

Eat a wide variety of nutritious and delicious foods at your

## ★ **Manta Ray Champ's Cafe** ★

**\$2.80 Meal Deals** include:

Protein, Bread/Grain, 2 different Fruits, 2 different Vegetables & Milk

See your Champ's Café monthly menu for specialty offerings!

Track your account balance online for **FREE: PayPAMS.com**  
or through your district **FOCUS** account.

Students: If you do not have lunch money one day, see the Champ's Cafe Manager to obtain a meal. You must **re-pay** the Manager the **next day**. Deposit some money on your account so you can depend on refueling each day at *Champ's Cafe!*



### **1 LIVIN' GREEN**

Variety of **Chef Salads** (Chicken, Spicy Chicken, Tuna, Turkey, Ham or Veggie) & Dressings with Fresh-Baked Roll, **Sandwich Wraps** (Turkey or Ham and on various days Veggie, Spicy Chicken or Caesar) and **Hero Sandwiches** (Turkey, Ham or Tuna) with Lettuce, Tomato & Pickle, Fruit & Vegetable Choices of the Day, Milk

"Smart Snack" Approved Ala Carte Items:

Yogurt, Water, Flavored Water, Vitamin Water, Snacks, Popcorn, Specialty Drinks & Sports Drinks



### **3 POWER SLICE PIZZA**

Cheese or Pepperoni Pizza, on various days: Southwest Pizza, And Champ's Specialty Pizzas, Cheese Sticks with Marinara Sauce, Fruit & Vegetable Choices of the Day, Milk



### **5 & 6 JUST LIKE HOME COOKIN'**

On various days: Pasta, Turkey with Gravy, Tangerine or Teriyaki Chicken, or Mexican Specialties such as Nachos, Tacos or Chicken Fajita; & **Our Champ's Monthly Special**  
**LINE 6: CHICKEN NUGGETS EVERY DAY**  
All with Fruit & Vegetable Choices of the Day, Milk



**For Special Diet Needs & Vegetarian Entree Selections:**  
**Please see your Champ's Manager**



### **8 MANTA TREATS**

"Smart Snack" Approved Ala Carte Items:

Ice Cream Specialties, Cereal Bars, Snacks, Popcorn, Cookies, Bagels, Muffins and other Fresh-Baked Products, Fruit, Water, Flavored Water, Vitamin Water, "Smart Snack Approved" Specialty Drinks & Sports Drinks



### **9 KICK-IN CHICKEN**

Spicy, Grilled or Breaded Chicken Fillet on Bun with Lettuce, Tomato & Pickle, Fruit & Vegetable Choices of the Day, Milk



### **10 CHAMP'S GRILL**

Hamburger or Cheeseburger with Lettuce, Tomato & Pickle or Specialty Hot Sandwiches on various days, Fruit & Vegetable Choices of the Day, Milk



### **Breakfast is Served!**



Open 30 minutes before school at various food courts

**\$1.20 Meal deals Include**

**Fruit or Juice, Milk & Oatmeal offered with all breakfast meals**

Every day:

Cereal & Muffin or Breakfast Bagel Sandwich or Deluxe Muffin or Bagel or Pancakes Or French Toast Sticks or Sausage or Chicken Biscuit/Slider

On Fridays: in addition to everyday choices  
Fresh-Baked Cinnamon Roll and Frittata



<p><b>Daily Sandwich Choices:</b></p>	<p><b>Daily Salad Choices:</b></p>
<p><i>Subs : Ham, Turkey, Combo, Tuna</i></p> <p><i>Wraps: Ham, Turkey, Combo, Tuna, Veggie, Spicy Chicken , Grilled Chicken</i></p>	<p><i>Ham, Turkey, Tuna, Veggie</i></p> <p><i>Spicy Chicken, Brd. Chicken, Grilled Chicken</i></p> <p><i>Taco, Tangerine Chicken, Teriyaki Chicken</i></p>
<p><b>Specialty Sandwich Choices:</b></p>	<p><b>Specialty Pizzas:</b></p>
<p><i>Sloppy Joe</i></p> <p><i>Chicken Parmesan</i></p> <p><i>RibQ</i></p> <p><i>Hot Ham &amp; Cheese</i></p> <p><i>Grilled Cheese</i></p> <p><i>Pulled Pork</i></p> <p><i>Stromboli ( Ham, Cheese, Bacon Bits in Tortilla)</i></p>	<p><i>Mostly Veggie Toppings with No Extra Cheese</i></p> <p><i>Green Peppers &amp; Onion</i></p> <p><i>Green Peppers, Onion, Mushrooms</i></p> <p><i>Tomato &amp; Spinach</i></p> <p><i>Ham &amp; Pineapple</i></p> <p><i>Mushroom</i></p>
<p><b>Other Specialty Options:</b></p>	<p><b>Other Specialty Pizza Products:</b></p>
<p><i>Cheese Bread sticks</i></p> <p><i>Corn Dog Nuggets</i></p> <p><i>Dill Chicken Nuggets</i></p> <p><i>Buffalo Popcorn Chicken</i></p>	<p><i>French Bread Pizza</i></p> <p><i>South west Fiesta Pizza</i></p>