

Champ's Café September Menu

Charlotte County Public Schools 2018

Elementary School

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 Breakfast Menu	
Monday	FRUIT & 100% JUICE DAILY
Cereal w/ Muffin or Mini Pancakes, Oatmeal, Raisins, Low-Fat Milk	
Tuesday	FRUIT & 100% JUICE DAILY
Sausage Sandwich or Choice of Cereal w/ WGR Pop Tart, Oatmeal, Low-Fat Milk	
Wednesday	FRUIT & 100% JUICE DAILY
Bagel Breakfast Sandwich or Choice of Cereal & Bagel Half, Oatmeal, Low-Fat Milk	
Thursday	FRUIT & 100% JUICE DAILY
French Toast Sticks or Choice of Cereal w/ WGR Muffin, Oatmeal, Low-Fat Milk	
Friday	FRUIT & 100% JUICE DAILY
Turkey Sausage Omelette w/ Choice of Cereal or Cinnamon Roll, Oatmeal, Low-Fat Milk	

Alternate Lunch Entrees: Chef Salad, 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	 Labor Day No School!	Tuesday 4	Wednesday 5	Thursday 6
	Corn Dog Nuggets Green Beans Baked Beans Choice of Fruit Milk Mini Rice Krispies Treat	Turkey and Gravy Mashed Potatoes Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	Pizza Cheese or Pepperoni Crisp Romaine Salad Steamed Corn Raisins or Choice of Fruit Milk	Champ Burger Lettuce, Tomato & Pickle Green Peas Tater Tots Choice of Fruit Milk
				
Week Two:				
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Tangerine Chicken Steamed Rice Stir Fry Vegetables Vegetable Eggroll Choice of Fruit Milk	Grilled Cheese Sandwich Tomato Soup Mixed Vegetables Choice of Fruit Milk	MONTHLY SPECIAL Cheesy Chop Steak Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	Pizza Slice or Cheesy Garlic Bread Crisp Romaine Salad Carrot Coins Raisins or Choice of Fruit Milk	Chicken Fillet Lettuce, Tomato & Pickle Waffle Cut Sweet Potatoes Steamed Corn Choice of Fruit Milk
				
Week Three:				
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Chicken Nuggets Rice Pilaf Green Beans Carrot Coins Choice of Fruit Milk	Breakfast for Lunch French Toast Sticks Turkey Sausage Omelette Sausage Patty Tater Tots Tomato Wedges Choice of Fruit Milk	Beef Teriyaki Dippers Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	Pizza Cheese or Pepperoni Crisp Romaine Salad Black Beans Raisins or Choice of Fruit Milk	Champ Burger Lettuce, Tomato & Pickle Potato Wedges Green Peas Choice of Fruit Milk
				
Week Four:				
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Mini Cheeze Calzones w/ Marinara Sauce Green Beans Carrot Coins Choice of Fruit Milk	Nachos with Beef & Cheese Sauce Lettuce, Salsa Refried Beans Corn Choice of Fruit Milk	Baked Meat & Cheese Ziti Steamed Broccoli Baby Carrots w/ Dip Garlic Wheat Roll Choice of Fruit Milk	Pizza Cheese or Pepperoni Crisp Romaine Salad Fresh Steamed Squash Mix Raisins or Choice of Fruit Milk	Chicken Fillet Lettuce, Tomato & Pickle Waffle Cut Sweet Potatoes Green Bean Blend Choice of Fruit Milk

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.

All of our grain products are whole grain-rich (WGR)
MENU SUBJECT TO CHANGE DUE TO AVAILABILITY