

Champ's Café November 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:					November 2021				
Monday	NO SCHOOL! ENJOY!	Tuesday	Soft Taco Lettuce, Salsa & Shredded Cheese Refried Beans Steamed Corn Choice of Fruit Low-fat Milk	Wednesday	Beef Teriyaki Dippers Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Low-fat Milk	Thursday	Grilled Cheese Sandwich Tomato Soup Green Beans Raisins or Choice of Fruit Low-fat Milk	Friday	Chicken Parm w/ Spaghetti Crisp Salad Italian Veggies 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	Chicken Nuggets w/ Tator Tots Carrot Coins Biscuit Choice of Fruit Low-fat Milk	Tuesday	Nachos with Beef & Cheese Sauce Salsa Chili Beans Steamed Corn Choice of Fruit Low-fat Milk	Wednesday	Homemade Mac & Cheese Steamed Broccoli Relish Cup w/ Dip Whole Grain Roll Choice of Fruit Low-fat Milk	Thursday	Chicken Tenders w/ Rice Pilaf Peas Sweet Potato Fries Raisins or Choice of Fruit Low-fat Milk	Friday	Spaghetti w/ Meat Sauce Crisp Salad Italian Veggies Whole Grain Roll Choice of Fruit Low-fat Milk
8		9		10		11		12	
Week Three:					Veterans Day				
Monday	Tangerine Chicken w/ Steamed Rice Carrot Coins Peas Choice of Fruit Low-fat Milk	Tuesday	Nachos with Beef & Cheese Sauce Salsa Refried Beans Steamed Corn 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	Hot Dog Sliders Baked Beans Sweet Potato Fries Raisins or Choice of Fruit Low-fat Milk	Friday	Baked Meat & Cheese Ziti Crisp Salad Steamed Broccoli Whole Grain Roll Choice of Fruit Low-fat Milk
15		16		17		18		19	
Week Four:					NO SCHOOL! ENJOY!				
Monday	Chicken Nuggets w/ Tator Tots Carrot Coins Biscuit Choice of Fruit Low-fat Milk	Tuesday	Nachos with Beef & Cheese Sauce Salsa Chili Beans Steamed Corn 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:					NO SCHOOL! ENJOY!				
Monday	Tangerine Chicken w/ Steamed Rice Carrot Coins Peas Choice of Fruit Low-fat Milk	Tuesday	Soft Taco Lettuce, Salsa & Shredded Cheese Refried Beans Steamed Corn Choice of Fruit Low-fat Milk				Please remember our menu is subject to change due to availability.		
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