

Champ's Café August Menu

Charlotte County Public Schools 2018
Elementary School

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.



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.

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 Raisins or 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 20 MONTHLY SPECIAL Chicken Parmesan w/ Spaghetti & Sauce Steamed Broccoli Green Beans Garlic Wheat Roll Choice of Fruit Milk	Thursday 21 Pizza Slice or Cheesy Garlic Bread Crisp Romaine Salad Steamed Cauliflower Raisins or Choice of Fruit Milk	Friday 22 Champ Burger Baked Onion Rings Lettuce, Tomato & Pickle Vegetable Medley Baked Beans Choice of Fruit Milk
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Week Four:

Monday 23 Mini Cheeze Calzones w/ Marinara Sauce Green Beans Carrot Coins Choice of Fruit Milk	Tuesday 24 Homemade Beefaroni Steamed Broccoli Baby Carrots w/ Dip Garlic Wheat Roll Choice of Fruit Milk	Wednesday 25 Pizza Cheese or Pepperoni Crisp Romaine Salad Steamed Corn Raisins or Choice of Fruit Milk	Thursday 26 Chicken Fillet Lettuce, Tomato & Pickle Tater Tots Green Peas Choice of Fruit Milk
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**Election Day
No School!**

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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	FRUIT & 100% JUICE DAILY
Cereal w/ Muffin or Mini Pancakes, Oatmeal, Raisins, Low-Fat Milk	
Tuesday	FRUIT & 100% JUICE DAILY
Sausage Sandwich or Choice of Cereal w/ WGR Pop Tart, Oatmeal, Low-Fat Milk	
Wednesday	FRUIT & 100% JUICE DAILY
Bagel Breakfast Sandwich or Choice of Cereal & Bagel Half, Oatmeal, Low-Fat Milk	
Thursday	FRUIT & 100% JUICE DAILY
French Toast Sticks or Choice of Cereal w/ WGR Muffin, Oatmeal, Low-Fat Milk	
Friday	FRUIT & 100% JUICE DAILY
Turkey Sausage Omelette w/ Choice of Cereal or Cinnamon Roll, Oatmeal, Low-Fat Milk	

Alternate Lunch Entrees: Chef Salad, Champ Pack or Protein Power Pack, 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"

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