

Champ's Café November Menu

Charlotte County Public Schools 2021

High School

Free & Reduced Price Meal applications are available online at

champs.yourcharlotteschools.net or obtained from the school.

Call 941 575 5400 ext. 1406 for more information

Student Lunch Prices

Free For All Students

Adult Lunch Price \$3.60

Champs Café Accepts Cash, Checks payable to Champ's Café

www.payPAMS.com

Breakfast

Free For All Students

Adult Breakfast Price \$1.60

Track your meal account balance for FREE at www.PayPams.com

Everyday Choices:

Chef Salads, Hamburger, Cheeseburger, Deli Sub/ Wrap, Pizza, Chicken Fillet, Spicy Chicken, Chicken Nuggets

Alternate Menu Selections at all grade levels, fresh seasonal produce available daily. Menu is subject to change.



Our a la carte offerings meet the guidelines of

The Alliance for a Healthier Generation and are USDA "Smart Snacks"

Daily Breakfast Menu

Breakfast Bagel Sandwich, Oatmeal, French Toast Sticks, Mini Pancakes, Large Muffin, Bagel, Breakfast Pizza, Choice of Cereal with Muffin, Pop-Tart, Chicken or Sausage Biscuit, Fruit,

Turkey Sausage Omelette/Cinnamon Roll Fridays

Week One:					November 2021				
Monday	NO SCHOOL! ENJOY!	Tuesday	Nachos w/ Meat and Cheese Sauce Salsa Refried Beans Steamed Corn Choice of Fruit Low-fat Milk	Wednesday	Beef Teriyaki Dippers Mashed Potatoes & Gravy Green Beans Whole Grain Roll Choice of Fruit Low-fat Milk	Thursday	Meatball Sub Relish Cup w/ Dip Sweet Potato Fries Choice of Fruit Low-fat Milk	Friday	Chicken Parm w/Spaghetti Crisp Salad Steamed Broccoli Whole Grain Roll Choice of Fruit Low-fat Milk
1		2		3		4		5	
Week Two:					Happy Western & World Diabetes Day Celebration, November 14th!				
Monday	Tangerine Chicken w/ Steamed Rice Carrot Coins Stir Fry Vegetables Biscuit Choice of Fruit Low-fat Milk	Tuesday	Nachos w/ Meat and Cheese Sauce Refried Beans Steamed Corn Salsa Choice of Fruit Low-fat Milk	Wednesday	Beef Teriyaki Dippers Mashed Potatoes & Gravy Green Beans Whole Grain Roll Choice of Fruit Low-fat Milk	Thursday	Chicken Tenders Sweet Potato Fries Mixed Veggies Biscuit Choice of Fruit Low-fat Milk	Friday	Beefaroni Crisp Salad Spinach Whole Grain Roll Choice of Fruit Low-fat Milk
8		9		10		11		12	
Week Three:									
Monday	Tangerine Chicken w/ Steamed Rice Carrot Coins Stir Fry Vegetables Biscuit Choice of Fruit Low-fat Milk	Tuesday	Nachos w/ Meat and Cheese Sauce Refried Beans Steamed Corn Salsa Choice of Fruit Low-fat Milk	Wednesday	Holiday Meal Roast Turkey Mashed Potatoes Green Beans Whole Grain Roll Apple Crisp & Fruit Low-fat Milk	Thursday	Meatball Sub Relish Cup w/ Dip Tomato Soup Choice of Fruit Low-fat Milk	Friday	Mac & Cheese Crisp Salad Steamed Broccoli Whole Grain Roll Choice of Fruit Low-fat Milk
15		16		17		18		19	
Week Four:									
Monday	Tangerine Chicken w/ Steamed Rice Carrot Coins Stir Fry Vegetables Biscuit Choice of Fruit Low-fat Milk	Tuesday	Nachos w/ Meat and Cheese Sauce Refried Beans Steamed Corn Salsa 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	Tangerine Chicken w/ Steamed Rice Carrot Coins Stir Fry Vegetables Biscuit Choice of Fruit Low-fat Milk	Tuesday	Nachos w/ Meat and Cheese Sauce Refried Beans Steamed Corn Salsa Choice of Fruit Low-fat Milk	 <p>Please remember our menu is subject to change due to availability.</p>					
29		30							

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