

Champ's Café August Menu

Charlotte County Public Schools 2018

Middle School

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

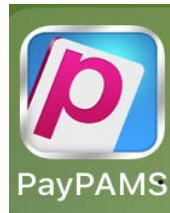
Track your meals and account balance for FREE at www.PayPams.com



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
Spaghetti with Meat Sauce
Crisp Romaine Salad
Italian Vegetable Blend
Fresh Baked Garlic Roll
Choice of Fruit
Milk

Week Two:

Monday
13

Tangerine Chicken
Steamed Rice
Stir Fry Vegetables
Green Peas
Vegetable Eggroll
Choice of Fruit
Milk

Tuesday
14

Nachos with Beef & Cheese Sauce
Refried Beans
Corn
Lettuce, Salsa
Choice of Fruit
Milk

Wednesday
15

Country Style Steak
Mashed Potatoes & Gravy
Steamed Broccoli
Whole Grain Roll
Choice of Fruit
Milk



Thursday
16

Corn Dog Nuggets
Waffle Cut Sweet Potatoes
Green Beans
Raisins or
Choice of Fruit
Milk

Friday
17

Homemade Beefaroni
Crisp Romaine Salad
Italian Vegetable Blend
Fresh Baked Garlic Roll
Choice of Fruit
Milk

Week Three:

Monday
18

Tangerine Chicken
Steamed Rice
Stir Fry Vegetables
Green Peas
Vegetable Eggroll
Choice of Fruit
Milk



Tuesday
21

Soft Taco w/ Shredded Cheese
Refried Beans
Corn
Lettuce, Salsa
Choice of Fruit
Milk



Wednesday
22

Beef Teriyaki Dippers
Mashed Potatoes & Gravy
Green Beans
Whole Grain Roll
Choice of Fruit
Milk

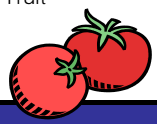
Thursday
23

Pulled Pork Sandwich
Baked Onion Rings
Baked Beans
Baby Carrots w/ Dip
Raisins or
Choice of Fruit
Milk



Friday
24

Baked Meat & Cheese Ziti
Crisp Romaine Salad
Italian Vegetable Blend
Fresh Baked Garlic Roll
Choice of Fruit
Milk



Week Four:

Monday
27

Chicken Nuggets
Rice Pilaf
Carrot Coins
Vegetable Medley
Choice of Fruit
Milk

Tuesday
28

**Election Day
No School!**

Wednesday
29

Mesquite Roast Chicken
Mashed Potatoes
Steamed Broccoli
Whole Grain Roll
Choice of Fruit
Milk

Thursday
30

Grilled Cheese Sandwich
Tomato Soup
Mixed Vegetables
Veggie Relish Cup w/ Dip
Raisins or
Choice of Fruit
Milk

Friday
31

MONTHLY SPECIAL
Chicken Parmesan w/ Spaghetti & Sauce
Steamed Broccoli
Green Beans
Garlic Wheat Roll
Choice of Fruit
Milk

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 Biscuit 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, Choice of Cereal, Cinnamon Roll, Oatmeal, Low-Fat Milk

Alternate Lunch Entrees: Chef Salad, Deli Sandwich, Wraps, Chicken Fillet, Cheese Burger, Hamburger, Spicy Chicken, "Grab & Go" options daily - check your menu board in the Café for daily selections

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