

Champ's Café September Menu

Charlotte County Public Schools 2018

Pre-K

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


Weekly Pre-K Breakfast Menu

Monday
Cereal w/ Yogurt or Cheesestick, Oatmeal, Low-Fat Milk, Fruit
Tuesday
Sausage Sandwich or Cereal, Oatmeal, Low-Fat Milk, Fruit
Wednesday
Bagel Breakfast Sandwich or Cereal & Bagel Half, Oatmeal, Low-Fat Milk, Fruit
Thursday
French Toast Sticks or Cereal w/ Yogurt, Oatmeal, Low-Fat Milk, Fruit
Friday
Turkey Sausage Omelette w/ Cereal, Oatmeal, Low-Fat Milk, Fruit

Alternate Lunch Entrees:
Champ Pack w/ Turkey, Cheese & Crackers, Deli Sandwich, Yogurt with Cheese Stick

Our a la carte offerings meet the guidelines of

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

Week One: September 2018				
Monday  3	Tuesday Chicken Nuggets Rice Pilaf Green Beans Baked Beans Choice of Fruit Milk 4	Wednesday Turkey and Gravy Mashed Potatoes Steamed Broccoli Whole Grain Roll Choice of Fruit Milk 5	Thursday Pizza Cheese or Pepperoni Crisp Romaine Salad Steamed Corn Choice of Fruit Milk 6	Friday Champ Burger Lettuce, Tomato & Pickle Green Peas Tater Tots Choice of Fruit Milk 7
Week Two:				
Monday Tangerine Chicken Steamed Rice Stir Fry Vegetables Vegetable Eggroll Choice of Fruit Milk 10	Tuesday Grilled Cheese Sandwich Tomato Soup Mixed Vegetables Choice of Fruit Milk 11	Wednesday MONTHLY SPECIAL Cheesy Chop Steak Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk 12	Thursday Pizza Slice or Cheesy Garlic Bread Crisp Romaine Salad Carrot Coins Choice of Fruit Milk 13	Friday Chicken Fillet Lettuce, Tomato & Pickle Waffle Cut Sweet Potatoes Steamed Corn Choice of Fruit Milk 14
Week Three:				
Monday Chicken Nuggets Rice Pilaf Green Beans Carrot Coins Choice of Fruit Milk 17	Tuesday Breakfast for Lunch French Toast Sticks Turkey Sausage Omelette Sausage Patty Tater Tots Tomato Wedges Choice of Fruit Milk 18	Wednesday Beef Teriyaki Dippers Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk 19	Thursday Pizza Cheese or Pepperoni Crisp Romaine Salad Black Beans Choice of Fruit Milk 20	Friday Champ Burger Lettuce, Tomato & Pickle Potato Wedges Green Peas Choice of Fruit Milk 21
Week Four:				
Monday Mini Cheeze Calzones w/ Marinara Sauce Green Beans Carrot Coins Choice of Fruit Milk 24	Tuesday Soft Taco Beef & Shredded Cheese Lettuce, Salsa Refried Beans Corn Choice of Fruit Milk 25	Wednesday Baked Meat & Cheese Ziti Steamed Broccoli Carrot Coins Garlic Wheat Roll Choice of Fruit Milk 26	Thursday Pizza Cheese or Pepperoni Crisp Romaine Salad Fresh Steamed Squash Mix Choice of Fruit Milk 27	Friday Chicken Fillet Lettuce, Tomato & Pickle Waffle Cut Sweet Potatoes Mixed Vegetables Choice of Fruit Milk 28
<p>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 <u>milk substitutes</u> 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!</p>				

September 27th is National Chocolate Milk Day!



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