

Champ's Café November 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 NutriGrain

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:

November 2021

Monday	NO SCHOOL! ENJOY!	Tuesday	Nachos w/ Beef & Cheese Sauce Salsa Refried Beans, Corn Choice of Fruit Low-Fat Milk HOPE: Ham Deli Sandwich	Wednesday	Homemade Mac& Cheese Steamed Broccoli Relish Cup Whole Grain Roll Choice of Fruit Low-Fat Milk	Thursday	Chicken Tenders Tator Tots Black beans Biscuit Choice of Fruit Low-Fat Milk Hope: Chicken Nuggets	Friday	Pizza Cheese or Pepperoni Crisp Salad Sweet Potato Fries Choice of Fruit Low-Fat Milk HOPE: Pizza Choice of Spicy Chicken or Chicken Parmesan
1		2	Choice of Chicken Fillet	3	Choice of Spicy Chicken	4	Choice of Champ Burger	5	

Week Two: Happy Western & World Diabetes Day Celebration, November 14th!

Monday	Chicken Nuggets Steamed Rice Peas Carrots Coined/Diced Choice of Fruit Low-Fat Milk	Tuesday	Soft Taco w/ Lettuce, Salsa Refried Beans Steamed Corn Choice of Fruit Low-Fat Milk	Wednesday	Mini Calzones w/ Marianara Sauce Cucumbers Green Beans Choice of Fruit Low-Fat Milk	Thursday	Beef Dippers w/ Mashed Potatoes & Gravy Broccoli Whole Grain Roll Choice of Fruit Low-Fat Milk 	Friday	Bosco Sticks w/ Marinara Sauce Baked Beans Sweet Potato Fries Choice of Fruit Low-Fat Milk HOPE: Pizza Choice of Spicy Chicken or Chicken Parmesan
8	Choice of Spicy Chicken	9	Choice of Chicken Fillet	10	Choice of Spicy Chicken	11	Choice of Champ Burger	12	

Week Three:

Monday	Tangerine Chicken w/ Steamed Rice, Biscuit Stir Fry Vegetables Carrots Coined/Diced Choice of Fruit Low-Fat Milk HOPE: Grilled Cheese	Tuesday	Nachos with Beef & Cheese Sauce Salsa Refried Beans, Corn Choice of Fruit Low-Fat Milk HOPE: Ham Deli Sandwich	Wednesday	Holiday Meal Roast Turkey Mashed Potatoes Green Beans Whole Grain Roll Apple Crisp & Fruit Low-Fat Milk	Thursday	Chicken Tenders Sweet Potato Fries Black beans Biscuit Choice of Fruit Low-Fat Milk Hope: Chicken Nuggets	Friday	Pizza Cheese or Pepperoni Spinach Crisp Salad Choice of Fruit Low-Fat Milk HOPE: Pizza Choice of Spicy Chicken or Chicken Parmesan
15	Choice of Spicy Chicken	16	Choice of Chicken Fillet	17	Choice of Spicy Chicken	18	Choice of Champ Burger	19	

Week Four:

Monday	Tangerine Chicken w/ Steamed Rice, Biscuit Stir Fry Vegetables Carrots Coined/Diced Choice of Fruit, Low-fat Milk HOPE: Grilled Cheese	Tuesday	Nachos with Beef & Cheese Sauce Salsa Refried Beans, Corn Choice of Fruit Low-Fat Milk HOPE: Ham Deli Sandwich	Wednesday	NO SCHOOL! ENJOY!	Thursday	NO SCHOOL! ENJOY!	Friday	NO SCHOOL! ENJOY!
22	Choice of Spicy Chicken	23	Choice of Chicken Fillet	24		25		26	

Week Five:

Monday	Tangerine Chicken w/ Steamed Rice Biscuit Stir Fry Vegetables Carrots Coined/Diced Choice of Fruit, Low-fat Milk HOPE: Grilled Cheese	Tuesday	Nachos with Beef & Cheese Sauce Salsa Refried Beans, Corn Choice of Fruit Low-Fat Milk HOPE: Turkey Deli Sandwich						
29	Choice of Spicy Chicken	30	Choice of Chicken Fillet	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

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