

Champ's Cafe October Menu

Charlotte County Public Schools 2024

Baker Center

Champ's Café is inviting all students to participate in the free meals program. Participation for free meals is not mandatory - unless students are enrolled in the Pre-K program. 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

Weekly Breakfast Menu

Monday
Cereal & Hard-Boiled Egg, Fruit, Low-Fat Milk
Tuesday
Oatmeal & Chicken Sausage Patty, Fruit, Low-Fat Milk
Wednesday
Nonfat Yogurt & Cereal, Fruit, Low-Fat Milk
Thursday
Egg Patty & Oatmeal, Fruit, Low-Fat Milk
Friday
Whole Grain French Toast Sticks & Cereal Fruit, Low-Fat Milk

Enjoy Breakfast and Lunch at Champ's Café!



Early Childhood Programs

Week One: National Custodian Day- 10/2 !					October 2024				
	Tuesday	Grilled Cheese Tomato Soup Choice of Fruit Low-Fat Milk	Wednesday	Beefaroni Green Beans Whole Grain Roll Choice of Fruit Low-Fat Milk	Thursday	Cheese Pizza Mixed Vegetables Choice of Fruit Low-Fat Milk	Friday	Chicken Fillet on Bun Black Beans Sweet Potato Fries Choice of Fruit Low-Fat Milk	
	1		2		3		4		
Week Two:									
Monday	Chicken Nuggets Steamed Rice Steamed Broccoli Choice of Fruit Low-Fat Milk	Tuesday	Max Sticks w/ Marinara Sauce Corn Choice of Fruit Low-Fat Milk	Wednesday	Beef Dippers Mashed Potatoes Green Beans Whole Grain Roll Choice of Fruit Low-Fat Milk	Thursday	Cheese Pizza Red Pepper Slices Choice of Fruit Low-Fat Milk	Friday	Champ Burger Baked Beans Tater Tots Choice of Fruit Low-Fat Milk
	7	8	9		10		11		
Week Three: National School Lunch Week!									
Monday	Mini Cheese Calzones Green Beans Choice of Fruit Low-Fat Milk	Tuesday	Deli Sandwich Steamed Corn Choice of Fruit Low-Fat Milk	Wednesday	Breakfast for Lunch Egg Patty Sausage Patty French Toast Sticks Smiley Potatoes Choice of Fruit Low-Fat Milk	Thursday	Cheesy Pull-Apart Steamed Broccoli Choice of Fruit Low-Fat Milk	Friday	Chicken Fillet on Bun Black Beans Sweet Potato Fries Choice of Fruit Low-Fat Milk
	14	15	16		17		18		
Week Four:									
Monday	Chicken Nuggets Steamed Rice Carrot Coins Choice of Fruit Low-Fat Milk	Tuesday	Max Sticks w/ Marinara Sauce Peas Choice of Fruit Low-Fat Milk	Wednesday	Spaghetti w/ Meatsauce Steamed Broccoli Whole Grain Roll Choice of Fruit Low-Fat Milk	Thursday	Cheese Pizza Cucumber Slices Choice of Fruit Low-Fat Milk	Friday	Champ Burger Baked Beans Tater Tots Choice of Fruit Low-Fat Milk
	21	22	23		24		25		
Week Five: Happy Halloween- 10/31 !									
Monday	Chicken Nuggets Steamed Rice Steamed Broccoli Choice of Fruit Low-Fat Milk	Tuesday	Grilled Cheese Tomato Soup Choice of Fruit Low-Fat Milk	Wednesday	Beefaroni Italian Vegetables Whole Grain Roll Choice of Fruit Low-Fat Milk	Thursday	Cheese Pizza Mixed Vegetables Choice of Fruit Low-Fat Milk		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