

Champ's Café October Menu

Charlotte County Public Schools 2024

Elementary

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

Weekly Breakfast Menu

Monday FRUIT & 100% JUICE DAILY

Strawberry Cream Cheese Bagel or Cereal w/ Small Muffin, Oatmeal, Low-Fat Milk

Tuesday FRUIT & 100% JUICE DAILY

Sausage Biscuit or Cereal w/ WGR Pop Tart, Oatmeal, Low-Fat Milk

Wednesday FRUIT & 100% JUICE DAILY

Egg & Cheese Bagel or Cereal & Bagel Half, Oatmeal, Low-Fat Milk

Thursday FRUIT & 100% JUICE DAILY

French Toast Sticks or Choice of Cereal w/ NutriGrain Bar, 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, M/W/F: Yogurt with Cheese Stick, T/Th: Yogurt with Hard Boiled Egg, Deli Sandwich

Our a la carte offerings meet the guidelines of

The Alliance for a Healthier Generation and are USDA "Smart Snacks"

Week One:		National Custodian Day- 10/2 !			October 2024					
	Tuesday	Soft Taco w/ Lettuce, Salsa, & Shredded Cheese Refried Beans Steamed Corn Choice of Fruit Low-Fat Milk	Wednesday	Beefaroni Peas Green Beans Garlic Bread Choice of Fruit Low-Fat Milk	Thursday	Pizza Slice Crisp Salad Carrot Coins Choice of Fruit Low-Fat Milk	Friday	Chicken Fillet on Bun or Pulled Pork Sandwich Lettuce, Tomato & Pickle Roasted Zucchini Sweet Potato Fries Choice of Fruit Low-Fat Milk		
	1		2		3		4			
	Week Two:									
	Monday	Boneless Chicken Bites Steamed Rice Peas Carrot Coins Sidekick or Choice of Fruit Low-Fat Milk	Tuesday	Grilled Cheese Tomato Soup Tater Tots Choice of Fruit Low-Fat Milk	Wednesday	Shepherd's Pie w/ Pork Steamed Corn Steamed Broccoli Biscuit Choice of Fruit Low-Fat Milk	Thursday	Cheesy Pull-Apart Marinara Sauce Cucumber Slices Mixed Veggies Choice of Fruit Low-Fat Milk	Friday	Champ Burger Lettuce, Tomato & Pickle Black Beans Potato Wedges Pears or Choice of Fruit Low-Fat Milk
	7		8		9		10	11		
Week Three:		National School Lunch Week								
Monday	NO SCHOOL TODAY! ENJOY!	Tuesday	Max Sticks w/ Marinara Sauce Carrot Coins Peas Choice of Fruit Low-Fat Milk	Wednesday	Spaghetti w/ Meatsauce Steamed Broccoli Crisp Salad Garlic Bread Choice of Fruit Low-Fat Milk	Thursday	Pizza Slice Baby Carrots Steamed Corn Choice of Fruit Low-Fat Milk	Friday	Chicken Fillet or Pulled Pork Sandwich Lettuce, Tomato & Pickle Baked Beans Sweet Potato Fries Apples or Choice of Fruit Low-Fat Milk	
14		15		16		17	18			
Week Four:										
Monday	Boneless Chicken Bites Steamed Rice Peas Carrot Coins Choice of Fruit Low-Fat Milk	Tuesday	Nachos w/ Meat & Cheese Sauce Salsa, Refried Beans Shredded Lettuce Steamed Corn Choice of Fruit Low-Fat Milk	Wednesday	Breakfast for Lunch Egg Patty French Toast Sticks Tater Tots Red Pepper Slices Choice of Fruit Low-Fat Milk	Thursday	Pizza Slice Steamed Broccoli Mixed Veggies Choice of Fruit Low-Fat Milk	Friday	Champ Burger Lettuce, Tomato & Pickle Green Beans Smiley Potatoes Oranges or Choice of Fruit Low-Fat Milk	
21		22		23		24	25			
Week Five:		Happy Halloween- 10/31 !								
Monday	Corn Dog Nuggets Mixed Veggies Steamed Broccoli 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	Beef Dippers Mashed Potatoes & Gravy Green Beans Whole Grain Roll Choice of Fruit Low-Fat Milk	Thursday	Pizza Slice Crisp Salad Carrot Coins Eeeeek Sidekick or Choice of Fruit Low-Fat Milk	Friday	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