

Champ's Café March Menu

Charlotte County Public Schools 2021

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
Pack your meals and account balance for FREE at 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:

Monday 1	Mini Cheese Calzones w/ Marinara Sauce Carrot Coins Green Peas Choice of Fruit Milk	Tuesday 2	Soft Taco Lettuce, Salsa & Shredded Cheese Refined Beans Corn Choice of Fruit Milk	Wednesday 3	Chicken Parm w/ Spaghetti & Sauce Italian Veggies Broccoli Choice of Fruit Milk	Thursday 4	Pizza Slice (Cheese) Crisp Salad Mixed Veggies Choice of Fruit Milk	Friday 5	Champ Burger Lettuce, Tomato & Pickle Baked Beans Sweet Potato Fries Choice of Fruit Milk Non-meat option available
--------------------	---	---------------------	--	-----------------------	--	----------------------	--	--------------------	---

Week Two: National School Breakfast Week- March 8th-12th - Theme "Score Big" !

Monday 8	Chicken Nuggets Steamed Rice Stir-fry Veggies Green Beans Choice of Fruit Milk	Tuesday 9	Homemade Mac & Cheese Steamed Broccoli Carrot Coins Whole Grain Roll Choice of Fruit Milk	Wednesday 10	Breakfast for Lunch French Toast Sticks Sausage Patty Tater Tots Tomato Wedges Choice of Fruit Milk	Thursday 11	Pizza Slice (Cheese) Crisp Salad Steamed Cauliflower Choice of Fruit Milk	Friday 12	Chicken Fillet on Bun Lettuce, Tomato & Pickle Black Beans Smiley Potato Choice of Fruit Milk Non-meat option available
--------------------	--	---------------------	---	------------------------	--	-----------------------	--	---------------------	--

Week Three: St. Patrick's Day- March 17th

Spring Break! Enjoy!



Week Four: World Water Day!- March 22nd

Monday 15	Max Cheese Sticks w/ Marinara Sauce Green Beans Mixed Veggies Choice of Fruit Milk	Tuesday 16	Turkey Deli Sandwich Sweet Potato Fries Baked Beans Choice of Fruit Milk	Wednesday 17	Beef Teriyaki Dippers Mashed Potatoes Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	Thursday 18	Pizza Slice or Cheesy Garlic Bread Crisp Salad Carrot Coins Choice of Fruit Milk	Friday 19	Chicken Fillet on Bun Lettuce, Tomato & Pickle Black Beans Tator Tots Choice of Fruit Milk Non-meat option available
---------------------	---	----------------------	---	------------------------	--	-----------------------	---	---------------------	---

Week Five:

Monday 22	Mini Cheese Calzones w/ Marinara Sauce Carrot Coins Green Peas Choice of Fruit Milk	Tuesday 23	Grilled Cheese w/ Tomato Soup Steamed Yellow Squash Choice of Fruit Milk	Wednesday 24	Beef Dippers Mashed Potatoes Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	Thursday 25	Pizza Slice or Cheesy Garlic Bread Crisp Salad Carrot Coins Choice of Fruit Milk	Friday 26	Chicken Fillet on Bun Lettuce, Tomato & Pickle Black Beans Tator Tots Choice of Fruit Milk Non-meat option available
---------------------	---	----------------------	---	------------------------	---	-----------------------	---	---------------------	---

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



This institution is an equal opportunity provider and employer. All of our grain products are whole grain-rich (WGR)

PLEASE REMEMBER OUR MENU IS SUBJECT TO CHANGE DUE TO AVAILABILITY