

Champ's Café March Menu

Charlotte County Public Schools 2020

Year-Round Elementary

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 Breakfast Menu

Monday FRUIT & 100% JUICE DAILY

Cereal w/ Muffin or Mini Pancakes, Oatmeal, Raisins, Low-Fat Milk

Tuesday FRUIT & 100% JUICE DAILY

Sausage Sandwich or Choice of Cereal w/ WGR Pop Tart, Oatmeal, Low-Fat Milk

Wednesday FRUIT & 100% JUICE DAILY

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

Thursday FRUIT & 100% JUICE DAILY

French Toast Sticks or Choice of Cereal w/ WGR Muffin, Oatmeal, Low-Fat Milk

Friday FRUIT & 100% JUICE DAILY

Turkey Sausage Omelette w/ Choice of Cereal or Cinnamon Roll, Oatmeal, 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: National School Breakfast Week - March 2nd- 6th - "Out Of This World" !

March 2020

Monday 2	Corn Dog Nuggets Green Beans Carrot Coins Choice of Fruit Milk	Tuesday 3	Nachos with Beef & Cheese Sauce Lettuce, Salsa Refried Beans Corn Choice of Fruit Milk	Wednesday 4	Spaghetti w/meat sauce Crisp Salad Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	Thursday 5	Pizza Slice Cheese or Pepperoni Relish Cup Mixed Vegetables Raisins or Choice of Fruit Milk	Friday 6	Champ Burger Lettuce, Tomato & Pickle Tomato Soup Vegetable Medley Choice of Fruit Milk Non-meat entrees available through Lent on Fridays
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Week Two: Happy National Nutrition Month!

Eat more fruits & Veggies!

Spring Intersession

Week Three: Happy St. Patricks Day! Catch up on sleep, shoot for 8-9 hours/day.

We are celebrating National School Breakfast Week March 2nd-6th-Join us for breakfast at school ! Open 30 minutes before School

Spring Break- Enjoy!



Did you Know?

Students who eat school breakfast are more likely to:

* Maintain a healthy weight

* Have better concentration & memory

* Score higher on standardized tests

Week Four: Testing will begin soon, another reason to reach for breakfast everyday!

Monday 23	Teacher Work Day No School !	Tuesday 24	Max Cheese Sticks Tomato Soup Green Beans Choice of Fruit Milk	Wednesday 25	Roasted Chicken Broccoli Baked Potato Choice of Fruit Milk	Thursday 26	Pizza Slice Cheese or Pepperoni Relish Cup Vegetable Medley Raisins or Choice of Fruit Milk	Friday 27	Chicken Fillet on Bun Lettuce, Tomato & Pickle Baked Beans Sweet Potato Waffle Fries Choice of Fruit Milk Non-meat entrees available through Lent on Fridays
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Week Five: Eat breakfast, increase your test scores!

Monday 30	Chicken Nuggets Rice Pilaf Green Peas Carrot Coins Choice of Fruit Milk	Tuesday 31	Nachos with Beef & Cheese Sauce Lettuce, Salsa Refried Beans Corn Choice of Fruit Milk			<h1>SCHOOL BREAKFAST OUT OF THIS WORLD!</h1> <p>See reverse for more information on breakfast & academics- testing is coming up</p> 		
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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