauce**

Crisp Salad  
Vegetable Medley  
Fresh Baked Garlic Roll  
Choice of Fruit  
Milk

*Happy Patriots  
Day!*

**Homemade Beefaroni**

Steamed Broccoli  
Crisp Salad  
Fresh Baked Garlic Roll  
Choice of Fruit  
Milk

*Thank  
Custodians  
Celebration!*

**Homemade Beefaroni**

Carrot coins  
Crisp Salad  
Fresh Baked Garlic Roll  
Choice of Fruit  
Milk



» reverse for more information

**ole grain-rich (WGR)**

**IE DUE TO AVAILABILITY**