

You can track your account balance FOR FREE:

PayPAMS.com or through your district **FOCUS** account.

When you use **PayPAMS.com** or its **Mobile App** to pay for meals or ala carte purchases using a credit or debit card, there is a \$1.95 transaction fee.



The keypad will be sanitized often for your use,

Although All Breakfast and Lunch Meals are FREE:

To help you and your family possibly qualify for certain discounts,
Apply online at champs.yourcharlotteschools.net for
Free or Reduced-Price meals.



Use the Nutrislice App to see the daily menu!

Mark your favorites with a 

and identify foods you cannot eat due to allergies.

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Choose & Eat

the full menu Healthy School Lunch of 7 food items at *Champ's Café!*
Your Breakfast tray must have a fruit or juice.

Your lunch tray may have **ALL** these foods, but it must have at least 3 of these foods:

Protein, Bread/Grain, 2 different Fruits*, 2 different Vegetables* & Milk

You may choose all 4 servings or take just 1 serving of:

2 different Fruits and /or 2 different Vegetables

Vegetables are offered from the following categories:

Dark green, Red-Orange, Beans and Peas, Starchy and Other.

**You must take a half-cup of a Fruit or Vegetable with your lunch meal.*

Welcome to Charlotte High School TARPON



Download the Nutrislice app today!

Check out menus, nutrient facts, highlight your favorites and identify foods you cannot eat due to allergies.

Student Code of Conduct:

“Parents and students are financially responsible for debt incurred from purchasing meals at Champ's Café”

Eat Well, Learn, Well, Live Well, Be Well

Champ's Café operates under the United States Department of Agriculture's National School Breakfast and National School Lunch Programs.

“USDA is an equal opportunity provider and employer.”

Eat a wide variety of nutritious and delicious foods at your

Tarpon Champ's Cafe

All Meals are FREE of charge to ALL CHS Students!

Protein, Grain, 2 different Fruits, 2 different Vegetables & Milk

 *See your Champ's Café **monthly menu** for specialty offerings! *

1 Tarpon Treats

"Smart Snacks" Approved Ala Carte Items:

Ice Cream Specialties, Cereal Bars, Snacks, Popcorn, Cookies, Bagels, Muffins and other Fresh-Baked Products, Fruit, Water, Flavored Water, "Smart Snacks Approved" Specialty Drinks & Sports Drinks

2 Slam Dunkin' Nuggets

Chicken Nuggets/Specialty Nuggets such as Spicy or Dill Nuggets, or Chicken Tenders Rice Pilaf or Roll, all with Fruit and Vegetable choices of the day, Milk

Just Like Home Cookin'

3 Coyote Grill 4 The Main Event

On various days: Pasta, Beef Dippers, Tangerine or Teriyaki Chicken, or Mexican Specialties such as Nachos, Tacos or Chicken Fajita; &

Our Champ's Monthly Special,
all with Fruit and Vegetable Choices of the Day, Milk

5 Red Baron & 6 Power Slice Pizza

Cheese or Pepperoni Pizza, Southwest Pizza or Champ's Specialty Pizza, Cheese Sticks with Marinara Sauce, Nachos, or Hot Specialty Sandwiches, all with Fruit and Vegetable Choices of the Day, Milk

**For Special Diet Needs & Vegetarian
Entree Selections:**

Please see your Champ's Café Manager

**No Alacarte products will be sold to a student with a
negative balance**

7 Homeroom Heroes & 8 On the Green

Variety of Wraps & Hero Sandwiches with Lettuce, Tomato & Pickle, all with Fruit and Vegetable Choices of the Day, Milk

Variety of Chef Salads & Dressings with Fresh-Baked Roll, all with Fruit and Vegetable Choices of the Day, Milk

Ala Carte Items: Yogurt, Water, Flavored Water, "Smart Snack Approved" Specialty Drinks & Sports Drinks

9 Kick-in Chicken

Grilled or Breaded Chicken Fillet on Bun with Lettuce, Tomato & Pickle, all with Fruit and Vegetable Choices of the Day, Milk

10 Champ's Grill

Spicy Chicken Fillet on Bun with Lettuce, Tomato & Pickle, all with Fruit and Vegetable Choices of the Day, Milk

11 Champburger

Hamburger or Cheeseburger with Lettuce, Tomato & Pickle or Specialty Hot Sandwiches, Rib B Que or Bacon Cheeseburger, all with Fruit and Vegetable Choices of the Day, Milk

Breakfast

Breakfast is Served!

Open 30 minutes before school at various food courts

Every day: \$1.20 Meal Deals include

Fruit & Juice, Milk & Oatmeal offered with all breakfast meals

Cereal & Muffin or Breakfast Bagel Sandwich or Deluxe Muffin or Bagel or Pancakes or French Toast Sticks or Sausage or Chicken Biscuit /Slider

On Fridays: in addition to everyday choices

Fresh-Baked Cinnamon Roll and Frittata.

