

# December 2017 – The COW – Champ’s on Wheels

# DECEMBER 2017

The COW aka Champ’s on Wheels serves lunch to children 18 years old or younger. Over the 2017 Holiday Break we’ll be returning to Seven Palms Apartments in Punta Gorda – near Charlotte High – and to Hampton Point Apartment Homes in the Deep Creek area – off of Rampart – for lunch service.

**Lunch Service Times – these times are very strict!**

**Hampton Point Apartment Homes**

**11:00-11:30am – near buildings 11 & 12**

**Seven Palms Apartments**

**12:30-1:00 pm – near buildings 5 & 8**

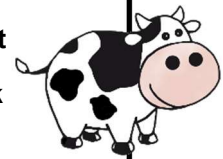
Thursday, Dec 21st  
**Last Day of School**  
 for Middle, High,  
 and Non-Year-  
 Round Elementary



Friday, Dec 22nd

**Lunch:**  
 Dill Chicken Fillet  
 Lettuce, Tomato  
 Goldfish Pretzels

Fruit  
 Milk



The COW operates under the umbrella of the USDA and specifically the USDA’s Summer Food Service Program.

Any and all children can receive a meal each day. The meal **does** have to be eaten on the premises and cannot be taken “to-go” back home.

This program is not for feeding adults – and the foods on board may not be ideal for babies and infants.

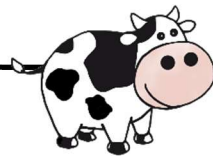
Monday, Dec 25th

**Christmas Day**  
**No COW Today**



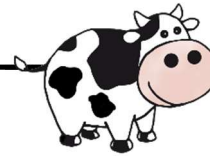
Tuesday, Dec 26th

**Lunch:**  
 Chicken Tenders  
 Cucumber Slices  
 Cheddar Goldfish  
 Fruit  
 Milk



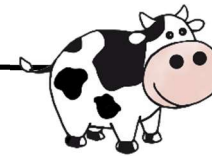
Wednesday, Dec 27th

**Lunch:**  
 Champ Burger  
 Lettuce, Tomato  
 Cocoa Cherry Bar  
 Craisins  
 Milk



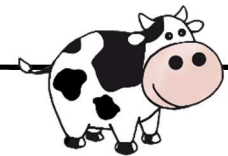
Thursday, Dec 28th

**Lunch:**  
 Cheese Pizza  
 Broccoli Florets  
 Rice Krispies Treat  
 Fruit  
 Milk



Friday, Dec 29th

**Lunch:**  
 Dill Chicken Fillet  
 Lettuce, Tomato  
 Cheez-Its  
 100% Fruit Juice  
 Milk



This institution is an equal opportunity provider and employer.