

Champ's Café January Menu

Charlotte County Public Schools 2018

Baker Center

Champ's Café is inviting all students to participate in the free meals program. Participation for free meals is not mandatory - unless students are enrolled in the Pre-K program. 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	Cereal and Hard-Boiled Egg, Oatmeal, Fruit, Low-Fat Milk
Tuesday	Turkey Sausage Patty, Biscuit, Oatmeal, 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, Oatmeal, Fruit, Low-Fat Milk

Enjoy Breakfast and Lunch at Champ's Café!

Week One: January 2018				
Monday 1	New Year's Day	Tuesday 2	Teacher Work Day Charlotte County Public Schools Early Childhood Programs	Wednesday 3
			Beef Teriyaki Dippers Mashed Potatoes Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	Thursday 4
				Pizza Steamed Corn Green Beans Choice of Fruit Milk
				Friday 5
				Hamburger Lettuce, Tomato & Pickle Tater Tots Baked Beans Choice of Fruit Milk
Week Two:				
Monday 8	Chicken Nuggets Rice Pilaf Diced Carrots Spinach Choice of Fruit Milk	Tuesday 9	Breakfast for Lunch French Toast Sticks Turkey Sausage Omelette Sausage Patty Tater Tots Spinach Choice of Fruit Milk	Wednesday 10
				Homemade Beefaroni Green Peas Steamed Broccoli Fresh Baked Garlic Roll Choice of Fruit Milk
				Thursday 11
				Cheesy Garlic Bread Green Beans Italian Vegetable Blend Choice of Fruit Milk Cookie
				Friday 12
				Chicken Fillet Lettuce, Tomato & Pickle Vegetable Medley Steamed Corn Choice of Fruit Milk
Week Three:				
Monday 15	MLK Day No School!	Tuesday 16	Turkey and Gravy Mashed Potatoes Green Peas Whole Grain Roll Choice of Fruit Milk	Wednesday 17
				Homemade Mac & Cheese Steamed Broccoli Green Beans Whole Grain Roll Choice of Fruit Milk
				Thursday 18
				Pizza Steamed Corn Tossed Salad Choice of Fruit Milk
				Friday 19
				Hamburger Baked Onion Rings Lettuce, Tomato & Pickle Spinach Mixed Vegetables Choice of Fruit Milk
Week Four: Vitamins in Veggies Week at Champ's Café! January 22nd - 26th				
Monday 22	Chicken Nuggets Mashed Potatoes & Gravy Diced Carrots Choice of Fruit Milk	Tuesday 23	Turkey Deli Sandwich Potato Wedges Green Beans Choice of Fruit Milk Mini Rice Krispies Treat	Wednesday 24
				Baked Meat & Cheese Ziti Steamed Broccoli Italian Vegetable Blend Garlic Wheat Roll Choice of Fruit Milk
				Thursday 25
				Max Sticks with Marinara Sauce Green Peas Tossed Salad Choice of Fruit Milk
				Friday 26
				Chicken Fillet Lettuce, Tomato & Pickle Fresh Steamed Squash Mix Steamed Corn Choice of Fruit Milk
Week Five:				
Monday 29	Chicken Nuggets Rice Pilaf Diced Carrots Green Peas Choice of Fruit Milk	Tuesday 30	Grilled Cheese Sandwich Tomato Soup Mixed Vegetables Choice of Fruit Milk	Wednesday 31
				MONTHLY SPECIAL Chicken Parmesan w/ Spaghetti & Sauce Steamed Broccoli Carrot Coins Whole Grain Roll Choice of Fruit Milk
				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

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

