

Champ's Café February 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 \$4.75
Adult Breakfast \$3.10

Track your meals and account balance for FREE at 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

Egg Patty 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:



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

Thursday
Pizza Slice
Crisp Salad
Steamed Cauliflower
Raisins or
Choice of Fruit
Low-Fat Milk

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Friday
Champ Burger
Lettuce, Tomato, Pickle
Black Beans
Sweet Potato Fries
Choice of Fruit
Low-Fat Milk

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Week Two:

Heart Awareness Week! February 5th-9th!

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

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

6

Wednesday
Roast Turkey
Mashed Potatoes
Steamed Broccoli
Whole Grain Roll
Choice of Fruit
Low-Fat Milk

7

Thursday
Pizza Slice
Steamed Zucchini
Red Pepper Slices
Raisins or
Choice of Fruit
Low-Fat Milk

8

Friday
Chicken Fillet on Bun
Lettuce, Tomato, Pickle
Baked Beans
Tater Tots
Choice of Fruit
Low-Fat Milk

9

Week Three:

February 14th- Happy Valentine's Day!

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

12

Tuesday
Fish Sticks
Smiley Potatoes
Mixed Vegetables
Whole Grain Roll
Choice of Fruit
Low-Fat Milk

13

Wednesday
Beefaroni
Steamed Broccoli
Italian Vegetables
Garlic Bread Slice
Be Mine Sidekick or
Choice of Fruit
Low-Fat Milk

14

Thursday
Pizza Slice
Crisp Salad
Steamed Cauliflower
Raisins or
Choice of Fruit
Low-Fat Milk

15

Friday
Champ Burger
Lettuce, Tomato, Pickle
Black Beans
Sweet Potato Fries
Choice of Fruit
Low-Fat Milk

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Week Four:

Monday
NO SCHOOL TODAY!
ENJOY!

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Tuesday
Boneless Chicken Bites
Steamed Rice
Carrot Coins
Peas
Choice of Fruit
Low-Fat Milk

20

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

21

Thursday
Pizza Slice
Green Beans
Mixed Vegetables
Raisins or
Choice of Fruit
Low-Fat Milk

22

Friday
Chicken Fillet on Bun
Lettuce, Tomato, Pickle
Baked Beans
Tater Tots
Choice of Fruit
Low-Fat Milk

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Week Five:

February 27th- Strawberry Day!

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

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Tuesday
Nachos w/
Meat & Cheese Sauce
Salsa
Refried Beans
Corn
Choice of Fruit
Low-Fat Milk

27

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

28

Thursday
Pizza Slice
Cucumber Slices
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