

# Champ's Café November 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:

**Monday**  
Chicken Nuggets  
Rice Pilaf  
Green Beans  
Mixed Veggies  
Choice of Fruit  
Milk

2

**Tuesday**

**Teacher Work Day!  
No School!**

3

**Wednesday**

**Beef Teriyaki Dippers**  
Mashed Potatoes  
Steamed Corn  
Whole Grain Roll  
Choice of Fruit  
Milk

4

**Thursday**

**Pizza Slice**  
Crisp Salad  
Italian Veggies  
Choice of Fruit  
Milk

5

**Friday**

**Chicken Fillet on Bun**  
Lettuce, Tomato & Pickle  
Baked Beans  
**Waffle-cut Sweet Potatoes**  
Choice of Fruit  
Milk

6

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### Week Two:

**Monday**  
**Mini Cheese Calzones**  
w/ Marinara Sauce  
Carrot Coins  
Green Beans  
Choice of Fruit  
Milk

9

**Tuesday**

**Soft Taco**  
Lettuce, Salsa & Shredded Cheese  
Refined Beans  
Corn  
Choice of Fruit  
Milk

10

**Wednesday**

**Spaghetti w/ Meat Sauce**  
Green Beans  
Italian Blend Veggies  
Whole Grain Roll  
Choice of Fruit  
Milk

11

**Thursday**

**Pizza Slice**  
Crisp Salad  
Broccoli  
Choice of Fruit  
Milk

12

**Friday**

**Champ Burger**  
Lettuce, Tomato & Pickle  
**Waffle Cut Sweet Potatoes**  
Baked Beans  
Choice of Fruit  
Milk

13

Western Day!

Promote:  
Diabetes Awareness

### Week Three:

**Monday**  
**Tangerine Chicken**  
Steamed Rice  
Stir-fry Veggies  
Green Beans  
Choice of Fruit  
Milk

16

**Tuesday**

**Homemade Mac & Cheese**  
Steamed Broccoli  
Carrot Coins  
Choice of Fruit  
Milk

17

**Wednesday**

**Holiday Meal**  
Roast Turkey  
Mashed Potatoes  
Steamed Corn  
Whole Grain Roll  
Pear Crisp and Fruit  
Milk

18

**Thursday**

**Pizza Slice**  
Crisp Salad  
Carrot Coins  
Choice of Fruit  
Milk

19

**Friday**

**Chicken Fillet on Bun**  
Lettuce, Tomato & Pickle  
Baked Beans  
**Smiley Potato**  
Choice of Fruit  
Milk

20

### Week Four:

**Monday**  
**Max Cheese Sticks w/**  
Tomato Soup  
Green Beans  
Choice of Fruit  
Milk

23

**Tuesday**

**Soft Taco**  
Lettuce, Salsa & Shredded Cheese  
Refined Beans  
Corn  
Choice of Fruit  
Milk

24

**Wednesday**

**Beef Teriyaki Dippers**  
Mashed Potatoes  
Steamed Broccoli  
Whole Grain Roll  
Choice of Fruit  
Milk

25

**Thursday**

**Happy Holiday!  
No School!**

26

**Friday**

**Happy Holiday!  
No School!**

27

### Week Five:

**Monday**  
**Chicken Nuggets**  
Carrot Coins  
Peas  
Whole Grain Roll  
Choice of Fruit  
Milk

30

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

