

Champ's Café August Menu

Charlotte County Public Schools 2018

Year-Round 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"

Week One:

August 2018



Wednesday 1
Homemade Mac & Cheese
Steamed Broccoli
Carrot Coins
Garlic Wheat Roll
Choice of Fruit
Milk

Thursday 2
Pizza Slice or
Cheesy Garlic Bread
Crisp Romaine Salad
Steamed Corn
Choice of Fruit
Milk

Friday 3
Chicken Fillet
Lettuce, Tomato & Pickle
Vegetable Medley
Tater Tots
Choice of Fruit
Milk

Week Two:

Monday 6
Tangerine Chicken
Steamed Rice
Stir Fry Vegetables
Vegetable Eggroll
Choice of Fruit
Milk

Tuesday 7
Grilled Cheese Sandwich
Tomato Soup
Mixed Vegetables
Veggie Relish Cup
Choice of Fruit
Milk



Wednesday 8
Turkey and Gravy
Mashed Potatoes
Steamed Broccoli
Whole Grain Roll
Choice of Fruit
Milk

Thursday 9
Pizza
Cheese or Pepperoni
Crisp Romaine Salad
Carrot Coins
Choice of Fruit
Milk

Friday 10
Champ Burger
Lettuce, Tomato & Pickle
Potato Wedges
Baked Beans
Choice of Fruit
Milk



Week Three:

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

Week Four:

Monday 20
Chicken Nuggets
Mashed Potatoes & Gravy
Green Peas
Carrot Coins
Choice of Fruit
Milk

Tuesday 21
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



Week Five:

Monday 27
Mini Cheeze Calzones
w/ Marinara Sauce
Green Beans
Carrot Coins
Choice of Fruit
Milk

Tuesday 28
Election Day No School!



Wednesday 29
Homemade Beefaroni
Steamed Broccoli
Carrot Coins
Garlic Wheat Roll
Choice of Fruit
Milk

Thursday 30
Pizza
Cheese or Pepperoni
Crisp Romaine Salad
Steamed Corn
Choice of Fruit
Milk

Friday 31
Chicken Fillet
Lettuce, Tomato & Pickle
Tater Tots
Green Peas
Choice of Fruit
Milk

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