

# Champ's Café September Menu

Charlotte County Public Schools 2018

## High School

Free & Reduced Price Meal applications are available online at [champs.yourcharlotteschools.net](http://champs.yourcharlotteschools.net) or obtained from the school.

Call 941 575 5400 ext. 109 for more information

### Student Lunch Prices

High School \$2.80 daily, \$14 weekly  
 \$ .40 Reduced Price Lunch daily, \$2.00 weekly  
 Free to those who qualify.  
 Adult Lunch Price \$3.50

Champs Café Accepts Cash, Checks payable to Champ's Café

[www.payPAMS.com](http://www.payPAMS.com)

Students Breakfast \$1.20 daily, \$6 weekly  
 \$ .30 Reduced Price Breakfast daily, \$1.50 weekly  
 Free to those who qualify.

Adult Breakfast \$1.50

Track your meal account balance for FREE at [www.payPams.com](http://www.payPams.com)

### Everyday Choices:

Chef Salads, Hamburger, Cheeseburger,

Deli Sub/ Wrap, Pizza,

Chicken Fillet, Spicy Chicken, Chicken Nuggets





Alternate Menu Selections at all grade levels, fresh seasonal produce available daily. Menu is subject to change.

Our a la carte offerings meet the guidelines of

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

### Daily Breakfast Menu

Breakfast Bagel Sandwich, Oatmeal, French Toast Sticks, Mini Pancakes, Large Muffin, Bagel, Breakfast Pizza, Choice of Cereal with Muffin, Pop-Tart, Chicken or Sausage Biscuit, Fruit, Turkey Sausage Omelette/Cinnamon Roll Fridays

Week One:				September 2018					
<b>Monday</b> 3	 <b>Labor Day No School!</b>	<b>Tuesday</b> 4	Nachos w/ Meat and Cheese Sauce Refried Beans Corn Lettuce, Salsa Choice of Fruit Milk	<b>Wednesday</b> 5	Country Style Steak Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	<b>Thursday</b> 6	Chicken Fajita Black Beans and Rice Cheese, Lettuce, Salsa Waffle Cut Sweet Potatoes Choice of Fruit Raisins Milk	<b>Friday</b> 7	Baked Meat & Cheese Ziti Crisp Romaine Salad Italian Blend Veggies Fresh Baked Garlic Roll Choice of Fruit Milk
<b>Week Two:</b>									
<b>Monday</b> 10	Tangerine Chicken Steamed Rice Stir Fry Vegetables Carrot Coins Vegetable Eggroll Choice of Fruit Milk	<b>Tuesday</b> 11	Nachos w/ Meat and Cheese Sauce Refried Beans, Corn Lettuce, Salsa Choice of Fruit Milk 	<b>Wednesday</b> 12	Beef Teriyaki Dippers Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	<b>Thursday</b> 13	Pulled Pork Sandwich <b>Baked Onion Rings</b> Baked Beans Baby Carrots w/ Dip Choice of Fruit Raisins Milk	<b>Friday</b> 14	Chicken Parmesan w/ Spaghetti & Sauce Crisp Romaine Salad Italian Blend Veggies Fresh Baked Garlic Roll Choice of Fruit Milk
<b>Week Three:</b>									
<b>Monday</b> 17	Teriyaki Chicken Steamed Rice Stir Fry Vegetables Carrot Coins Vegetable Eggroll Choice of Fruit Milk	<b>Tuesday</b> 18	Nachos w/ Meat and Cheese Sauce Refried Beans Corn Lettuce, Salsa Choice of Fruit Milk	<b>Wednesday</b> 19	<b>MONTHLY SPECIAL</b> Cheesy Chop Steak Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	<b>Thursday</b> 20	Turkey & Gravy Mashed Potatoes Green Beans Biscuit Choice of Fruit Raisins Milk	<b>Friday</b> 21	Homemade Beefaroni Crisp Romaine Salad Green Peas Fresh Baked Garlic Roll Choice of Fruit Milk 
<b>Week Four:</b>									
<b>Monday</b> 24	Tangerine Chicken Steamed Rice Stir Fry Vegetables Green Peas Vegetable Eggroll Choice of Fruit Milk	<b>Tuesday</b> 25	Nachos w/ Meat and Cheese Sauce Refried Beans Corn Lettuce, Salsa Choice of Fruit Milk	<b>Wednesday</b> 26	Mesquite Roast Chicken Mashed Potatoes & Gravy Green Peas Whole Grain Roll Choice of Fruit Milk	<b>Thursday</b> 27	Beef Teriyaki Dippers Mashed Potatoes & Gravy Green Beans Biscuit Choice of Fruit Raisins Milk	<b>Friday</b> 28	Homemade Mac & Cheese Whole Grain Roll Steamed Broccoli Waffle Cut Sweet Potatoes 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 <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>									
<p><b>September 27th is National Chocolate Milk Day!</b></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