

Champ's Café October 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

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: October 2020

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



Monday	Mini Cheese Calzones w/ Marinara Sauce Carrot Coins Green Beans Choice of Fruit Milk	Tuesday	Soft Taco Lettuce, Salsa & Shredded Cheese Refined Beans Corn Choice of Fruit Milk	Wednesday	Homemade Beefaroni Carrot Coins Spinach Whole Grain Roll Choice of Fruit Milk	Thursday	Pizza Slice Crisp Salad Vegetable Medley Choice of Fruit Milk	Friday	Chicken Fillet on Bun Lettuce, Tomato & Pickle Baked Beans Waffle-cut Sweet Potatoes Choice of Fruit Milk
5		6		7		8		9	

Week Two:

Monday	Mini Cheese Calzones w/ Marinara Sauce Carrot Coins Green Beans Choice of Fruit Milk	Tuesday	Soft Taco Lettuce, Salsa & Shredded Cheese Refined Beans Corn Choice of Fruit Milk	Wednesday	Homemade Beefaroni Carrot Coins Spinach Whole Grain Roll Choice of Fruit Milk	Thursday	Pizza Slice Crisp Salad Broccoli Choice of Fruit Milk	Friday	Champ Burger Lettuce, Tomato & Pickle Smiley Potatoes Baked Beans Choice of Fruit Milk
5		6		7		8		9	

Week Three:

Monday	Sweet Potato Crusted Fish Potato Wedges Spinach Hush Puppies Choice of Fruit Milk	Tuesday	Homemade Mac & Cheese Steamed Broccoli Carrot Coins Choice of Fruit Milk	Wednesday	Spaghetti w/ Meat Sauce Green Beans Italian Blend Veggies Whole Grain Roll Choice of Fruit Milk	Thursday	Pizza Slice Crisp Salad Steamed Cauliflower Choice of Fruit Milk	Friday	Chicken Fillet on Bun Lettuce, Tomato & Pickle Baked Beans Waffle-cut Sweet Potatoes Choice of Fruit Milk
12		13		14		15		16	

Week Four:

Monday	Max Cheese Sticks w/ Tomato Soup Green Beans Choice of Fruit Milk	Tuesday	Soft Taco Lettuce, Salsa & Shredded Cheese Refined Beans Corn Choice of Fruit Milk	Wednesday	Beef Teriyaki Dippers Mashed Potatoes Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	Thursday	Pizza Slice Crisp Salad Cucumber Slices Choice of Fruit Milk	Friday	Champ Burger Lettuce, Tomato & Pickle Waffle-cut Sweet Potatoes Baked Beans Choice of Fruit Milk
19		20		21		22		23	

Week Five:

Monday	Mini Cheese Calzones w/ Marinara Sauce Carrot Coins Peas Choice of Fruit Milk	Tuesday	Max Cheese Sticks w/ Tomato Soup Green Beans Choice of Fruit Milk	Wednesday	Beef Teriyaki Dippers Mashed Potatoes Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	Thursday	Pizza Slice Crisp Salad Vegetable Medley Choice of Fruit Milk	Friday	Chicken Fillet on Bun Lettuce, Tomato & Pickle Baked Beans Waffle-cut Sweet Potatoes Choice of Fruit Milk
26		27		28		29		30	

Wk 1 # 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

PLEASE REMEMBER OUR MENU IS SUBJECT TO CHANGE DUE TO AVAILABILITY