

Champ's Café September Menu

Charlotte County Public Schools 2018

Baker Center

Champ's Café is inviting all students to participate in the free meals program. Participation for free meals is not mandatory - unless students are enrolled in the Pre-K program. 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.





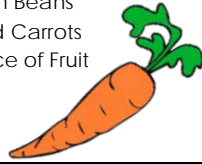



Extra food and USDA "Smart Snack" approved items are available to purchase. Champs Café Accepts Cash & Checks payable to Champ's Café.

Adult Lunch Price \$3.50
Adult Breakfast \$1.50

Track your meals and account balance for FREE at www.PayPams.com

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

Enjoy Breakfast and Lunch at Champ's Café!

Week One: September 2018									
Monday 3	 Labor Day No School!	Tuesday 4	Grilled Cheese Sandwich Tomato Soup Mixed Vegetables Choice of Fruit Milk No Sallie Jones Pre-K Today!	Wednesday 5	Homemade Mac & Cheese Steamed Broccoli Green Beans Whole Grain Roll Choice of Fruit Milk 	Thursday 6	Pizza Green Peas Tossed Salad Choice of Fruit Milk	Friday 7	Hamburger Baked Onion Rings Lettuce, Tomato & Pickle Fresh Steamed Squash Mix Mixed Vegetables Choice of Fruit Milk 
Week Two:									
Monday 10	Tangerine Chicken Steamed Rice Stir Fry Vegetables Diced Carrots Choice of Fruit Milk	Tuesday 11	Ham Deli Sandwich Potato Wedges Baked Beans Choice of Fruit, Milk Mini Rice Krispies Treat 	Wednesday 12	Beef Teriyaki Dippers Mashed Potatoes Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	Thursday 13	Pizza Italian Vegetable Blend Tossed Salad Choice of Fruit Milk	Friday 14	Chicken Fillet Lettuce, Tomato & Pickle Vegetable Medley Sweet Potato Puffs Choice of Fruit Milk
Week Three:									
Monday 17	Chicken Nuggets Rice Pilaf Green Beans Diced Carrots Choice of Fruit Milk 	Tuesday 18	Soft Taco with Beef & Cheese Lettuce, Salsa Refried Beans Corn Choice of Fruit Milk	Wednesday 19	MONTHLY SPECIAL Breakfast for Lunch Turkey Sausage Omelette Biscuit Sausage Patty Tater Tots Spinach Choice of Fruit, Milk 	Thursday 20	Pizza Steamed Corn Tossed Salad Choice of Fruit Milk	Friday 21	Hamburger Lettuce, Tomato & Pickle Baked Beans Potato Wedges Choice of Fruit Milk 
Week Four:									
Monday 24	Mini Cheeze Calzones w/ Marinara Sauce Green Beans Diced Carrots Choice of Fruit Milk	Tuesday 25	Turkey and Gravy Mashed Potatoes Green Peas Whole Grain Roll Choice of Fruit Milk	Wednesday 26	Baked Meat & Cheese Ziti Steamed Broccoli Italian Vegetable Blend Garlic Wheat Roll Choice of Fruit Milk	Thursday 27	Max Sticks with Marinara Sauce Baked Beans Tossed Salad Choice of Fruit Milk	Friday 28	Chicken Fillet Lettuce, Tomato & Pickle Mixed Vegetables Tater Tots Choice of Fruit Milk
<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 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!</p>									

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