

# Champ's Café November Menu

## Charlotte County Public Schools 2021

### Year-Round Elementary

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 Breakfast Menu

**Monday FRUIT & 100% JUICE DAILY**

Cereal w/ Muffin or Mini Pancakes, Oatmeal, Raisins, Low-Fat Milk

**Tuesday FRUIT & 100% JUICE DAILY**

Sausage Sandwich 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 w/ Choice of Cereal or Cinnamon Roll, Oatmeal, Low-Fat Milk

**Alternate Lunch Entrees:** Chef Salad, Cheese & Crackers, Deli Sandwich, Yogurt with Cheese Stick

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

Week One:				November 2021
<b>Monday</b>	<b>NO SCHOOL! ENJOY!</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
1		2	3	4
				5

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

Week Three:				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Holiday Meal</b>	<b>Thursday</b>
15	16	17		18
				19

Week Four:				
<h1>Holiday Break! Enjoy!!!</h1>				
22	23	24	25	26

<b>Monday</b>	<b>Tuesday</b>			
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