

Champ's Cafe November Menu

Charlotte County Public Schools 2021

Baker Center

Champ's Café is inviting all students to participate in the free meals program. Participation for free meals is not mandatory - unless students are enrolled in the Pre-K program. 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

Weekly 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

Enjoy Breakfast and Lunch at Champ's Café!



Week One:					November 2021				
Monday	NO SCHOOL! ENJOY!	Tuesday	Soft Taco w/ Lettuce, Salsa & Shredded Cheese Corn Choice of Fruit Low-fat Milk	Wednesday	Homemade Mac & Cheese Steamed Broccoli Whole Grain Roll Choice of Fruit Low-fat Milk	Thursday	Pizza Cucumber Slices Choice of Fruit Low-fat Milk	Friday	Chicken Fillet on Bun Black Beans Sweet Potato Fries Choice of Fruit Low-fat Milk
1		2		3		4		5	
Week Two: Happy Western & World Diabetes Day Celebration, November 14th!									
Monday	Tangerine Chicken Rice Pilaf Green Beans Choice of Fruit Low-fat Milk	Tuesday	Grilled Cheese Sandwich Tomato Soup Choice of Fruit Low-fat Milk	Wednesday	Homemade Beefaroni w/ Steamed Broccoli Whole Grain Roll Choice of Fruit Low-fat Milk	Thursday	Pizza Red Peppers Choice of Fruit Low-fat Milk 	Friday	Champ Burger Baked Beans Tator Tots Choice of Fruit Low-fat Milk
8		9		10		11		12	
Week Three:									
Monday	Mini Cheese Calzones w/ Mariana Sauce Steamed Broccoli Choice of Fruit Low-fat Milk	Tuesday	Tukey Deli Sandwich Diced Carrots Choice of Fruit Low-fat Milk	Wednesday	Holiday Meal Roast Turkey Mashed Potatoes Steamed Corn Whole Grain Roll Apple Crisp & Fruit Low-fat Milk	Thursday	Cheesy Garlic Bread Yellow Squash Choice of Fruit Low-fat Milk	Friday	Chicken Fillet on Bun Black Beans Sweet Potato Fries Choice of Fruit Low-fat Milk
15		16		17		18		19	
Week Four:									
Monday	Chicken Nuggets Rice Pilaf Mixed Veggies Choice of Fruit Low-fat Milk	Tuesday	Grilled Cheese Sandwich Tomato Soup Choice of Fruit Low-fat Milk	Wednesday	NO SCHOOL! ENJOY!	Thursday	NO SCHOOL! ENJOY!	Friday	NO SCHOOL! ENJOY!
22		23		24		25		26	
Week Five:									
Monday	Max Cheese Sticks w/ Mariana Sauce Diced Carrots Choice of Fruit Low-fat Milk	Tuesday	Soft Taco w/ Lettuce, Salsa & Shredded Cheese Corn Choice of Fruit Low-fat Milk						
29		30							



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

This institution is an equal opportunity provider and employer.

All of our grain products are whole grain-rich (WGR)

PLEASE REMEMBER OUR MENU IS SUBJECT TO CHANGE DUE TO AVAILABILITY