

# Champ's Café January Menu

## Charlotte County Public Schools 2024

### 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:

January 2024

<b>Monday</b>	<b>NO SCHOOL TODAY! ENJOY!</b>	<b>Tuesday</b>	<b>NO SCHOOL TODAY! ENJOY!</b>	<b>Wednesday</b>	<b>NO SCHOOL TODAY! ENJOY!</b>	<b>Thursday</b>	<b>NO SCHOOL TODAY! ENJOY!</b>	<b>Friday</b>	<b>NO SCHOOL TODAY! ENJOY!</b>
1		2		3		4		5	

#### Week Two:

<b>Monday</b>	<b>Chicken Nuggets</b> Steamed Rice Carrot Coins Peas Choice of Fruit Low-Fat Milk	<b>Tuesday</b>	<b>Soft Taco w/</b> Lettuce, Salsa, & Shredded Cheese Refried Beans Steamed Corn Choice of Fruit Low-Fat Milk	<b>Wednesday</b>	<b>Beef Dippers</b> Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Low-Fat Milk	<b>Thursday</b>	<b>Pizza Slice</b> Red Peppers Roasted Zucchini Raisins or Choice of Fruit Low-Fat Milk	<b>Friday</b>	<b>Chicken Fillet on Bun</b> Lettuce, Tomato, Pickle Black Beans Tater Tots Choice of Fruit Low-Fat Milk
8		9		10		11		12	

#### Week Three:

<b>Monday</b>	<b>NO SCHOOL TODAY! ENJOY!</b>	<b>Tuesday</b>	<b>Max Sticks w/ Marinara Sauce</b> Carrot Coins Peas Choice of Fruit Low-Fat Milk	<b>Wednesday</b>	<b>Beefaroni</b> Steamed Broccoli Italian Vegetables Whole Grain Roll Choice of Fruit Low-Fat Milk	<b>Thursday</b>	<b>Pizza Slice</b> Crisp Salad Roasted Yellow Squash Raisins or Choice of Fruit Low-Fat Milk	<b>Friday</b>	<b>Champ Burger</b> Lettuce, Tomato, Pickle Baked Beans Sweet Potato Fries Choice of Fruit Low-Fat Milk
15		16		17		18		19	

#### Week Four:

<b>Monday</b>	<b>Boneless Chicken Bites</b> Steamed Rice Carrot Coins Peas Choice of Fruit Low-Fat Milk	<b>Tuesday</b>	<b>Chicken Quesadilla w/ Salsa</b> Corn Green Beans Choice of Fruit Low-Fat Milk	<b>Wednesday</b>	<b>Beef Dippers</b> Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Low-Fat Milk	<b>Thursday</b>	<b>Pizza Slice</b> Cucumber Slices Baby Carrots Raisins or Choice of Fruit Low-Fat Milk	<b>Friday</b>	<b>Chicken Fillet on Bun</b> Lettuce, Tomato, Pickle Black Beans Tater Tots Choice of Fruit Low-Fat Milk
22		23		24		25		26	

#### Week Five:

<b>Monday</b>	<b>Mini Cheese Calzones w/ Marinara Sauce</b> Carrot Coins Peas Choice of Fruit Low-Fat Milk	<b>Tuesday</b>	<b>Corn Dog Nuggets</b> Sweet Potato Fries Green Beans Choice of Fruit Low-Fat Milk	<b>Wednesday</b>	<b>Spaghetti w/ Meatsauce</b> Steamed Broccoli Italian Vegetables Whole Grain Roll Choice of Fruit Low-Fat Milk
29		30		31	



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

This institution is an equal opportunity provider and employer.

PLEASE REMEMBER OUR MENU IS SUBJECT TO CHANGE DUE TO AVAILABILITY