

Champ's Café August Menu









Charlotte County Public Schools 2018
Baker Center

Champ's Café is inviting all students to participate in the free meals program. Participation for free meals is not mandatory - unless students are enrolled in the Pre-K program. 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 Breakfast Menu	
Monday	Cereal and Hard-Boiled Egg, Oatmeal, Fruit, Low-Fat Milk
Tuesday	Turkey Sausage Patty, Biscuit, Oatmeal, 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, Oatmeal, Fruit, Low-Fat Milk
Enjoy Breakfast and Lunch at Champ's Café!	

Week One:				August 2018	
		Wednesday 1 Pizza Green Beans Tossed Salad Choice of Fruit Milk Cookie 	Thursday 2 Ham & Cheese Sandwich Carrots Choice of Fruit Milk	Friday 3 Chicken Fillet Lettuce, Tomato & Pickle Potato Wedges Peaches Milk	
Week Two:					
Monday 6 Chicken Nuggets Rice Pilaf Green Beans Diced Carrots Choice of Fruit Milk	Tuesday 7 Grilled Cheese Sandwich Tomato Soup Mixed Vegetables Choice of Fruit Milk 	Wednesday 8 Homemade Beefaroni Green Peas Steamed Broccoli Fresh Baked Garlic Roll Choice of Fruit Milk	Thursday 9 Max Sticks with Marinara Sauce Prince Edward Bean Mix Tossed Salad Choice of Fruit Milk <u>Summer Food Serv. Prog. Ends Today</u>	Friday 10 Hamburger Lettuce, Tomato & Pickle Baked Beans Mixed Vegetables Choice of Fruit Milk 	
Week Three:					
Monday 13 Chicken Nuggets Rice Pilaf Green Peas Diced Carrots Choice of Fruit Milk 	Tuesday 14 Soft Taco with Beef & Cheese Lettuce, Salsa Refried Beans Corn Choice of Fruit Milk	Wednesday 15 Beef Teriyaki Dippers Mashed Potatoes Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	Thursday 16 Pizza Italian Vegetable Blend Tossed Salad Choice of Fruit Milk	Friday 17 Chicken Fillet Lettuce, Tomato & Pickle Fresh Steamed Squash Mix Sweet Potato Puffs Choice of Fruit Milk	
Week Four:					
Monday 20 Mini Cheeze Calzones w/ Marinara Sauce Green Peas Diced Carrots Choice of Fruit Milk	Tuesday 21 Turkey Deli Sandwich Potato Wedges Baked Beans Choice of Fruit Milk Jonny Pops Day! 	Wednesday 22 MONTHLY SPECIAL Chicken Parmesan w/ Spaghetti & Sauce Steamed Broccoli Green Beans Garlic Wheat Roll Choice of Fruit Milk	Thursday 23 Pizza Steamed Corn Tossed Salad Choice of Fruit Milk 	Friday 24 Hamburger Lettuce, Tomato & Pickle Spinach Vegetable Medley Choice of Fruit Milk	
Week Five:					
Monday 27 Chicken Nuggets Rice Pilaf Black Beans Diced Carrots Choice of Fruit Milk	Tuesday 28  Election Day No School!	Wednesday 29 Turkey and Gravy Mashed Potatoes Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	Thursday 30 Cheesy Garlic Bread Orange Glazed Sweet Potatoes Tossed Salad Choice of Fruit Milk	Friday 31 Chicken Fillet Lettuce, Tomato & Pickle Green Beans Tater Tots 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