

Champ's Café May Menu

Charlotte County Public Schools 2022

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. 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 Pre-K Breakfast Menu

Monday

Cereal w/ Yogurt or Cheesestick, Oatmeal, Low-Fat Milk, Fruit

Tuesday

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

Wednesday

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

Thursday

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

Friday

Omelette w/ Cereal, Oatmeal, Low-Fat Milk, Fruit

Alternate Menu Choices:

Deli Sandwich, Yogurt with Cheese Stick

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 (Cheese) Crisp Salad Carrot Coins Choice of Fruit Low-Fat Milk	Friday 6	Champ Burger Lettuce, Tomato & Pickle Baked Beans Smiley Potatoes Choice of Fruit Low-Fat Milk
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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	Turkey Deli Sandwich 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 (Cheese) Crisp Salad Steamed Cauliflower 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
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Week Three:

Monday 16	Chicken Nuggets Steamed Rice Carrot Coins Green Peas Choice of Fruit Low-Fat Milk	Tuesday 17	Grilled Cheese w/ Tator Tots Chili Beans Choice of Fruit Low-Fat Milk	Wednesday 18	Turkey and Gravy w/ Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Low-Fat Milk	Thursday 19	Pizza Slice (Cheese) Crisp Salad Carrot Coins Choice of Fruit Low-Fat Milk	Friday 20	Manager's Choice Choice of Vegetable Choice of Fruit Low-Fat Milk
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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!	
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Week Five:

Free Meals
for Kids and

SUMMER BREAK SPOT



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)