

Champ's Café January Menu

Charlotte County Public Schools 2018
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

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

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Week One:					January 2018					
Monday		Tuesday	Teacher Work Day		Wednesday	Beef Teriyaki Dippers Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	Thursday	Chicken Fajita Cheese, Lettuce, Salsa Black Beans & Rice Waffle Cut Sweet Potatoes Choice of Fruit Milk HOPE: Champ Burger	Friday	Bosco Sticks w/ Marinara Sauce Crisp Romaine Salad Green Beans Choice of Fruit, Milk HOPE: Pizza Choice of Spicy Chicken or Chicken Parmesan
1		2			3		4		5	
Week Two:										
Monday	Tangerine Chicken Steamed Rice Stir Fry Vegetables Carrot Coins Eggroll Choice of Fruit Milk HOPE: Ravioli	Tuesday	Nachos with Beef & Cheese Sauce Refried Beans Steamed Corn Lettuce, Salsa Choice of Fruit Milk HOPE: Turkey Deli Sandwich	Wednesday	Pulled Pork Sandwich Baked Onion Rings Steamed Broccoli Baby Carrots w/ Dip Choice of Fruit Milk HOPE: Turkey & Gravy, Roll	Thursday	Chicken Nuggets Biscuit Waffle Cut Sweet Potatoes Steamed Broccoli Choice of Fruit Milk	Friday	Pizza Cheese or Pepperoni Crisp Romaine Salad Green Peas Choice of Fruit Milk Choice of Spicy Chicken or Chicken Parmesan	
8	Choice of Spicy Chicken	9	Choice of Chicken Fillet	10	Choice of Champ Burger	11	Choice of Rib B Q	12	Choice of Spicy Chicken or Chicken Parmesan	
Week Three:										
Monday		Tuesday	No School!		Wednesday	Country Style Steak Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk HOPE: Beef Dippers	Thursday	Corn Dog Nuggets Baked Beans Waffle Cut Sweet Potatoes Choice of Fruit Milk HOPE: Chicken Sandwich	Friday	Bosco Sticks w/ Marinara Sauce Crisp Romaine Salad Green Beans Choice of Fruit Milk HOPE: Pizza Choice of Spicy Chicken or Chicken Parmesan
15		16			17	Choice of Rib B Q	18	Choice of Champ Burger	19	Choice of Spicy Chicken or Chicken Parmesan
Week Four:					Vitamins in Veggies Week at Champ's Café!					
Monday	Teriyaki Chicken Steamed Rice Stir Fry Vegetables Carrot Coins Eggroll Choice of Fruit, Milk HOPE: Grilled Cheese	Tuesday	Nachos with Beef & Cheese Sauce Refried Beans Corn, Lettuce, Salsa Choice of Fruit Milk HOPE: Ham Deli Sandwich	Wednesday	Breakfast for Lunch French Toast Sticks Turkey Sausage Omelette Sausage Patty Tater Tots, Tomatoes Choice of Fruit & Juice Milk	Thursday	Specialty Chicken Nuggets Rice Pilaf Waffle Cut Sweet Potatoes Vegetable Medley Choice of Fruit Milk	Friday	Pizza Cheese or Pepperoni Crisp Romaine Salad Fresh Steamed Squash Mix Choice of Fruit Milk Choice of Spicy Chicken or Chicken Parmesan	
22	Choice of Spicy Chicken	23	Choice of Chicken Fillet	24	Choice of Rib B Q	25	Choice of Champ Burger	26	Choice of Spicy Chicken or Chicken Parmesan	
Week Five:										
Monday	Sriracha Honey Chicken Steamed Rice Stir Fry Vegetables Carrot Coins Eggroll Choice of Fruit, Milk HOPE: Ravioli	Tuesday	Nachos with Beef & Cheese Sauce Refried Beans Corn, Lettuce, Salsa Choice of Fruit Milk HOPE: Soft Taco	Wednesday	MONTHLY SPECIAL Cheesy Chop Steak Bowl w/ Mashed Potatoes and Corn Whole Grain Roll Choice of Fruit Milk 31 Choice of Rib B Q	We purchase milk, eggs, and seasonal produce from local farmers - and we have been for some time now. January "Fresh from Florida" in Champ's Cafe: Tomatoes, Zucchini, Squash, Green Peppers, Cucumbers, Oranges, Tangerines, Eggs, Milk				
29	Choice of Spicy Chicken	30	Choice of Chicken Fillet	31	Choice of Rib B Q					

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