

# Champ's Café December Menu

Charlotte County Public Schools 2017

## The Academy & H.O.P.E.

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 \$3.40

Adult Breakfast \$1.50



Track your meals and account balance for FREE at [www.PayPams.com](http://www.PayPams.com)

### Daily Academy Breakfast Menu:

Breakfast Bagel Sandwich

French Toast Sticks

Large Muffin, Sausage Biscuit Slider

Choice of Cereal with Muffin or Pop-Tart

All of the above Entrees include: Oatmeal Choice of Fruit, 100% Juice & Low-Fat Milk

### H.O.P.E Breakfast Menu

#### Monday

Cereal and Hard-Boiled Egg, Oatmeal, Fruit, Low-Fat Milk

#### Tuesday

Turkey Sausage Patty, Biscuit, Fruit, Low-Fat Milk

#### Wednesday

Nonfat Yogurt & Cereal, Oatmeal, Fruit, Low-Fat Milk

#### Thursday

Whole Grain French Toast Sticks, Syrup, Oatmeal, Fruit, Low-Fat Milk

#### Friday

Turkey Sausage Omelette, Cereal, Fruit, Low-Fat Milk

### Week One:

Charlotte County Schools is looking for bus drivers! Interested in joining the team and getting our students to and from school? We'll train you and you can earn your CDL.



Call the Safety & Training Coordinator in Transportation at 941-575-5400 x158 for more info!

### December 2017

Pizza  
Cheese or Pepperoni  
Friday  
Crisp Romaine Salad  
Green Peas  
Choice of Fruit  
Milk  
Choice of Spicy Chicken  
1 or Chicken Parmesan

### Week Two:

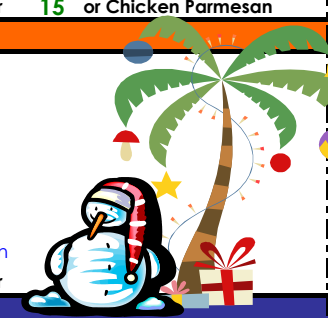
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|---------------|---|----------------|---|------------------|--|-----------------|--|---------------|--|
| <b>Monday</b> | <b>Teriyaki Chicken</b><br>Steamed Rice<br>Stir Fry Vegetables<br>Carrot Coins<br>Eggroll<br>Choice of Fruit<br>Milk<br>HOPE: Grilled Cheese<br>4 Choice of Spicy Chicken | <b>Tuesday</b> | <b>Nachos with Beef &amp; Cheese Sauce</b><br>Refried Beans<br>Steamed Corn<br>Lettuce, Salsa<br>Choice of Fruit<br>Milk<br>HOPE: Soft Taco<br>5 Choice of Chicken Fillet | <b>Wednesday</b> | <b>Mesquite Roast Chicken</b><br>Mashed Potatoes & Gravy<br>Steamed Broccoli<br>Whole Grain Roll, Milk<br>Choice of Fruit and<br><b>Sidekicks - Frozen 100% Juice</b><br>HOPE: Beef Dippers<br>6 Choice of Rib B Q | <b>Thursday</b> | <b>Corn Dog Nuggets</b><br>Baked Beans<br>Waffle Cut Sweet Potatoes<br>Choice of Fruit<br>Milk<br>HOPE: Champ Burger<br>7 Choice of Champ Burger | <b>Friday</b> | <b>Bosco Sticks w/ Marinara Sauce</b><br>Crisp Romaine Salad<br>Green Beans<br>Choice of Fruit<br>Milk<br>HOPE: Pizza<br>8 Choice of Spicy Chicken or Chicken Parmesan |
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### Week Three:

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| <b>Monday</b> | <b>Tangerine Chicken</b><br>Steamed Rice<br>Stir Fry Vegetables<br>Carrot Coins<br>Eggroll<br>Choice of Fruit<br>Milk<br>HOPE: Ravioli<br>11 Choice of Spicy Chicken | <b>Tuesday</b> | <b>Nachos with Beef &amp; Cheese Sauce</b><br>Refried Beans<br>Steamed Corn<br>Lettuce, Salsa<br>Choice of Fruit<br>Milk<br>HOPE: Ham Deli Sandwich<br>12 Choice of Chicken Fillet | <b>Wednesday</b> | <b>MONTHLY SPECIAL Turkey Holiday Meal</b><br>Mashed Potatoes & Gravy<br>Orange Glazed Sweet Potatoes<br>Green Beans<br>Whole Grain Roll<br><b>Blueberry Crisp</b> and Fruit<br>Milk<br>13 Choice of Rib B Q | <b>Thursday</b> | <b>Specialty Chicken Nuggets</b><br>Rice Pilaf<br>Waffle Cut Sweet Potatoes<br>Vegetable Medley<br>Choice of Fruit<br>Milk<br>14 Choice of Champ Burger | <b>Friday</b> | <b>Pizza</b><br>Cheese or Pepperoni<br>Crisp Romaine Salad<br>Steamed Squash Mix<br>Choice of Fruit<br>Milk<br>Choice of Spicy Chicken<br>15 or Chicken Parmesan |
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### Week Four:

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| <b>Monday</b> | <b>Teriyaki Chicken</b><br>Steamed Rice<br>Stir Fry Vegetables<br>Carrot Coins<br>Eggroll<br>Choice of Fruit, Milk<br>HOPE: Grilled Cheese<br>18 Choice of Spicy Chicken | <b>Tuesday</b> | <b>Nachos with Beef &amp; Cheese Sauce</b><br>Refried Beans<br>Corn, Lettuce, Salsa<br>Choice of Fruit<br>Milk<br>HOPE: Soft Taco<br>19 Choice of Chicken Fillet | <b>Wednesday</b> | <b>Country Style Steak</b><br>Mashed Potatoes & Gravy<br>Green Peas<br>Whole Grain Roll<br>Choice of Fruit<br>Milk<br>HOPE: Beef Dippers<br>20 Choice of Rib B Q | <b>Thursday</b> | <b>Manager's Choice</b><br>Vegetable 1<br>Vegetable 2<br>Choice of Fruit<br>Milk<br>HOPE: Chicken Sandwich<br>21 Choice of Champ Burger |
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Thanks for enjoying breakfast and lunch each day at Champ's Cafe! Enjoy the holiday break and we will see you again on January 3rd!

This institution is an equal opportunity provider and employer.  
MENU SUBJECT TO CHANGE DUE TO AVAILABILITY

Everyday Lunch Entrée Choices:  
Chef Salads, Deli Wraps, Sub Sandwich

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

