

Champ's Café September Menu

Charlotte County Public Schools 2018

Year-Round 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.



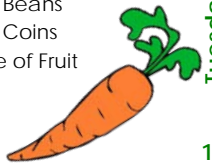


Adult Lunch Price \$3.50
Adult Breakfast \$1.50

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	 Labor Day No School!	Tuesday 4	No Year-Round School Today! SJE, EES, PRE	Wednesday 5
				Thursday 6
				Friday 7
Week Two:				
Monday 10	Tangerine Chicken Steamed Rice Stir Fry Vegetables Vegetable Eggroll Choice of Fruit Milk	Tuesday 11	Grilled Cheese Sandwich Tomato Soup Mixed Vegetables Choice of Fruit Milk 	Wednesday 12
				Thursday 13
				Friday 14
Week Three:				
Monday 17	Chicken Nuggets Rice Pilaf Green Beans Carrot Coins Choice of Fruit Milk 	Tuesday 18	Breakfast for Lunch French Toast Sticks Turkey Sausage Omelette Sausage Patty Tater Tots Tomato Wedges Choice of Fruit Milk 	Wednesday 19
				Thursday 20
				Friday 21
Week Four:				
Monday 24	Mini Cheeze Calzones w/ Marinara Sauce Green Beans Carrot Coins Choice of Fruit Milk	Tuesday 25	Soft Taco Beef & Shredded Cheese Lettuce, Salsa Refried Beans Corn Choice of Fruit Milk	Wednesday 26
				Thursday 27
				Friday 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>				
<p>September 27th is National Chocolate Milk Day! </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