

Champ's Café August Menu

Charlotte County Public Schools 2018

High School

Free & Reduced Price Meal applications are available online at champs.yourcharlotteschools.net or obtained from the school.

Call 941 575 5400 ext. 109 for more information

Student Lunch Prices

CHS & LBH \$2.80 daily, \$14 weekly
 \$.40 Reduced Price Lunch daily, \$2.00 weekly
 Free to those who qualify and to all at PCH.

Adult Lunch Price \$3.40

Champs Café Accepts Cash, Checks payable to Champ's Café

www.payPAMS.com

Student Breakfast \$1.20 daily, \$6 weekly
 \$.30 Reduced Price Breakfast daily, \$1.50 weekly
 Free to those who qualify and to all at PCH.

Adult Breakfast \$1.50

Track your meal account balance for FREE at www.payPams.com

Everyday Choices:

Chef Salads, Hamburger, Cheeseburger,
 Deli Sub/ Wrap, Pizza,
 Chicken Fillet, Spicy Chicken, Chicken Nuggets

All students at Port Charlotte High can receive a free breakfast and a free lunch each day!

Our a la carte offerings meet the guidelines of

The Alliance for a Healthier Generation and are USDA "Smart Snacks"

Daily Breakfast Menu

Breakfast Bagel Sandwich, Oatmeal, French Toast Sticks, Mini Pancakes, Large Muffin, Bagel, Breakfast Pizza, Choice of Cereal with Muffin, Pop-Tart, Chicken or Sausage Biscuit, Fruit, Turkey Sausage Omelette/Cinnamon Roll Fridays



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
 Baked Meat & Cheese Ziti
 Crisp Romaine Salad
 Green Beans
 Fresh Baked Garlic Roll
 Choice of Fruit
 Milk

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Week Two:

Monday

Tangerine Chicken
 Steamed Rice
 Stir Fry Vegetables
 Carrot Coins
 Vegetable Eggroll
 Choice of Fruit
 Milk

13

Tuesday

Nachos w/ Meat and Cheese Sauce
 Refried Beans
 Corn
 Lettuce, Salsa
 Choice of Fruit
 Milk

14

Wednesday

Beef Teriyaki Dippers
 Mashed Potatoes & Gravy
 Steamed Broccoli
 Whole Grain Roll
 Choice of Fruit
 Milk

15

Thursday

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

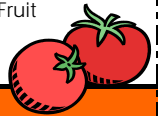
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Friday

Chicken Parmesan w/ Spaghetti & Sauce
 Crisp Romaine Salad
 Italian Blend Veggies
 Fresh Baked Garlic Roll
 Choice of Fruit
 Milk

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Week Three:

Monday

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

20

Tuesday

Nachos w/ Meat and Cheese Sauce
 Refried Beans
 Corn
 Lettuce, Salsa
 Choice of Fruit
 Milk

21



Wednesday

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

22



Thursday

Turkey & Gravy
 Mashed Potatoes
 Green Peas
 Biscuit
 Choice of Fruit
 Raisins
 Milk

23

Friday

Homemade Beefaroni
 Crisp Romaine Salad
 Green Beans
 Fresh Baked Garlic Roll
 Choice of Fruit
 Milk

24

Week Four:

Monday

Tangerine Chicken
 Steamed Rice
 Stir Fry Vegetables
 Carrot Coins
 Vegetable Eggroll
 Choice of Fruit
 Milk

27

Tuesday

Mesquite Roast Chicken
 Mashed Potatoes & Gravy
 Green Peas
 Whole Grain Roll
 Choice of Fruit
 Milk

28

**Election Day
 No School!**

Wednesday

Beef Teriyaki Dippers
 Mashed Potatoes & Gravy
 Green Beans
 Biscuit
 Choice of Fruit
 Raisins
 Milk

29

Thursday

Homemade Mac & Cheese
 Whole Grain Roll
 Steamed Broccoli
 Waffle Cut Sweet Potatoes
 Choice of Fruit
 Milk

30

Friday

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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