

Champ's Café December Menu

Charlotte County Public Schools 2021

Middle School

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

Weekly Breakfast Menu

Monday	FRUIT & 100% JUICE DAILY
Cereal w/ Muffin or Mini Pancakes, Oatmeal, Raisins, Low-Fat Milk	
Tuesday	FRUIT & 100% JUICE DAILY
Sausage Biscuit or Choice of Cereal w/ WGR Pop Tart, Oatmeal, Low-Fat Milk	
Wednesday	FRUIT & 100% JUICE DAILY
Bagel Breakfast Sandwich or Choice of Cereal & Bagel Half, Oatmeal, Low-Fat Milk	
Thursday	FRUIT & 100% JUICE DAILY
French Toast Sticks or Choice of Cereal w/ WGR Muffin, Oatmeal, Low-Fat Milk	
Friday	FRUIT & 100% JUICE DAILY
Turkey Sausage Omelette, Choice of Cereal, Cinnamon Roll, Oatmeal, Low-Fat Milk	
Alternate Lunch Entrees: Chef Salad, Deli Sandwich, Wraps, Chicken Fillet, Cheese Burger, Hamburger, Spicy Chicken, "Grab & Go" options daily - check your menu board in the Café for daily selections	

Our ala carte offerings meet the guidelines of The Alliance for a Healthier Generation and are USDA "Smart Snacks"

Week One: December 2021

				
Please remember our menu is subject to change due to availability.				
	Wednesday	Thursday	Friday	
	1	2	3	
	Beef Teriyaki Dippers Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Red Apple Milk	Grilled Cheese Sandwich Tomato Soup Green Beans Raisins or Choice of Fruit Milk	Chicken Parm w/ Spaghetti Crisp Salad Italian Veggies Whole Grain Roll Choice of Fruit Milk	


Week Two:

Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
Chicken Nuggets w/ Tator Tots Carrot Coins Biscuit Choice of Fruit Milk	Nachos with Beef & Cheese Sauce Salsa Chili Beans Steamed Corn Choice of Fruit Milk	Homemade Mac & Cheese Steamed Broccoli Relish Cup w/ Dip Whole Grain Roll Choice of Fruit Milk	Chicken Tenders w/ Rice Pilaf Peas Sweet Potato Fries Raisins or Choice of Fruit Milk	Spaghetti w/ Meat Sauce Crisp Salad Italian Veggies Whole Grain Roll Choice of Fruit Milk


Week Three:

Monday	Tuesday	Wednesday	Thursday	Friday
13	14	15	16	17
Tangerine Chicken w/ Steamed Rice Carrot Coins Peas Choice of Fruit Milk	Nachos with Beef & Cheese Sauce Salsa Refried Beans Steamed Corn Choice of Fruit Milk	Breakfast for Lunch Waffles Egg Patty Tator Tots Tomato Slices Blueberry Crisp & Fruit Milk	Hot Dog Sliders Baked Beans Sweet Potato Fries Raisins or Choice of Fruit Milk	Baked Meat & Cheese Ziti Crisp Salad Steamed Broccoli Whole Grain Roll Choice of Fruit Milk

Week Four:



WINTER BREAK! ENJOY!



Monday	Tuesday	Wednesday	Thursday	Friday
20	21	22	23	24

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