

Champ's Café August Menu

Charlotte County Public Schools 2018

The Academy & H.O.P.E.

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 \$3.40
Adult Breakfast \$1.50

Track your meals and account balance for FREE at www.PayPams.com

Daily Academy Breakfast Menu:
Breakfast Bagel Sandwich
French Toast Sticks
Large Muffin, Sausage Biscuit Slider
Choice of Cereal with Muffin or Pop-Tart
All of the above Entrees include: Oatmeal
Choice of Fruit, 100% Juice & Low-Fat Milk

H.O.P.E. Breakfast Menu

Monday

Cereal and Hard-Boiled Egg,
Oatmeal, Fruit, Low-Fat Milk

Tuesday

Turkey Sausage Patty, Biscuit,
Fruit, Low-Fat Milk

Wednesday

Nonfat Yogurt & Cereal,
Oatmeal, Fruit, Low-Fat Milk

Thursday

Whole Grain French Toast Sticks, Syrup,
Oatmeal, Fruit, Low-Fat Milk

Friday

Turkey Sausage Omelette, Cereal,
Fruit, Low-Fat Milk



Interested in Charlotte County's **Wellness Policy**? Check it out here:
goo.gl/rE9wAW
What is "Champ's Cafe" ?
Champ's Cafe is Charlotte County Public Schools' title/brand for their Food Service Department and each schools' Cafeteria.

Week One:



Students or Parents with credit or debit cards may place money on a student's account via PayPAMS.com. Download the app today!



Friday 10
Pizza
Cheese or Pepperoni
Crisp Romaine Salad
Green Peas
Choice of Fruit
Milk
Choice of Spicy Chicken or Chicken Parmesan

Week Two:

Monday Teriyaki Chicken Steamed Rice Stir Fry Vegetables Carrot Coins Eggroll Choice of Fruit, Milk HOPE: Ravioli 13 Choice of Spicy Chicken	Tuesday Nachos with Beef & Cheese Sauce Refried Beans Steamed Corn Lettuce, Salsa Choice of Fruit Milk HOPE: Soft Taco 14 Choice of Chicken Fillet	Wednesday Country Style Steak Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk HOPE: Beef Dippers 15 Choice of Rib B Q	Thursday Corn Dog Nuggets Baked Beans Waffle Cut Sweet Potatoes Choice of Fruit Milk HOPE: Chicken Sandwich 16 Choice of Champ Burger	Friday Bosco Sticks w/ Marinara Sauce Crisp Romaine Salad Green Beans Choice of Fruit Milk HOPE: Pizza Choice of Spicy Chicken or Chicken Parmesan 17
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Week Three:

Monday Tangerine Chicken Steamed Rice Stir Fry Vegetables Carrot Coins Eggroll Choice of Fruit, Milk HOPE: Grilled Cheese 20 Choice of Spicy Chicken	Tuesday Nachos with Beef & Cheese Sauce Refried Beans Corn, Lettuce, Salsa Choice of Fruit Milk HOPE: Ham Deli Sandwich 21 Choice of Chicken Fillet	Wednesday MONTHLY SPECIAL Chicken Parmesan w/ Spaghetti & Sauce Steamed Broccoli Green Beans Garlic Wheat Roll Choice of Fruit, Milk 22 Choice of Rib B Q	Thursday Specialty Chicken Nuggets Rice Pilaf Waffle Cut Sweet Potatoes Vegetable Medley Choice of Fruit Milk 23 Choice of Champ Burger	Friday Pizza Cheese or Pepperoni Crisp Romaine Salad Green Beans Choice of Fruit Milk Choice of Spicy Chicken or Chicken Parmesan 24
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Week Four:

Monday Teriyaki Chicken Steamed Rice Stir Fry Vegetables Carrot Coins Eggroll Choice of Fruit, Milk HOPE: Ravioli 27 Choice of Spicy Chicken	Tuesday Mesquite Roast Chicken Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll, Milk Choice of Fruit and Sidekicks - 100% Juice HOPE: Beef Dippers 28 Choice of Rib B Q	Wednesday Chicken Fajita Cheese, Lettuce, Salsa Black Beans & Rice Waffle Cut Sweet Potatoes Choice of Fruit Milk HOPE: Champ Burger 30 Choice of Champ Burger	Friday Bosco Sticks w/ Marinara Sauce Crisp Romaine Salad Green Beans Choice of Fruit, Milk HOPE: Pizza Choice of Spicy Chicken or Chicken Parmesan 31
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Track your meal account balance for FREE at www.payPams.com

This institution is an equal opportunity provider and employer.

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY

Everyday Lunch Entrée Choices:
Chef Salads, Deli Wraps, Sub Sandwich