

**Champ's Café March Menu**  
Charlotte County Public Schools 2020

**Pre-K**

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 Pre-K Breakfast Menu**

**Monday**

Cereal w/ Yogurt or Cheesestick, Oatmeal, Low-Fat Milk, Fruit

**Tuesday**

Sausage Sandwich or Cereal w/ Yogurt, Oatmeal, Low-Fat Milk, Fruit

**Wednesday**

Bagel Breakfast Sandwich half or Cereal & Bagel Half, Oatmeal, Low-Fat Milk, Fruit

**Thursday**

French Toast Sticks or Cereal w/ Yogurt, Oatmeal, Low-Fat Milk, Fruit

**Friday**

Turkey Sausage Omelette w/ Cereal, Oatmeal, Low-Fat Milk, Fruit

**Alternate Menu Choices:**

Deli Sandwich, Yogurt with Cheese Stick, Champ Pack of Deli Meat, Crackers & Cheese

**Week One: National School Breakfast Week - March 2nd - 6th - "Out Of This World" !**

March 2020

<b>Monday</b> 2	<b>Chicken Nuggets</b> Rice Pilaf Green Beans Carrot Coins Choice of Fruit Milk	<b>Tuesday</b> 3	<b>Soft Taco</b> Lettuce, Salsa with Shredded Cheese Refried Beans Corn Choice of Fruit Milk	<b>Wednesday</b> 4	<b>Spaghetti w/meat sauce</b> Crisp Salad Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	<b>Thursday</b> 5	<b>Pizza Slice</b> Cucumber Slices Mixed Vegetables Choice of Fruit Milk	<b>Friday</b> 6	<b>Champ Burger</b> Lettuce, Tomato & Pickle <b>Sweet potato fries</b> Vegetable Medley Choice of Fruit Milk <i>Non-meat entrees available through Lent on Fridays</i>
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**Week Two: Happy National Nutrition Month!**

**Eat more fruits & Veggies!**

<b>Monday</b> 9	<b>Mini Cheeze Calzones</b> w/ Marinara Sauce Carrot Coins Green Beans Choice of Fruit Milk	<b>Tuesday</b> 10	<b>Soft Taco</b> Lettuce, Salsa with Shredded Cheese Refried Beans Corn Choice of Fruit Milk	<b>Wednesday</b> 11	<b>Beef Dippers</b> Mashed Potato Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	<b>Thursday</b> 12	<b>Pizza Slice</b> Crisp Salad Vegetable Medley Choice of Fruit Milk	<b>Friday</b> 13	<b>Chicken Fillet on Bun</b> Lettuce, Tomato & Pickle Spinach <b>Tomato Soup</b> Choice of Fruit Milk <i>Non-meat entrees available through Lent on Fridays</i>
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**Week Three:**

**Happy St. Patricks Day!**

**Catch up on sleep, shoot for 8-9 hours/day.**

We are celebrating National School Breakfast Week March 2nd-6th-Join us for breakfast at school ! Open 30 minutes before School

**Spring Break! Enjoy!**



Did you Know?

Students who eat school breakfast are more likely to:

- \* Maintain a healthy weight
- \* Have better concentration & memory
- \* Score higher on standardized tests

**Week Four: Testing will begin soon, another reason to reach for breakfast everyday!**

<b>Monday</b> 23	<b>Teacher Work Day</b> <b>No School !</b>	<b>Tuesday</b> 24	<b>Max Cheese Sticks</b> Tomato Soup Green Beans Choice of Fruit Milk	<b>Wednesday</b> 25	<b>Turkey and Gravy</b> Broccoli Baked Potato Choice of Fruit Milk	<b>Thursday</b> 26	<b>Pizza Slice</b> Cucumber Slices Vegetable Medley Choice of Fruit Milk	<b>Friday</b> 27	<b>Chicken Fillet on Bun</b> Lettuce, Tomato & Pickle Baked Beans <b>Sweet potato fries</b> Choice of Fruit Milk <i>Non-meat entrees available through Lent on Fridays</i>
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**Week Five: Eat breakfast, increase your test scores!**

<b>Monday</b> 30	<b>Chicken Nuggets</b> Rice Pilaf Green Peas Carrot Coins Choice of Fruit Milk	<b>Tuesday</b> 31	<b>Deli Sandwich</b> Refried Beans Corn Choice of Fruit Milk	<p><b>SCHOOL BREAKFAST OUT OF THIS WORLD!</b></p> <p>See reverse for more information on breakfast &amp; academics- testing is coming up</p>					
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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