

Champ's Café December Menu

Charlotte County Public Schools 2017

Year-Round Elementary

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

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 Sandwich 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 w/ Choice of Cereal or Cinnamon Roll, Oatmeal, Low-Fat Milk

Alternate Lunch Entrees: Chef Salad, 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:



Wild "Root" Wednesday - December 2017
The final Wild Wednesday of 2017 is the sweet potato. This member of the root family is a powerhouse of antioxidants, vitamins, and minerals. Champ's Cafe normally serves them mashed or as sweet potato fries...but we'll be baking them this month. Enjoy them with your meal at Champ's Cafe!

December 2017

Friday
Chicken Fillet
Lettuce, Tomato & Pickle
Tater Tots
Green Beans
Choice of Fruit
Milk

1

Week Two:

<p>Monday 4 Chicken Nuggets Rice Pilaf Green Peas Carrot Coins Choice of Fruit Milk</p>	<p>Tuesday 5 Corn Dog Nuggets Green Beans Baked Beans Choice of Fruit or Sidekicks - Frozen 100% Juice Milk</p>	<p>Wednesday 6 Homemade Beefaroni Steamed Broccoli Baked Sweet Potato Whole Grain Roll Choice of Fruit Milk Wild "ROOT" Wednesday! Baked Sweet Potato</p>	<p>Thursday 7 Pizza Slice or Cheesy Garlic Bread Crisp Romaine Salad Steamed Corn Raisins or Choice of Fruit Milk</p>	<p>Friday 8 Champ Burger Baked Onion Rings Lettuce, Tomato & Pickle Mixed Vegetables Waffle Cut Sweet Potatoes Choice of Fruit Milk</p>
--	---	--	---	---

Week Three:

<p>Monday 11 Chicken Nuggets Rice Pilaf Vegetable Medley Carrot Coins Choice of Fruit Milk</p>	<p>Tuesday 12 Nachos with Beef & Cheese Sauce Lettuce, Salsa Refried Beans Corn Choice of Fruit Milk</p>	<p>Wednesday 13 MONTHLY SPECIAL Turkey Holiday Meal Mashed Potatoes & Gravy Orange Glazed Sweet Potatoes Green Beans Whole Grain Roll Blueberry Crisp and Fruit Milk</p>	<p>Thursday 14 Pizza Cheese or Pepperoni Crisp Romaine Salad Mixed Vegetables Raisins or Choice of Fruit Milk</p>	<p>Friday 15 Chicken Fillet Lettuce, Tomato & Pickle Potato Wedges Steamed Broccoli Choice of Fruit Milk</p>
---	--	--	---	---

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!



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.

All of our grain products are whole grain-rich (WGR)
MENU SUBJECT TO CHANGE DUE TO AVAILABILITY