

Champ's Café May Menu

Charlotte County Public Schools 2022

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. 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 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 Chicken Nuggets Steamed Rice Carrot Coins Green Peas Choice of Fruit Low-Fat Milk 2	Tuesday Grilled Cheese w/ Chili Beans Steamed Yellow Squash Choice of Fruit Low-Fat Milk 3	Wednesday Spaghetti w/ meat sauce Italian Veggies Steamed Broccoli Whole Grain Roll Choice of Fruit Low-Fat Milk 4	Thursday Pizza Slice Crisp Salad Baby Carrots w/ Dip Raisins or Choice of Fruit Low-Fat Milk 5	Friday Champ Burger Lettuce, Tomato & Pickle Baked Beans Smiley Potatoes Choice of Fruit Low-Fat Milk 6
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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 Max Sticks w/ Marinara Sauce Carrot Coins Green Peas Choice of Fruit Low-Fat Milk 9	Tuesday Corn Dog Nuggets Tator Tots Baked Beans Choice of Fruit Low-Fat Milk 10	Wednesday Beefaroni w/ Steamed Broccoli Mixed Veggies Whole Grain Roll Choice of Fruit Low-Fat Milk 11	Thursday Pizza Slice Crisp Salad Steamed Cauliflower Raisins or Choice of Fruit Low-Fat Milk 12	Friday Chicken Fillet on Bun Lettuce, Tomato & Pickle Black Beans Sweet Potato Fries Choice of Fruit Low-Fat Milk 13
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Week Three:

Monday Chicken Nuggets Steamed Rice Carrot Coins Green Peas Choice of Fruit Low-Fat Milk 16	Tuesday Hot Dog Slider Tator Tots Chili Beans Choice of Fruit Low-Fat Milk 17	Wednesday Turkey & Gravy Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Low-Fat Milk 18	Thursday Pizza Slice Crisp Salad Carrots w/ Dip Raisins or Choice of Fruit Low-Fat Milk 19	Friday Manager's Choice Choice of Vegetable Choice of Fruit Low-Fat Milk 20
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Week Four: May 26th, Last Day of School! Enjoy Your Summer!

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