

Champ's Café May Menu

Charlotte County Public Schools 2022

Elementary School

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

Omelette w/ Choice of Cereal or Cinnamon Roll, Oatmeal, Low-Fat Milk

Alternate Lunch Entrees: Chef Salad, 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 6th- School Lunch Hero Day! Please celebrate our amazing Champs Café Staff!

May 2022

Monday 2	Chicken Nuggets Steamed Rice Carrot Coins Green Peas Choice of Fruit Low-Fat Milk	Tuesday 3	Grilled Cheese w/ Chili Beans Steamed Yellow Squash Choice of Fruit Low-Fat Milk	Wednesday 4	Spaghetti w/ meat sauce Italian Veggies Steamed Broccoli Whole Grain Roll Choice of Fruit Low-Fat Milk	Thursday 5	Pizza Slice Crisp Salad Baby Carrots w/ Dip Raisins or Choice of Fruit Low-Fat Milk	Friday 6	Champ Burger Lettuce, Tomato & Pickle Baked Beans Smiley Potatoes Choice of Fruit Low-Fat Milk
--------------------	--	---------------------	--	-----------------------	--	----------------------	--	--------------------	---

Week Two: May 9th-13th Food Allergy Week! May 11th- School Nurse Day! Please thank your nurses for all they do!

Monday 9	Max Sticks w/ Marinara Sauce Carrot Coins Green Peas Choice of Fruit Low-Fat Milk	Tuesday 10	Corn Dog Nuggets Tator Tots Baked Beans Choice of Fruit Low-Fat Milk	Wednesday 11	Beefaroni w/ Steamed Broccoli Mixed Veggies Whole Grain Roll Choice of Fruit Low-Fat Milk	Thursday 12	Pizza Slice Crisp Salad Steamed Cauliflower Raisins or Choice of Fruit Low-Fat Milk	Friday 13	Chicken Fillet on Bun Lettuce, Tomato & Pickle Black Beans Sweet Potato Fries Choice of Fruit Low-Fat Milk
--------------------	--	----------------------	--	------------------------	--	-----------------------	--	---------------------	---

Week Three:

Monday 16	Chicken Nuggets Steamed Rice Carrot Coins Green Peas Choice of Fruit Low-Fat Milk	Tuesday 17	Hot Dog Slider Tator Tots Chili Beans Choice of Fruit Low-Fat Milk	Wednesday 18	Turkey & Gravy Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Low-Fat Milk	Thursday 19	Pizza Slice Crisp Salad Carrots w/ Dip Raisins or Choice of Fruit Low-Fat Milk	Friday 20	Manager's Choice Choice of Vegetable Choice of Fruit Low-Fat Milk
---------------------	--	----------------------	--	------------------------	--	-----------------------	---	---------------------	--

Week Four: May 26th, Last Day of School! Enjoy Your Summer!

Monday 23	Mini Cheese Calzones w/ Marinara Sauce Carrot Coins Green Peas Choice of Fruit Low-Fat Milk	Tuesday 24	Soft Taco Lettuce, Salsa, & Shredded Cheese Beans Steamed Corn Choice of Fruit Low-Fat Milk	Wednesday 25	Manager's Choice Choice of Vegetable Choice of Fruit Low-Fat Milk	Thursday 26	Manager's Choice Choice of Vegetable Choice of Fruit Low-Fat Milk	Last day of school!	
---------------------	--	----------------------	---	------------------------	--	-----------------------	--	---------------------	--



Week Five:

Free Meals for Kids and



Please remember our menu is subject to change due to availability

This institution is an equal opportunity provider and employer.

All of our grain products are whole grain-rich (WGR)