

Champ's Café May Menu

Charlotte County Public Schools 2019

Year Round 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 \$3.50
Adult Breakfast \$1.50

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

Weekly Breakfast Menu

Monday FRUIT & 100% JUICE DAILY

Cereal with Yogurt or Cheesestick
Oatmeal, Fruit, Low-Fat Milk

Tuesday FRUIT & 100% JUICE DAILY

Sausage Sandwich or Choice of Cereal w/ Yogurt, Oatmeal, Low-Fat Milk

Wednesday FRUIT & 100% JUICE DAILY

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

Thursday FRUIT & 100% JUICE DAILY

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

Friday FRUIT & 100% JUICE DAILY

Turkey Sausage Omelette w/ Choice of Cereal or Oatmeal, Fruit, 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:

May 2019



Wednesday 1	Turkey and Gravy Mashed Potatoes Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	Thursday 2	Pizza Slice or Cheesy Garlic Bread Crisp Salad Steamed Corn Choice of Fruit Milk	Friday 3	Champ Burger Lettuce, Tomato & Pickle Green Peas Smiley Potatoes Choice of Fruit Milk
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Week Two:

Monday 6	Mini Cheeze Calzones w/ Marinara Sauce Green Peas Carrot Coins Choice of Fruit Milk	Tuesday 7	Turkey Deli Sandwich Green Beans Baked Beans Choice of Fruit Milk	Wednesday 8	Homemade Mac & Cheese Steamed Broccoli Carrot Coins Whole Grain Roll Choice of Fruit Milk	Thursday 9	Pizza Cheese or Pepperoni Crisp Salad Mixed Vegetables Choice of Fruit Milk	Friday 10	Chicken Fillet Lettuce, Tomato & Pickle Waffle Cut Sweet Potatoes Steamed Corn Choice of Fruit Milk
Special									
PEAR CRISP									

Week Three:

Monday 13	Chicken Nuggets Rice Pilaf Green Beans Carrot Coins Choice of Fruit Milk	Tuesday 14	Soft Taco Beef & Cheese Sauce Lettuce, Salsa Refried Beans Corn Choice of Fruit Milk	Wednesday 15	Spagehetti w/ Meat Sauce Garlic Roll Broccoli Vegetable Medley Choice of Fruit Milk	Thursday 16	Pizza Cheese or Pepperoni Crisp Salad Spinach Choice of Fruit Milk	Friday 17	Champ Burger Lettuce, Tomato & Pickle Smiley Potatoes Mixed Vegetables Choice of Fruit Milk
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Week Four:

Monday 20	Mini Cheeze Calzones w/Marinara Sauce Green Peas Carrot Coins Choice of Fruit Milk	Tuesday 21	Grilled Cheese Sandwich Tomato Soup Mixed Vegetables Choice of Fruit Milk	Wednesday 22	Beef Teriyaki Dippers Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	Thursday 23	Pizza Slice or Cheesy Garlic Bread Crisp Salad Waffle Cut Sweet Potatoes Choice of Fruit Milk	Friday 24	Chicken Fillet Lettuce, Tomato & Pickle Vegetable Medley Baked Beans Choice of Fruit Milk
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Week Five:

Monday 27	No School	Tuesday 28	Max Sticks w/ Marinara Sauce Green Beans Baked Beans Choice of Fruit Milk	Wednesday 29	Pasta Special Day Steamed Broccoli Carrot Coins Garlic Roll Choice of Fruit Milk	Thursday 30	Manager Special Veg 1 Veg 2 Choice of Fruit Milk	Friday 31	Manager Special Veg 1 Veg 2 Choice of Fruit Milk
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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