

Champ's Café October Menu

Charlotte County Public Schools 2024

The Academy & H.O.P.E.

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 \$5.00
Adult Breakfast \$3.10

Track your meals and account balance for FREE at www.PayPams.com

Daily Academy Breakfast Menu:
French Toast Sticks, Egg & Cheese Bagel
Sausage Biscuit, Large Muffin
Grain options w/ Cereal only:

Mon: Pop-Tart, Tues: Nutrigrain Bar, Wed: Small Muffin,
Thurs: Pop-Tart, Fri: Cinnamon Roll
Choice of Fruit, 100% Juice & Low-Fat Milk

H.O.P.E. Breakfast Menu

Monday

Oatmeal & Hard-Boiled Egg,
Fruit, Low-Fat Milk

Tuesday

Cereal & Chicken Sausage Patty,
Fruit, Low-Fat Milk

Wednesday


Nonfat Yogurt & Oatmeal,
Fruit, Low-Fat Milk

Thursday

Egg Patty & Cereal
Fruit, Low-Fat Milk

Friday

Whole Grain French Toast Sticks & Oatmeal,
Fruit, Low-Fat Milk

| Week One: | | National Custodian Day- 10/2 ! | | | October 2024 | | | |
|---|----------------|---|------------------|---|-----------------|--|---------------|---|
|  | Tuesday | Beef or Pork Nachos w/ Cheese Sauce Salsa, Refried Beans, Steamed Corn Choice of Fruit Low-Fat Milk HOPE: Hamburger | Wednesday | Chicken Alfredo Crisp Salad Steamed Broccoli Garlic Bread Choice of Fruit Low-Fat Milk | Thursday | Meatball Sub Red Pepper Slices Tater Tots Choice of Fruit Low-Fat Milk HOPE: Chicken Sandwich | Friday | Bosco Sticks w/ Marinara Sauce Green Beans Roasted Zucchini Choice of Fruit Low-Fat Milk HOPE: Pizza |
| | 1 | 2 | 3 | 4 | | | | |

| Week Two: | | | | | | | | | |
|---------------|--|----------------|---|------------------|---|-----------------|---|---------------|---|
| Monday | Tangerine Chicken Steamed Rice Carrot Coins Peas Biscuit Choice of Fruit Low-Fat Milk HOPE: Chicken Nuggets | Tuesday | Beef or Pork Nachos w/ Cheese Sauce Salsa, Refried Beans, Steamed Corn Choice of Fruit Low-Fat Milk HOPE: Soft Taco | Wednesday | Shepherd's Pie w/ Pork Steamed Corn Steamed Broccoli Whole Grain Roll Choice of Fruit Low-Fat Milk | Thursday | Corn Dog Nuggets Sweet Potato Fries Mixed Veggies Choice of Fruit Low-Fat Milk HOPE: Deli Sandwich | Friday | Pizza Green Beans Steamed Cauliflower Choice of Fruit Low-Fat Milk HOPE: Pizza |
| 7 | 8 | 9 | 10 | 11 | | | | | |

| Week Three: | | National School Lunch Week! | | | | | | | |
|---------------|---|-----------------------------|---|------------------|--|-----------------|---|---------------|---|
| Monday | EHS Only! Chicken Nuggets Peas Biscuit Choice of Fruit Low-Fat Milk | Tuesday | Beef or Pork Nachos w/ Cheese Sauce Salsa, Refried Beans, Steamed Corn Choice of Fruit Low-Fat Milk HOPE: Hamburger | Wednesday | Breakfast for Lunch Egg Patty Sausage Patty French Toast Sticks Tater Tots Red Pepper Slices Choice of Fruit Low-Fat Milk | Thursday | Chicken Fajita Cheesesteak w/ Fajita Vegetables Potato Wedges Choice of Fruit Low-Fat Milk HOPE: Chicken Sandwich | Friday | Bosco Sticks w/ Marinara Sauce Crisp Salad Steamed Broccoli Choice of Fruit Low-Fat Milk HOPE: Pizza |
| 14 | 15 | 16 | 17 | 18 | | | | | |

| Week Four: | | | | | | | | | |
|---------------|--|----------------|---|------------------|--|-----------------|---|---------------|--|
| Monday | Tangerine Chicken Steamed Rice Carrot Coins Peas Biscuit Choice of Fruit Low-Fat Milk HOPE: Chicken Nuggets | Tuesday | Beef or Pork Nachos w/ Cheese Sauce Salsa, Refried Beans, Steamed Corn Choice of Fruit Low-Fat Milk HOPE: Soft Taco | Wednesday | Beef Dippers Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Low-Fat Milk | Thursday | BBQ Rib Sandwich Sweet Potato Fries Cucumber Slices Choice of Fruit Low-Fat Milk HOPE: Deli Sandwich | Friday | Pizza Mixed Vegetables Green Beans Choice of Fruit Low-Fat Milk HOPE: Pizza |
| 21 | 22 | 23 | 24 | 25 | | | | | |

| Week Five: | | Happy Halloween- 10/31 ! | | | | | | | |
|---------------|--|--------------------------|---|------------------|---|-----------------|---|--|--|
| Monday | Boneless Chicken Bites Steamed Rice Peas Carrot Coins Choice of Fruit Low-Fat Milk HOPE: Chicken Nuggets | Tuesday | Beef or Pork Nachos w/ Cheese Sauce Salsa, Refried Beans, Steamed Corn Choice of Fruit Low-Fat Milk HOPE: Hamburger | Wednesday | Chicken Alfredo Crisp Salad Steamed Broccoli Garlic Bread Choice of Fruit Low-Fat Milk | Thursday | Meatball Sub Red Pepper Slices Tater Tots Eeek Sidekick Choice of Fruit Low-Fat Milk HOPE: Chicken Sandwich | Please remember our menu is subject to change due to availability. | |
| 28 | 29 | 30 | 31 | | | | | | |

This institution is an equal opportunity provider and employer.
PLEASE REMEMBER OUR MENU IS SUBJECT TO CHANGE DUE TO AVAILABILITY

Everyday Lunch Entree Choices:
Chef Salads, Deli Wraps, Sub Sandwich