

Champ's Café May Menu

Charlotte County Public Schools 2022

Middle 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. Champ's 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 Biscuit 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, Choice of Cereal, Cinnamon Roll, Oatmeal, Low-Fat Milk	
Alternate Lunch Entrees: Chef Salad, Sub Sandwich, Wraps, Chicken Fillet, Cheeseburger, Hamburger, Spicy Chicken, "Grab & Go" options daily - check your menu board in the Café for daily selections	

Our ala 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	Chicken Nuggets w/ Tator Tots Carrot Coins Biscuit Choice of Fruit Low-Fat Milk	Tuesday	Nachos with Beef & Cheese Sauce or Soft Tacos Salsa, Steamed Corn Beans Choice of Fruit Low-Fat Milk	Wednesday	Homemade Mac & Cheese Steamed Broccoli Relish Cup w/ Dip Whole Grain Roll Choice of Fruit Low-Fat Milk	Thursday	Chicken Tenders w/ Rice Pilaf Peas Sweet Potato Fries Raisins or Choice of Fruit Low-Fat Milk	Friday	Spaghetti w/ Meat Sauce Crisp Salad Italian Veggies Whole Grain Roll Choice of Fruit Low-Fat Milk
2		3		4		5		6	


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

Monday	Chicken Nuggets w/ Tator Tots Carrot Coins Biscuit Choice of Fruit Low-Fat Milk	Tuesday	Nachos with Beef & Cheese Sauce or Soft Tacos Salsa, Steamed Corn Beans Choice of Fruit Low-Fat Milk	Wednesday	Chicken Parm w/ Spaghetti Crisp Salad Steamed Broccoli Whole Grain Roll Choice of Fruit Low-Fat Milk	Thursday	Grilled Cheese w/ Green Beans Tomato Soup Raisins or Choice of Fruit Low-Fat Milk	Friday	Baked Meat & Cheese Ziti Crisp Salad Italian Veggies Whole Grain Roll Choice of Fruit Low-Fat Milk
9		10		11		12		13	

Week Three:

Monday	Chicken Nuggets w/ Tator Tots Carrot Coins Biscuit Choice of Fruit Low-Fat Milk	Tuesday	Corn Dog Nuggets Baked Beans Steamed Corn Choice of Fruit Low-Fat Milk	Wednesday	Turkey & Gravy Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Low-Fat Milk	Thursday	Meatball Sub w/ Relish Cup w/ Dip Sweet Potato Fries Raisins or Choice of Fruit Low-Fat Milk	Friday	Manager's Choice Choice of Vegetable Choice of Fruit Low-Fat Milk
16		17		18		19		20	

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

Monday	Chicken Nuggets w/ Tator Tots Steamed Broccoli Biscuit Choice of Fruit Low-Fat Milk	Tuesday	Nachos with Beef & Cheese Sauce or Soft Tacos Salsa, Steamed Corn Beans Choice of Fruit Low-Fat Milk	Wednesday	Manager's Choice Choice of Vegetable Choice of Fruit Low-Fat Milk	Thursday	Manager's Choice Choice of Vegetable Choice of Fruit Low-Fat Milk	 Last day of school!	
23		24		25		26			

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)