

Champ's Café October Menu

Charlotte County Public Schools 2024

Year-Round 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 Eeeeek Sidekick or 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:



Week Five:



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

This institution is an equal opportunity provider and employer.

PLEASE REMEMBER OUR MENU IS SUBJECT TO CHANGE DUE TO AVAILABILITY