

Champ's Café December Menu

Charlotte County Public Schools 2017

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 \$3.40
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: December 2017



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!

Friday
Chicken Fillet
Lettuce, Tomato & Pickle
Tater Tots
Green Beans
Choice of Fruit
Milk
1

Week Two:

Monday 4 Chicken Nuggets Rice Pilaf Green Peas Carrot Coins Choice of Fruit Milk	Tuesday 5 Grilled Cheese Sandwich Green Beans Baked Beans Choice of Fruit Milk	Wednesday 6 Homemade Beefaroni Steamed Broccoli Baked Sweet Potato Whole Grain Roll Choice of Fruit Milk Wild "ROOT" Wednesday! Baked Sweet Potato	Thursday 7 Pizza Slice or Cheesy Garlic Bread Crisp Romaine Salad Steamed Corn Choice of Fruit Milk	Friday 8 Champ Burger Baked Onion Rings Lettuce, Tomato & Pickle Mixed Vegetables Waffle Cut Sweet Potatoes Choice of Fruit Milk
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Week Three:

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







FUELING CHAMPIONS.

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