

Champ's Café October Menu

Charlotte County Public Schools 2024

Pre-K

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

Cereal w/ Yogurt or Cheese Slices,
Oatmeal, Low-Fat Milk, Fruit

Tuesday

Sausage Biscuit or Cereal w/ Yogurt,
Oatmeal, Low-Fat Milk, Fruit

Wednesday

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

Thursday

French Toast Sticks or Cereal w/ Yogurt
Oatmeal, Low-Fat Milk, Fruit

Friday


Egg Patty w/ Cereal or
Oatmeal, Low-Fat Milk, Fruit

Alternate Lunch Entrees:

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 Lettuce, Tomato & Pickle Roasted Zucchini Sweet Potato Fries Choice of Fruit Low-Fat Milk		
	1		2		3		4			
	Week Two:									
	Monday	Chicken Nuggets Steamed Rice Peas Carrot Coins 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 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 Carrot Coins Steamed Corn Choice of Fruit Low-Fat Milk	Friday	Chicken Fillet on Bun Lettuce, Tomato & Pickle Baked Beans Sweet Potato Fries Choice of Fruit Low-Fat Milk	
14		15		16		17	18			
Week Four:										
Monday	Chicken Nuggets Steamed Rice Peas Carrot Coins 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	Breakfast for Lunch Egg Patty w/ Cheese 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 Choice of Fruit Low-Fat Milk	
21		22		23		24	25			
Week Five:		Happy Halloween- 10/31 !								
Monday	Mini Cheese Calzones w/ Marinara Sauce 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 Choice of Fruit Low-Fat Milk	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