

Champ's Café October Menu

Charlotte County Public Schools 2024

Middle 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 \$5.00
Adult Breakfast \$3.10


Track your meals and account balance for FREE at www.PayPams.com

Weekly Breakfast Menu

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| Monday | FRUIT & 100% JUICE DAILY |
| Strawberry Cream Cheese Bagel or Cereal w/ Muffin, Fruit, Low-Fat Milk | |
| Tuesday | FRUIT & 100% JUICE DAILY |
| Egg & Cheese Biscuit or Sausage Biscuit or Cereal w/ Pop-Tart, Low-Fat Milk | |
| Wednesday | FRUIT & 100% JUICE DAILY |
| Breakfast Bagel Sandwich or Cereal w/ Bagel Half, Low-Fat Milk | |
| Thursday | FRUIT & 100% JUICE DAILY |
| French Toast Sticks or Waffles (every other week) or Cereal w/ NutriGrain Bar, Low-Fat Milk | |
| Friday | FRUIT & 100% JUICE DAILY |
| Choice of Yogurt, Cereal, & Cinnamon Roll, Low-Fat Milk | |

Alternate Lunch Entrees: Chef Salad, Deli Sandwich, Wraps, Chicken Fillet, Cheeseburger, Hamburger, Spicy Chicken, "Grab & Go" options daily - check your menu board in the Café for daily selections

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

This institution is an equal opportunity provider and employer.