

Track your account balance on line for free: **PayPams.com** or through the district **FOCUS** account. When you use **PayPams.com** or **Mobile App** to pay for a la carte purchases using a credit or debit card there is a \$1.95 transaction fee.



Choose & Eat the full menu healthy School Lunch of 6 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 Fruit Choice

or 2 different Vegetables

Vegetables are offered from the following categories:

Dark Green, Red-Orange, Beans and Peas, Starchy and Other

Etiquette Expectations:

Please say **"Please"** and **"Thank You"** to those who help serve you learn your keypad number (enter it into your cell phone). Have your money ready to hand the Cashier.

Write your full name and keypad number on a check.

Clean up your tray when you are finished eating

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
L.A. Ainger Middle School

Cougar



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
Cougar Champ's Cafe

All Meals are Free of Charge to L.A. Ainger Students!

No Ala carte products will be sold to a student with a negative balance.



Main Event & Pizza

On most days: Main Event Choices - see list below;
On various days: Pepperoni or Cheese Pizza, or
Bosco Cheese Sticks with Marinara Sauce,
all with Fruit and Vegetable Choices of the Day, Milk.



Main Event Entrees

On Various Days: Country Steak, Baked Chicken, Roast Turkey or Teriyaki beef Dippers with Mashed Potatoes, Tangerine Chicken with Rice or Mexican Specialties such as Nachos, Tacos or Chicken Fajita, Pasta with Tossed Salad with Choice of Dressing, all with Fruit and Vegetable choices of the day, Milk.

**For Special Diet Needs and Vegetarian requests,
Please See Your Champ's Café Manager**



Chamburger & Chicken Fillet

Hamburger, Cheeseburger, Grilled Breaded or Spicy Chicken Fillet on a Bun with Lettuce, Tomato & Pickle, and a Variety of Wraps & Hero Sandwiches, Variety of Chef Salads and Dressings, all with Fruit and Vegetable choices of the day, Milk.



We would like to encourage all students to keep a balance on their account for Ala Carte purchases. All extra food items purchased Ala Carte require payment from your account or cash paid at a time of purchase

Thank You!



Free Breakfast is Served!

Open 30 minutes before school at various food courts.

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

Choice of Cereal offered everyday.

Offered on Various Days:

Mini Pancakes, Sausage Sandwich

Bagel Breakfast Sandwich, French Toast Sticks,

Turkey Sausage Omelet and Cinnamon Rolls.