

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](http://champs.yourcharlotteschools.net) for  
Free or Reduced-Price meals.



**Choose & Eat**

the full menu Healthy School Lunch of 7 food items at *Champ's Café!*



**Use the Nutrislice App to see the daily menu!**

**Mark your favorites with a** 

**and identify foods you cannot eat due to allergies.**

***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.*

In alignment with the USDA 2015/2020 Dietary Guidelines for Americans, Nutritional Goals for our Customers include increasing fiber through whole grains, fruits & vegetables, decreasing sodium, eliminating trans fats & maintaining fat calories to less than 30% of the 750-850 calorie full-menu school lunch.

# Welcome to Lemon Bay High School

**Manta Ray**



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

## ***Manta Ray Champ's Cafe***

**All Meals are FREE of charge to ALL LBH Students!**

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

**Track your account balance online for FREE: PayPAMS.com  
or through your district FOCUS account.**

**No ala carte products will be sold to a Student with a negative  
account balance.**

### **1 Livin' Green**



Variety of **Chef Salads** (Chicken, Spicy Chicken, Tuna, Turkey, Ham or Veggie) & Dressings with Fresh-Baked Roll, **Sandwich Wraps** (Turkey or Ham and on various days, Spicy Chicken or Caesar) **and Hero Sandwiches** (Turkey, Ham or Tuna) with Lettuce, Tomato & Pickle, & Protein Power Packs, all with Fruit & Vegetable Choices of the Day, Milk

### **"Smart Snack" Approved Ala Carte Items:**

*Yogurt, Water, Flavored Water, Snacks, Popcorn, Specialty Drinks & Sports Drinks*

### **3 Power Slice Pizza**



Cheese or Pepperoni Pizza, on various days:  
Champ's Specialty Pizzas,  
Cheese Sticks with Marinara Sauce,  
all with Fruit & Vegetable Choices of the Day, Milk

### **5 & 6 Just Like Home Cookin'**

On various days: Pasta, Turkey with Gravy, Tangerine or Teriyaki Chicken, or Champ's Specialties such as Nachos, Tacos or Chicken Fajita; & **Our Champ's Specials**

**Line 6: Chicken Nuggets every day,**  
**in addition to Entrees listed above for Line 5:**



with Grain offering and Fruit & Vegetable Choices of the Day, Milk

**No Ala Carte products will be sold to a student with a  
negative balance.**

### **8 Manta Treats**

**"Smart Snack" Approved Ala Carte Items:**

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

### **9 Kick-in Chicken**

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



### **10 Champ's Grill**



Hamburger or Cheeseburger with Lettuce, Tomato & Pickle  
or Specialty Hot Sandwiches on various days,  
all with Fruit & Vegetable Choices of the Day, Milk



### **Breakfast is Served!**

*Open 30 minutes before school at various food courts*

**Every day: \$1.20 Breakfast Meal Deals include**

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

Cereal & Muffin or Breakfast Bagel Sandwich or

Deluxe Muffin or Pancakes or French Toast Sticks or

Breakfast Pizza, or Sausage or Chicken Biscuit Sandwich

**Featured Items:** Fruit & Yogurt Smoothie & Yogurt Parfait!

**On Fridays: in addition to everyday choices**  
Fresh-Baked Cinnamon Roll and Frittata

**For Special Diet Needs:**

**Please see your Champ's Manager.**



**Vegetarian options available at this food court, just ask!**