

Champ's Café August Menu

Charlotte County Public Schools 2018

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 \$3.40
Adult Breakfast \$1.50

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

Weekly Pre-K Breakfast Menu

Monday
Cereal w/ Yogurt or Cheesestick, Oatmeal, Low-Fat Milk, Fruit
Tuesday
Sausage Sandwich or Cereal, Oatmeal, Low-Fat Milk, Fruit
Wednesday
Bagel Breakfast Sandwich 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 Lunch Entrees:
Champ Pack w/ Turkey, 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"

August 2018



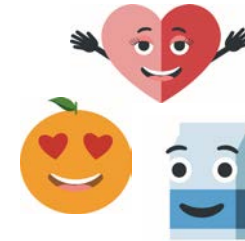
Interested in Charlotte County's **Wellness Policy**? Check it out here: goo.gl/rE9wAW

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
Champ Burger
Lettuce, Tomato & Pickle
Potato Wedges
Baked Beans
Choice of Fruit
Milk

Week Two:

Monday 13 Chicken Nuggets Rice Pilaf Carrot Coins Green Peas Choice of Fruit Milk	Tuesday 14 Max Sticks w/ Marinara Sauce Green Beans Baked Beans Choice of Fruit Milk	Wednesday 15 Beef Teriyaki Dippers Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	Thursday 16 Pizza Cheese or Pepperoni Crisp Romaine Salad Mixed Vegetables Choice of Fruit Milk	Friday 17 Chicken Fillet Lettuce, Tomato & Pickle Waffle Cut Sweet Potatoes Fresh Steamed Squash Mix Choice of Fruit Milk
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Week Three:

Monday 18 Chicken Nuggets Mashed Potatoes & Gravy Green Peas Carrot Coins Choice of Fruit Milk	Tuesday 19 Soft Taco Beef & Shredded Cheese Lettuce, Salsa Refried Beans Corn Choice of Fruit Milk	Wednesday 22 MONTHLY SPECIAL Chicken Parmesan w/ Spaghetti & Sauce Steamed Broccoli Green Beans Garlic Wheat Roll Choice of Fruit Milk	Thursday 23 Pizza Slice or Cheesy Garlic Bread Crisp Romaine Salad Steamed Cauliflower Choice of Fruit Milk	Friday 24 Champ Burger Baked Onion Rings Lettuce, Tomato & Pickle Vegetable Medley Baked Beans Choice of Fruit Milk
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Week Four:

Monday 27 Mini Cheeze Calzones w/ Marinara Sauce Green Beans Carrot Coins Choice of Fruit Milk	Tuesday 28 Homemade Beefaroni Steamed Broccoli Carrot Coins Garlic Wheat Roll Choice of Fruit Milk	Wednesday 29 Pizza Cheese or Pepperoni Crisp Romaine Salad Steamed Corn Choice of Fruit Milk	Thursday 30 Chicken Fillet Lettuce, Tomato & Pickle Tater Tots Green Peas Choice of Fruit Milk
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This institution is an equal opportunity provider and employer.

All of our grain products are whole grain-rich (WGR)
MENU SUBJECT TO CHANGE DUE TO AVAILABILITY