

# Champ's Café November Menu

## Charlotte County Public Schools 2023

### 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 \$4.00  
Adult Breakfast \$2.00

Track your meals and account balance for FREE at [www.PayPams.com](http://www.PayPams.com)

#### Weekly Breakfast Menu

**Monday FRUIT & 100% JUICE DAILY**

Cereal w/ Muffin or Pancakes/Waffles, 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**

Yogurt 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:

November 2023



Please remember our menu is subject to change due to availability.

**Wednesday**  
Beef Dippers  
Mashed Potatoes & Gravy  
Steamed Broccoli  
Whole Grain Roll  
Choice of Fruit  
Low-Fat Milk

**Thursday**  
Pizza Slice  
Steamed Zucchini  
Corn  
Raisins or  
Choice of Fruit  
Low-Fat Milk

**Friday**  
Chicken Fillet on Bun  
Lettuce, Tomato & Pickle  
Black Beans  
Sweet Potato Fries  
Choice of Fruit  
Low-Fat Milk

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#### Week Two:

11/11: Veteran's Day!

**Monday**  
NO SCHOOL TODAY!  
ENJOY!

**Tuesday**  
Chicken Nuggets  
Steamed Rice  
Carrot Coins  
Peas  
Choice of Fruit  
Low-Fat Milk

**Wednesday**  
Spaghetti w/ Meat Sauce  
Italian Vegetables  
Steamed Broccoli  
Whole Grain Roll  
Choice of Fruit  
Low-Fat Milk

**Thursday**  
Pizza Slice  
Red Pepper Slices  
Mixed Vegetables  
Raisins or  
Choice of Fruit  
Low-Fat Milk

**Friday**  
Champ Burger  
Lettuce, Tomato, Pickle  
Baked Beans  
Tator Tots  
Choice of Fruit  
Low-Fat Milk

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#### Week Three:

11/14: World Diabetes Day!

**Monday**  
Mini Cheese Calzones w/ Marinara Sauce  
Peas  
Carrot Coins  
Choice of Fruit  
Low-Fat Milk

**Tuesday**  
Soft Taco w/ Lettuce, Salsa, & Shredded Cheese  
Refried Beans  
Steamed Corn  
Choice of Fruit  
Low-Fat Milk

**Wednesday**  
Holiday Meal  
Roast Turkey  
Mashed Potatoes & Gravy  
Green Beans  
Whole Grain Roll  
Apple Crisp  
Choice of Fruit  
Low-Fat Milk

**Thursday**  
Pizza Slice  
Steamed Broccoli  
Steamed Cauliflower  
Raisins or  
Choice of Fruit  
Low-Fat Milk

**Friday**  
Chicken Fillet on Bun  
Lettuce, Tomato & Pickle  
Black Beans  
Sweet Potato Fries  
Choice of Fruit  
Low-Fat Milk

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#### Week Four:

11/22-11/24: Thanksgiving Break!

**Monday**  
Chicken Quesadilla w/ Salsa  
Peas  
Carrot Coins  
Choice of Fruit  
Low-Fat Milk

**Tuesday**  
Corn Dog Nuggets  
Baked Beans  
Sweet Potato Fries  
Choice of Fruit  
Low-Fat Milk

**Wednesday**  
NO SCHOOL TODAY!  
ENJOY!

**Thursday**  
NO SCHOOL TODAY!  
ENJOY!

**Friday**  
NO SCHOOL TODAY!  
ENJOY!

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#### Week Five:

**Monday**  
Chicken Nuggets  
Steamed Rice  
Carrot Coins  
Peas  
Choice of Fruit  
Low-Fat Milk

**Tuesday**  
Max Sticks w/ Marinara Sauce  
Corn  
Mixed Vegetables  
Choice of Fruit  
Low-Fat Milk

**Wednesday**  
Beef Dippers  
Mashed Potatoes & Gravy  
Steamed Broccoli  
Whole Grain Roll  
Choice of Fruit  
Low-Fat Milk

**Thursday**  
Pizza Slice  
Crisp Salad  
Steamed Yellow Squash  
Raisins or  
Choice of Fruit  
Low-Fat Milk

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This institution is an equal opportunity provider and employer.

PLEASE REMEMBER OUR MENU IS SUBJECT TO CHANGE DUE TO AVAILABILITY