

# Champ's Café May Menu

Charlotte County Public Schools 2019

## 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 \$3.50  
Adult Breakfast \$1.50

Track your meals and account balance for FREE at [www.PayPams.com](http://www.PayPams.com)

### Weekly Breakfast Menu

**Monday FRUIT & 100% JUICE DAILY**

Cereal with Yogurt or Cheesestick  
Oatmeal, Fruit, Low-Fat Milk

**Tuesday FRUIT & 100% JUICE DAILY**

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

**Wednesday FRUIT & 100% JUICE DAILY**

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

**Thursday FRUIT & 100% JUICE DAILY**

French toast Sticks w/ Choice of Cereal or Oatmeal, Fruit, Low-Fat Milk

**Friday FRUIT & 100% JUICE DAILY**

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

**Alternate Lunch Entrees:** Chef Salad, Champ Pack w/ Turkey, Cheese & Crackers, Deli Sandwich, Yogurt with Cheese Stick

Our a la carte offerings meet the guidelines of

The Alliance for a Healthier Generation and are USDA "Smart Snacks"

Week One:					May 2019					
					<b>Wednesday 1</b> Turkey and Gravy Mashed Potatoes Steamed Broccoli Whole Grain Roll Choice of Fruit Milk		<b>Thursday 2</b> Pizza Slice or <b>Cheesy Garlic Bread</b> Crisp Salad Steamed Corn Choice of Fruit Milk		<b>Friday 3</b> Champ Burger Lettuce, Tomato & Pickle Green Peas <b>Smiley Potatoes</b> Choice of Fruit Milk	
					Week Two:					
<b>Monday 6</b> Mini Cheeze Calzones w/ Marinara Sauce Green Peas Carrot Coins Choice of Fruit Milk		<b>Tuesday 7</b> Turkey Deli Sandwich Green Beans Baked Beans Choice of Fruit Milk		<b>Wednesday 8</b> Homemade Mac & Cheese Steamed Broccoli Carrot Coins Whole Grain Roll Choice of Fruit Milk		<b>Thursday 9</b> Pizza <b>Cheese or Pepperoni</b> Crisp Salad Mixed Vegetables Choice of Fruit Milk		<b>Friday 10</b> Chicken Fillet Lettuce, Tomato & Pickle Waffle Cut Sweet Potatoes Steamed Corn Choice of Fruit Milk		
Week Three:					<b>Special</b> <b>PEAR CRISP</b>					
<b>Monday 13</b> Chicken Nuggets Rice Pilaf Green Beans Carrot Coins Choice of Fruit Milk		<b>Tuesday 14</b> Soft Taco <b>Beef &amp; Cheese Sauce</b> Lettuce, Salsa Refried Beans Corn Choice of Fruit Milk		<b>Wednesday 15</b> Spagehetti w/ <b>Meat Sauce</b> <b>Garlic Roll</b> Broccoli Vegetable Medley Choice of Fruit Milk		<b>Thursday 16</b> Pizza <b>Cheese or Pepperoni</b> Crisp Salad Spinach Choice of fruit Milk		<b>Friday 17</b> Champ Burger <b>Lettuce, Tomato &amp; Pickle</b> Smiley Potatoes Mixed Vegetables Choice of Fruit Milk		
Week Four:					<b>Special</b> <b>PEAR CRISP</b>					
<b>Monday 20</b> Mini Cheeze Calzones w/ Marinara Sauce Green Peas Carrot Coins Choice of Fruit Milk		<b>Tuesday 21</b> Grilled Cheese Sandwich Tomato Soup Mixed Vegetables Choice of Fruit Milk		<b>Wednesday 22</b> Beef Teriyaki Dippers Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk		<b>Thursday 23</b> Pizza Slice or <b>Cheesy Garlic Bread</b> Crisp Salad Waffle Cut Sweet Potatoes Choice of Fruit Milk		<b>Friday 24</b> Chicken Fillet <b>Lettuce, Tomato &amp; Pickle</b> Vegetable Medley Baked Beans Choice of Fruit Milk		
Week Five:					<b>Special</b> <b>PEAR CRISP</b>					
<b>Monday 27</b> No School		<b>Tuesday 28</b> Max Sticks w/ Marinara Sauce Green Beans Baked Beans Choice of Fruit Milk		<b>Wednesday 29</b> Pasta Special Day Steamed Broccoli Carrot Coins Garlic Roll Choice of Fruit Milk		<b>Thursday 30</b> Manager Special <b>Veg 1</b> Veg 2 Choice of Fruit Milk		<b>Friday 31</b> Manager Special Veg 1 Veg 2 Choice of Fruit Milk		

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