

Champ's Café

Etiquette Expectations:

Please say **“Please”** & **“Thank you”** to those who serve you . Learn your **keypad number** (enter it into your cell phone).

Etiquette

Have your money ready to hand to the Cashier.

Write your full name and keypad number on a check..

Clean up your tray when you are finished eating.

Be sure you can eat each day at Champ's Café!

Keep a few dollars on your account as a safety net!

Go to **PayPAMS.com** or **Mobile app** to track your account balance online for **FREE**, or to pay for meals using a credit or debit card: \$1.95 per transaction.



Also track your account balance through your district **FOCUS** Account.

See your Champ's Cafe **monthly menu** for daily vegetable and specialty offerings!
The menu is posted in your cafeteria & on our website.

Choose & Eat the full menu Healthy School Lunch
of 7 food items at *Champ's Café!*

Your Breakfast tray must have a fruit or juice

Your lunch tray may have **ALL** these foods,

but it must have at least 3 of these foods:

Protein: Meat or Cheese

Grains: such as pasta or rice

Milk: low-fat or nonfat, chocolate or white

You must take a half-cup of a Vegetable or Fruit

or 2 different Fruits*

or 2 different Vegetables*

Vegetables are offered from the following categories:

Dark green, Red-Orange, Beans and Peas, Starchy and Other.

In alignment with the USDA 2015 Dietary Guidelines for Americans, Nutritional Goals for our Customers include increasing fiber through whole grains, fruits & vegetables, decreasing sodium, eliminating trans fats & maintaining fat calories to less than 30% of the 750-850 calorie full-menu school lunch (above).

Welcome to Charlotte High School TARPON



The mission of the **Champ's Café** School Food & Nutrition Services Department is to support the district's vision of **Student Success!** by providing nutritious, high quality food choices that are attractive, reasonably-priced, and served in a safe, sanitary and customer-friendly environment so students develop lifelong, **healthy eating habits.**



<https://www.yourcharlotteschools.net/Page/18111>

Eat Well, Learn, Well, Live Well, Be Well

Champ's Café operates under the United States Department of Agriculture's National School Breakfast and

National School Lunch Programs.

*“USDA is an equal opportunity provider
and employer.”*

Eat a wide variety of nutritious and delicious foods at your

Tarpon Champ's Cafe

\$2.80 Meal Deals include:

Protein, Grain, 2 different Fruits, 2 different Vegetables & Milk



*See your Champ's Café monthly menu for specialty offerings! *

Students: If you do not have lunch money one day, see the Champ's Cafe Manager to obtain a meal. You must **re-pay** the Manager the **next day**.

Deposit some money on your account so you can depend on refueling each day at **Champ's Cafe!**

1 Tarpon Treats

"Smart Snacks" Approved Ala Carte Items:

Ice Cream Specialties, Cereal Bars, Snacks, Popcorn, Cookies, Bagels, Muffins and other Fresh-Baked Products, Fruit, Water, Flavored Water, "Smart Snacks Approved" Specialty Drinks & Sport Drinks

2 Slam Dunkin' Nuggets

Chicken Nuggets/Specialty Nuggets such as Spicy or Dill Nuggets, or Chicken Tenders Rice Pilaf or Roll, all with Fruit and Vegetable choices of the day, Milk

Just Like Home Cookin'

3 Coyote Grill 4 The Main Event

On various days: Pasta, Beef Dippers, Tangerine or Teriyaki Chicken, or Mexican Specialties such as Nachos, Tacos or Chicken Fajita; &

Our Champ's Monthly Special, all with Fruit and Vegetable Choices of the Day, Milk

5 Red Baron & 6 Power Slice Pizza

Cheese or Pepperoni Pizza, Southwest Pizza or Champ's Specialty Pizza, Cheese Sticks with Marinara Sauce, Nachos, or Hot Specialty Sandwiches, all with Fruit and Vegetable Choices of the Day, Milk

For Special Diet Needs & Vegetarian Entree Selections:

Please see your Champ's Café Manager

No Alacarte products will be sold to a student with a negative balance

7 Homeroom Heroes & 8 On the Green

Variety of Wraps & Hero Sandwiches with Lettuce, Tomato & Pickle, all with Fruit and Vegetable Choices of the Day, Milk

Variety of Chef Salads & Dressings with Fresh-Baked Roll, all with Fruit and Vegetable Choices of the Day, Milk

Ala Carte Items: Yogurt, Water, Flavored Water, "Smart Snack Approved" Specialty Drinks & Sports Drinks

9 Kick-in Chicken

Grilled or Breaded Chicken Fillet on Bun with Lettuce, Tomato & Pickle, all with Fruit and Vegetable Choices of the Day, Milk

10 Champ's Grill

Spicy Chicken Fillet on Bun with Lettuce, Tomato & Pickle, all with Fruit and Vegetable Choices of the Day, Milk

11 Champburger

Hamburger or Cheeseburger with Lettuce, Tomato & Pickle or Specialty Hot Sandwiches, Rib B Que or Bacon Cheeseburger, all with Fruit and Vegetable Choices of the Day, Milk



Breakfast

Breakfast is Served!

Open 30 minutes before school at various food courts

*Every day: **\$1.20 Meal Deals include***

Fruit & Juice, Milk & Oatmeal offered with all breakfast meals

Cereal & Muffin or Breakfast Bagel Sandwich or Deluxe Muffin or Bagel or Pancakes or French Toast Sticks or Sausage or Chicken Biscuit /Slider

On Fridays: in addition to everyday choices

Fresh-Baked Cinnamon Roll and Frittata.