

Champ's Café December Menu

Charlotte County Public Schools 2021
The Academy & H.O.P.E.

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 \$3.60
Adult Breakfast \$1.60

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

Daily Academy Breakfast Menu:

Breakfast Bagel Sandwich
French Toast Sticks

Large Muffin, Sausage Biscuit Slider

Choice of Cereal w/ Muffin, Pop-Tart, or Nutri-grain

All of the above Entrees include: Oatmeal
Choice of Fruit, 100% Juice & Low-Fat Milk

H.O.P.E. Breakfast Menu

Monday

Oatmeal & Hard-Boiled Egg,
Fruit, Low-Fat Milk

Tuesday

Cereal & Chicken Sausage Patty,
Fruit, Low-Fat Milk

Wednesday

Nonfat Yogurt & Oatmeal,
Fruit, Low-Fat Milk

Thursday

Turkey Sausage Omelette & Cereal,
Fruit, Low-Fat Milk

Friday

Whole Grain French Toast Sticks & Oatmeal,
Fruit, Low-Fat Milk

Week One:



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

Wednesday
Homemade Mac & Cheese
Steamed Broccoli
Relish Cup
Whole Grain Roll
Red Apple
Milk

Thursday
Chicken Tenders
Tator Tots
Black beans
Biscuit
Choice of Fruit
Milk

December 2021

Friday
Pizza
Cheese or Pepperoni
Crisp Salad
Sweet Potato Fries
Choice of Fruit
Milk

Hope: Chicken Nuggets

HOPE: Pizza

1 Choice of Spicy Chicken

2 Choice of Champ Burger

Choice of Spicy Chicken
or Chicken Parmesan

Week Two:

Monday
Chicken Nuggets
Steamed Rice
Peas
Carrots
Coined/Diced
Choice of Fruit, Milk

Tuesday
Soft Taco w/
Lettuce, Salsa
Refried Beans
Steamed Corn
Choice of Fruit
Milk

Wednesday
Mini Calzones
w/ Marianara Sauce
Cucumbers
Green Beans
Choice of Fruit
Milk

Thursday
Beef Dippers w/
Mashed Potatoes & Gravy
Broccoli
Whole Grain Roll
Choice of Fruit
Milk

Friday
Bosco Sticks
w/ Marinara Sauce
Baked Beans
Sweet Potato Fries
Choice of Fruit
Milk

6 Choice of Spicy Chicken

7 Choice of Chicken Fillet

8 Choice of Spicy Chicken

9 Choice of Champ Burger

10 or Chicken Parmesan

Week Three:

Monday
Tangerine Chicken w/
Steamed Rice, Biscuit
Stir Fry Vegetables
Carrots
Coined/Diced
Choice of Fruit, Milk

Tuesday
Nachos with
Beef & Cheese Sauce
Salsa
Refried Beans, Corn
Choice of Fruit
Milk

Wednesday
Breakfast for Lunch
Waffles
Egg Patty
Tator tots
Tomato Slices
Blueberry Crisp & Fruit
Milk

Thursday
Chicken Tenders
Sweet Potato Fries
Black beans
Biscuit
Choice of Fruit
Milk

Friday
Pizza
Cheese or Pepperoni
Spinach
Crisp Salad
Choice of Fruit, Milk

HOPE: Grilled Cheese

HOPE: Ham Deli Sandwich

Hope: Chicken Nuggets

HOPE: Pizza

13 Choice of Spicy Chicken

14 Choice of Chicken Fillet

15 Choice of Spicy Chicken

16 Choice of Champ Burger

17 or Chicken Parmesan

Week Four:



WINTER BREAK! ENJOY!



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Week Five:



Come work for **Champ's Cafe!** Apply online at:

www.yourcharlotteschools.net.

Select: Community, Employees Application.

Create an ACCOUNT, then follow the steps to create a User login. For assistance, please call 941-575-5400 ext. 1418 or 1419.



This institution is an equal opportunity provider and employer.
PLEASE REMEMBER OUR MENU IS SUBJECT TO CHANGE DUE TO AVAILABILITY

Everyday Lunch Entree Choices:
Chef Salads, Deli Wraps, Sub Sandwich