

# Champ's Café November Menu

## Charlotte County Public Schools 2021

### Pre-K Year-Round

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 Low-fat Milk, Fruit

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

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

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

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

**Alternate Menu Choices:**  
Deli Sandwich, Yogurt with Cheese Stick, Crackers & Cheese

Week One:				November 2021					
<b>Monday</b>	<b>NO SCHOOL! ENJOY!</b>	<b>Tuesday</b>	Chicken Parm Sandwich w/ Italian Veggies Diced Cucumbers Choice of Fruit Low-fat Milk	<b>Wednesday</b>	Homemade Mac & Cheese Steamed Broccoli Green Beans Whole Grain Roll Choice of Fruit Low-fat Milk	<b>Thursday</b>	Pizza Slice (Cheese) Crisp Salad Steamed Cauliflower Choice of Fruit Low-fat Milk	<b>Friday</b>	Chicken Fillet on Bun Lettuce, Tomato & Pickle Black Beans <b>Sweet Potato Fries</b> Choice of Fruit Low-fat Milk
1		2		3		4		5	
Week Two:				Happy Western & World Diabetes Day Celebration, November 14th!					
<b>Monday</b>	Chicken Nuggets Steamed Rice Carrot Coins Peas Choice of Fruit Low-fat Milk	<b>Tuesday</b>	Soft Taco Lettuce, Salsa & Shredded Cheese Refried Beans Steamed Corn Choice of Fruit Low-fat Milk	<b>Wednesday</b>	Spaghetti w/meat sauce Italian Veggies Steamed Broccoli Whole Grain Roll Choice of Fruit Low-fat Milk	<b>Thursday</b>	Pizza Slice or Cheesy Garlic Bread Crisp Salad Spinach Choice of Fruit Low-fat Milk	<b>Friday</b>	Champ Burger Lettuce, Tomato & Pickle Baked Beans <b>Sweet Potato Fries</b> Choice of Fruit Low-fat Milk
8		9		10		11		12	
Week Three:				Holiday Meal					
<b>Monday</b>	Max Cheese Sticks w w/ Marinara Sauce Peas Mixed Veggies Choice of Fruit Low-fat Milk	<b>Tuesday</b>	Turkey Deli Sandwich Sweet Potato Fries Chili Beans Choice of Fruit Low-fat Milk	<b>Wednesday</b>	Roast Turkey Mashed Potatoes Steamed Corn Whole Grain Roll Apple Crisp and Fruit Low-fat Milk	<b>Thursday</b>	Pizza Slice (Cheese) Crisp Salad Diced Carrots Choice of Fruit Low-fat Milk	<b>Friday</b>	Chicken Fillet on Bun Lettuce, Tomato & Pickle Steamed Broccoli <b>Tator Tots</b> Choice of Fruit Low-fat Milk
15		16		17		18		19	
Week Four:				Holiday Break! Enjoy!!!					
<b>Monday</b>	Mini Cheese Calzones w/ Marinara Sauce Diced Carrots Green Peas Choice of Fruit Low-fat Milk	<b>Tuesday</b>	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.	
29		30							