

Champ's Café September Menu

Charlotte County Public Schools 2018

Middle 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 Biscuit 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, Choice of Cereal, Cinnamon Roll, Oatmeal, Low-Fat Milk	
Alternate Lunch Entrees: Chef Salad, Deli Sandwich, Wraps, Chicken Fillet, Cheese Burger, Hamburger, Spicy Chicken, "Grab & Go" options daily - check your menu board in the Café for daily selections	

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		Tuesdays 4	Nachos with Beef & Cheese Sauce Refried Beans Corn Lettuce, Salsa Choice of Fruit Milk	Wednesday 5	Turkey and Gravy Mashed Potatoes Green Peas Whole Grain Roll Choice of Fruit Milk
Thursday 6		Thursday 7	Chicken Fajita Shredded Cheese Black Beans & Rice Waffle Cut Sweet Potatoes Lettuce, Salsa Raisins or Choice of Fruit Milk	Friday 8	Homemade Beefaroni Crisp Romaine Salad Italian Vegetable Blend Fresh Baked Garlic Roll Choice of Fruit Milk
Week Two:					
Monday 10	Tangerine Chicken Steamed Rice Stir Fry Vegetables Green Peas Vegetable Eggroll Choice of Fruit Milk	Tuesday 11	Soft Taco w/ Shredded Cheese Refried Beans, Corn Lettuce, Salsa Choice of Fruit Milk	Wednesday 12	Country Style Steak Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk
Thursday 13		Thursday 14	Corn Dog Nuggets Waffle Cut Sweet Potatoes Green Beans Raisins or Choice of Fruit Milk	Friday 15	Baked Meat & Cheese Ziti Crisp Romaine Salad Italian Vegetable Blend Fresh Baked Garlic Roll Choice of Fruit Milk
Week Three:					
Monday 17	Chicken Nuggets Rice Pilaf Carrot Coins Vegetable Medley Choice of Fruit Milk	Tuesday 18	Nachos with Beef & Cheese Sauce Refried Beans Corn Lettuce, Salsa Choice of Fruit Milk	Wednesday 19	MONTHLY SPECIAL Cheesy Chop Steak Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk
Thursday 20		Thursday 21	Pulled Pork Sandwich Baked Onion Rings Baked Beans Baby Carrots w/ Dip Raisins or Choice of Fruit Milk	Friday 22	Spaghetti with Meat Sauce Crisp Romaine Salad Green Peas Fresh Baked Garlic Roll Choice of Fruit Milk
Week Four:					
Monday 24	Tangerine Chicken Steamed Rice Stir Fry Vegetables Green Peas Vegetable Eggroll Choice of Fruit Milk	Tuesday 25	Nachos with Beef & Cheese Sauce Refried Beans Corn Lettuce, Salsa Choice of Fruit Milk	Wednesday 26	Breakfast for Lunch French Toast Sticks Turkey Sausage Omelette Sausage Patty Tater Tots Tomato Wedges Choice of Fruit or Juice Milk
Thursday 27		Thursday 28	Grilled Cheese Sandwich Tomato Soup Mixed Vegetables Veggie Relish Cup w/ Dip Raisins or Choice of Fruit Milk	Friday 29	Homemade Beefaroni Crisp Romaine Salad Fresh Steamed Squash Mix Fresh Baked Garlic Roll 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!



All of our grain products are whole grain-rich (WGR)

This institution is an equal opportunity provider and employer.

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY