

Champ's Café May Menu

Charlotte County Public Schools 2019

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 \$3.50
Adult Breakfast \$1.50

Track your meals and account balance for FREE at www.PayPams.com

Week One:					May 2019					
					Wednesday Turkey and Gravy Mashed Potatoes Steamed Broccoli Whole Grain Roll Choice of Fruit Milk 1		Thursday Pizza Slice or Cheesy Garlic Bread Crisp salad Steamed Corn Raisins or Choice of Fruit Milk 2		Friday Champ Burger Lettuce, Tomato & Pickle Green Peas Smiley Potatoes Choice of Fruit Milk 3	
					Week Two:					
Monday Mini Cheeze Calzones w/Marinara Sauce Green Peas Carrot Coins Choice of Fruit Milk 6		Tuesday Corn Dog Nuggets Green Beans Baked Beans Choice of Fruit Milk 7		Wednesday Homemade Mac & Cheese Steamed Broccoli Baby Carrots w/ Dip Whole Grain Roll Choice of Fruit Milk 8		Thursday Pizza Cheese or Pepperoni Crisp Salad Mixed Vegetables Raisins or Choice of Fruit Milk 9		Friday Chicken Fillet Lettuce, Tomato & Pickle Waffle Cut Sweet Potatoes Steamed Corn Choice of Fruit Milk 10		
SPECIAL PEAR CRISP					Week Three:					
					Monday Chicken Nuggets Rice Pilaf Green Beans Carrot Coins Choice of Fruit Milk 13		Tuesday Nachos with Beef & Cheese Sauce Lettuce, Salsa Refried Beans Corn Choice of Fruit Milk 14		Wednesday Spaghetti w/ Meat Sauce Garlic Roll Broccoli Vegetable Medley Choice of Fruit Milk 15	
Week Four:										
Monday Mini Cheeze Calzones w/Marinara Sauce Green Peas Carrot Coins Choice of Fruit Milk 20		Tuesday Grilled Cheese Sandwich Tomato Soup Mixed Vegetables Choice of Fruit Milk 21		Wednesday Beef Teriyaki Dippers Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk 22		Thursday Pizza Slice or Cheesy Garlic Bread Crisp Salad Waffle Cut Sweet Potatoes Raisins or Choice of Fruit Milk 23		Friday Chicken Fillet Lettuce, Tomato & Pickle Vegetable Medley Baked Beans Choice of Fruit Milk 24		
Week Five:										
Monday NO SCHOOL 27		Tuesday Max Sticks w/ Marinara Sauce Green Beans Baked Beans Choice of Fruit Milk 28		Wednesday Pasta Special Day Steamed Broccoli Baby Carrots w/ Dip Garlic roll Choice of Fruit Milk 29		Thursday Manager's Special Veg. 1 Veg 2 Choice of Fruit Milk 30		Friday Manager's Special Veg. 1 Veg.2 Choice of Fruit 31		

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"

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