

# Champ's Café November Menu

## Charlotte County Public Schools 2021

### Pre-K

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](http://www.PayPAMS.com)

#### Weekly Pre-K Breakfast Menu

##### Monday

Cereal w/ Yogurt or Cheesestick, Oatmeal, Low-Fat Milk, Fruit

##### Tuesday

Sausage Sandwich or Cereal w/ Yogurt, Oatmeal, Low-Fat Milk, Fruit

##### Wednesday

Bagel Breakfast Sandwich half or Cereal & Bagel Half, Oatmeal, Low-Fat Milk, Fruit

##### Thursday

French Toast Sticks or Cereal w/ Yogurt, Oatmeal, Low-Fat Milk, Fruit

##### Friday

Turkey Sausage Omelette w/ Cereal, Oatmeal, Low-Fat Milk, Fruit

#### Alternate Menu Choices:

Deli Sandwich, Yogurt with Cheese Stick, Crackers & Cheese

### Week One:

<b>Monday</b>	<b>NO SCHOOL! ENJOY!</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
1		2	3	4	5
		Chicken Parm Sandwich w/ Italian Veggies Diced Cucumbers Choice of Fruit Low-fat Milk	Homemade Mac & Cheese Steamed Broccoli Green Beans Whole Grain Roll Choice of Fruit Low-fat Milk	Pizza Slice (Cheese) Crisp Salad Steamed Cauliflower Choice of Fruit Low-fat Milk	Chicken Fillet on Bun Lettuce, Tomato & Pickle Black Beans <b>Sweet Potato Fries</b> Choice of Fruit Low-fat Milk

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

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
8	9	10	11	12
Chicken Nuggets Steamed Rice Diced Carrots Peas Choice of Fruit Low-fat Milk	Soft Taco Lettuce, Salsa & Shredded Cheese Refined Beans Steamed Corn Choice of Fruit Low-fat Milk	Spaghetti w/meat sauce Italian Veggies Steamed Broccoli Whole Grain Roll Choice of Fruit Low-fat Milk	Pizza Slice or Cheesy Garlic Bread Crisp Salad Spinach Choice of Fruit Low-fat Milk	Champ Burger Lettuce, Tomato & Pickle Baked Beans <b>Sweet Potato Fries</b> Choice of Fruit Low-fat Milk



### Week Three:

<b>Monday</b>	<b>Tuesday</b>	<b>Holiday Meal</b>	<b>Thursday</b>	<b>Friday</b>
15	16	17	18	19
Max Cheese Sticks w/ Marinara Sauce Peas Mixed Veggies Choice of Fruit Low-fat Milk	Turkey Deli Sandwich Sweet Potato Fries Chili Beans Choice of Fruit Low-fat Milk	Holiday Meal Roast Turkey Mashed Potatoes Steamed Corn Whole Grain Roll Apple Crisp and Fruit Low-fat Milk	Pizza Slice (Cheese) Crisp Salad Diced Carrots Choice of Fruit Low-fat Milk	Chicken Fillet on Bun Lettuce, Tomato & Pickle Steamed Broccoli <b>Tator Tots</b> Choice of Fruit Low-fat Milk

### Week Four:

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
22	23	24	25	26
Tangerine Chicken Steamed Rice Stir-fry Veggies Diced Carrots Choice of Fruit Low-fat Milk	Grilled Cheese w/ Tomato Soup Steamed Yellow Squash Choice of Fruit Low-fat Milk	<b>NO SCHOOL! ENJOY!</b>	<b>NO SCHOOL! ENJOY!</b>	<b>NO SCHOOL! ENJOY!</b>

### Week Five:

<b>Monday</b>	<b>Tuesday</b>
29	30
Mini Cheese Calzones w/ Marinara Sauce Diced Carrots Green Peas Choice of Fruit Low-fat Milk	Chicken Parm Sandwich w/ Italian Veggies Diced Cucumbers Choice of Fruit Low-fat Milk



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