

# Champ's Café September Menu

Charlotte County Public Schools 2018

## The Academy & H.O.P.E.

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 \$3.50  
Adult Breakfast \$1.50

Track your meals and account balance for FREE at [www.PayPams.com](http://www.PayPams.com)


### Daily Academy Breakfast Menu:

- Breakfast Bagel Sandwich
- French Toast Sticks
- Large Muffin, Sausage Biscuit Slider
- Choice of Cereal with Muffin or Pop-Tart
- All of the above Entrees include: Oatmeal
- Choice of Fruit, 100% Juice & Low-Fat Milk

### H.O.P.E. Breakfast Menu

<b>Monday</b>	Cereal and Hard-Boiled Egg, Oatmeal, Fruit, Low-Fat Milk
<b>Tuesday</b>	Turkey Sausage Patty, Biscuit, Fruit, Low-Fat Milk
<b>Wednesday</b>	Nonfat Yogurt & Cereal, Oatmeal, Fruit, Low-Fat Milk
<b>Thursday</b>	Whole Grain French Toast Sticks, Syrup, Oatmeal, Fruit, Low-Fat Milk
<b>Friday</b>	Turkey Sausage Omelette, Cereal, Fruit, Low-Fat Milk

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Week One:				September 2018					
<b>Monday</b>	 3	<b>Tuesday</b>	Nachos with Beef & Cheese Sauce Refried Beans Steamed Corn Lettuce, Salsa Choice of Fruit, Milk HOPE: Soft Taco 4	<b>Wednesday</b>	Turkey & Gravy Mashed Potatoes Steamed Broccoli Whole Grain Roll Choice of Fruit Milk 5	<b>Thursday</b>	Chicken Nuggets Biscuit Waffle Cut Sweet Potatoes Green Beans Choice of Fruit Milk 6	<b>Friday</b>	Pizza Cheese or Pepperoni Crisp Romaine Salad Green Peas Choice of Fruit Milk Choice of Spicy Chicken or Chicken Parmesan 7

Week Two:									
<b>Monday</b>	Tangerine Chicken Steamed Rice Stir Fry Vegetables Carrot Coins Eggroll Choice of Fruit Milk HOPE: Grilled Cheese 10	<b>Tuesday</b>	Nachos with Beef & Cheese Sauce Refried Beans Steamed Corn Lettuce, Salsa Choice of Fruit Milk HOPE: Turkey Deli Sandwich 11	<b>Wednesday</b>	Beef Teriyaki Dippers Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk 12	<b>Thursday</b>	Corn Dog Nuggets Baked Beans Waffle Cut Sweet Potatoes Choice of Fruit Milk HOPE: Chicken Sandwich 13	<b>Friday</b>	Bosco Sticks w/ Marinara Sauce Crisp Romaine Salad Green Beans Choice of Fruit Milk HOPE: Pizza Choice of Spicy Chicken or Chicken Parmesan 14

Week Three:									
<b>Monday</b>	Teriyaki Chicken Steamed Rice Stir Fry Vegetables Carrot Coins Eggroll Choice of Fruit Milk HOPE: Ravioli 17	<b>Tuesday</b>	Nachos with Beef & Cheese Sauce Refried Beans Steamed Corn Lettuce, Salsa Choice of Fruit Milk HOPE: Soft Taco 18	<b>Wednesday</b>	<b>MONTHLY SPECIAL</b> Cheesy Chop Steak Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk 19	<b>Thursday</b>	Specialty Chicken Nuggets Rice Pilaf Waffle Cut Sweet Potatoes Vegetable Medley Choice of Fruit Milk 20	<b>Friday</b>	Pizza Cheese or Pepperoni Crisp Romaine Salad Green Peas Fruit Milk Choice of Spicy Chicken or Chicken Parmesan 21

Week Four:									
<b>Monday</b>	Tangerine Chicken Steamed Rice Stir Fry Vegetables Carrot Coins Eggroll Choice of Fruit, Milk HOPE: Grilled Cheese 24	<b>Tuesday</b>	Nachos with Beef & Cheese Sauce Refried Beans Corn, Lettuce, Salsa Choice of Fruit Milk HOPE: Ham Deli Sandwich 25	<b>Wednesday</b>	Pulled Pork Sandwich <b>Baked Onion Rings</b> Steamed Broccoli Baby Carrots w/ Dip Choice of Fruit Milk HOPE: Turkey & Gravy, Roll 26	<b>Thursday</b>	Chicken Fajita Cheese, Lettuce, Salsa Black Beans & Rice Waffle Cut Sweet Potatoes Choice of Fruit Milk HOPE: Champ Burger 27	<b>Friday</b>	Bosco Sticks w/ Marinara Sauce Crisp Romaine Salad Green Beans Choice of Fruit, Milk HOPE: Pizza Choice of Spicy Chicken or Chicken Parmesan 28

Here's a message from our Registered Dietitian: Consuming dairy products are not absolutely essential to having a healthy diet and lifestyle - but they can be a part of it! Milk is a high-quality, natural source of protein, calcium, vitamin D and a variety of other vitamins and minerals. Alternatively, consuming fortified milk substitutes such as almond "milk" make your body work harder to process and utilize the fortified vitamins and minerals they contain - and rarely have as much of a variety as cow's milk does. Some milk substitutes (often rice and almond "milks") have virtually no protein - so be aware of that!

September 27th is National Chocolate Milk Day!



This institution is an equal opportunity provider and employer.  
MENU SUBJECT TO CHANGE DUE TO AVAILABILITY

Everyday Lunch Entrée Choices:  
Chef Salads, Deli Wraps, Sub Sandwich