

Champ's Café October Menu

Charlotte County Public Schools 2024

High 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
www.payPAMS.com

Adult Lunch Price \$5.00
 Adult Breakfast \$3.10

Track your meal account balance for FREE at www.PayPams.com

Everyday Choices:

Chef Salads, Hamburger, Cheeseburger, Deli Sub, Wraps, Pizza, Chicken Fillet, Spicy Chicken,

M/W/F: Boneless Chicken Bites, T/TH: Chicken Poppers

Alternate Menu Selections at all grade levels, fresh seasonal produce available daily. Menu is subject to change.

Our a la carte offerings meet the guidelines of

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


Daily Breakfast Menu

Smoothie, Assorted Cereal, French Toast Sticks, Egg & Cheese Bagel, Large Muffin

Grain options w/ Smoothie or Cereal only:

Mon: Pop-Tart, Tues: NutriGrain Bar, Wed: Small Muffin, Thurs: Pop-Tart, Fri: Cinnamon Roll

Also included: Fruit, 100% Juice, Low-Fat Milk

Week One:		National Custodian Day- 10/2 !			October 2024
	Beef or Pork Nachos w/ Cheese Sauce Salsa Steamed Corn Refried Beans Choice of Fruit Low-Fat Milk	Roast Chicken Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Low-Fat Milk	Corn Dog Nuggets Sweet Potato Fries Mixed Vegetables Choice of Fruit Low-Fat Milk	Baked Ziti Crisp Salad Roasted Yellow Squash Garlic Bread Choice of Fruit Low-Fat Milk	
	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	
Week Two:					
Tangerine Chicken Steamed Rice Peas Carrot Coins Biscuit Sidekick Choice of Fruit Low-Fat Milk	Beef or Pork Nachos w/ Cheese Sauce Salsa Steamed Corn Refried Beans Choice of Fruit Low-Fat Milk	Shepherd's Pie w/ Pork Steamed Corn Steamed Broccoli Whole Grain Roll Choice of Fruit Low-Fat Milk	BBQ Rib Sandwich Sweet Potato Fries Mixed Vegetables Choice of Fruit Low-Fat Milk	Chicken Alfredo Green Beans Crisp Salad Garlic Bread Choice of Fruit Low-Fat Milk	
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11	
Week Three:					
National School Lunch Week					
NO SCHOOL TODAY! ENJOY!	Beef or Pork Nachos w/ Cheese Sauce Salsa Steamed Corn Refried Beans Choice of Fruit Low-Fat Milk	Breakfast for Lunch Egg Patty Sausage Patty French Toast Sticks Tater Tots Red Pepper Slices Choice of Fruit Low-Fat Milk	Chicken Fajita Cheesesteak w/ Fajita Veggies Mozzarella Cheese Potato Wedges Choice of Fruit Low-Fat Milk	Spaghetti & Meatballs Steamed Broccoli Crisp Salad Garlic Bread Choice of Fruit Low-Fat Milk	
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	
Week Four:					
Tangerine Chicken Steamed Rice Peas Carrot Coins Biscuit Choice of Fruit Low-Fat Milk	Beef or Pork Nachos w/ Cheese Sauce Salsa Steamed Corn Refried Beans Choice of Fruit Low-Fat Milk	Beef Dippers Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Low-Fat Milk	Pulled Pork Sandwich Sweet Potato Fries Cucumber Slices Choice of Fruit Low-Fat Milk	Beefaroni Crisp Salad Green Beans Garlic Bread Choice of Fruit Low-Fat Milk	
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	
Week Five:					
Happy Halloween- 10/31 !					
Tangerine Chicken Steamed Rice Peas Carrot Coins Biscuit Choice of Fruit Low-Fat Milk	Beef or Pork Nachos w/ Cheese Sauce Salsa Steamed Corn Refried Beans Choice of Fruit Low-Fat Milk	Roast Chicken Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Low-Fat Milk	Corn Dog Nuggets Sweet Potato Fries Mixed Vegetables Eeeeeek Sidekick Choice of Fruit Low-Fat Milk	Please remember our menu is subject to change due to availability.	
Monday 28	Tuesday 29	Wednesday 30	Thursday 31		

This institution is an equal opportunity provider and employer.