

Track your account balance for free: **PayPAMs.com** or through the district **Focus** account. When you use **PayPAMs.com** or **Mobile App** to pay for a la carte purchases using a credit or debit card there is a \$1.95 per family fee..



Choose & Eat the full menu healthy School Lunch of 6 food items at Champ's Café!. **Your Breakfast tray must have a fruit or juice** .

Your lunch tray may have ALL these foods, but it must have at least 3 of these foods:

Protein: Meat or Cheese

Grains: such as pasta or rice

Milk: low fat or nonfat, chocolate or white

* You must take a half-cup of fruit or vegetable*

You may choose 1 serving each of 2 different vegetables and or/ 1 serving of fruit.

Vegetables are offered from the following categories:

Dark Green, Red-Orange, Beans and Peas, Starchy and Other

Etiquette

Etiquette Expectations:

Pease say **"Please"** and **"Thank You"** to those who help serve you ! Learn your keypad number (enter it into your cell phone). Have your money ready to hand the Cashier. Write your full name and keypad number on a check. Clean up your tray when you are finished eating

In alignment with the USDA 2015 Dietary Guidelines for Americans, Nutritional Goals for our Customers include increasing fiber through whole grains, fruits & vegetables, decreasing sodium, eliminating trans fats & maintaining fat calories to less than 30% of the 750-850 calorie full-menu school lunch (above).

Welcome to
Punta Gorda Middle

Eagle



The mission of the **Champ's Café** School Food & Nutrition Services Department is to support the district's vision of **Student Success!** by providing nutritious, high quality food choices that are attractive, reasonably-priced, and served in a safe, sanitary and customer-friendly environment so students develop lifelong, **healthy eating habits**.



<https://www.yourcharlotteschools.net/Page/18111>

Eat Well, Learn Well, Live Well, Be Well

Champ's Café operates under the United States Department of Agriculture's National School Breakfast and National School Lunch Programs.

"USDA is an equal opportunity provider and employer."

Eat a wide variety of nutritious and delicious foods at

Eagle Champ's Cafe

All Breakfast and Lunch are free of charge to all Punta Gorda Middle Students !

No Alacarte products will be sold to a student with a negative balance.

For Special Diet Needs :



Please See Your Champ's Café Manager

Vegetarian options are available



1. Home Style Specialties and 3. Champ's Favorites

On Various Days: Country Steak, Baked Chicken, Roast Turkey or Teriyaki Beef Dippers , Tangerine Chicken or Mexican Specialties such as Nachos, Tacos or Chicken Fajita, or Pasta, all with Fruit and Vegetable choices of the day, Milk

4. Pizza & More

On Various Days: Pepperoni or Cheese Pizza or Bosco Cheese Sticks with Marinara Sauce, all with Fruit and Vegetable choices of the day, Milk



5. Chicken Ala Champ

Grilled, Breaded or Spicy Chicken Fillet on a Bun with Lettuce, Tomato & Pickle, Variety of Wraps & Hero Sandwiches, all with Fruit and Vegetable choices of the day, Milk

6. Champ Grill



Hamburger or Cheeseburger with Lettuce, Tomato & Pickle or Variety of Chef Salads and Dressings, all with Fruit and Vegetable choices of the day, Milk



We would like to encourage all students to keep a balance on their account for Ala Carte purchases. All extra food items purchased Ala Carte require payment from your account or cash paid at a time of purchase

Thank You!

Breakfast

Free Breakfast is Served!

Open 30 minutes before school at various food courts.

Fruit, Juice, Milk & Oatmeal offered with all breakfast meals Choice of Cereal offered everyday.

Offered on Various Days:

Mini Pancakes, Sausage Sandwich

Bagel Breakfast Sandwich, French Toast Sticks,

Turkey Sausage Omelet and Cinnamon Rolls

