

Champ's Café January Menu

Charlotte County Public Schools 2018

Elementary School

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:

January 2018

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
		 Steamed Broccoli Baby Carrots w/ Dip Garlic Wheat Roll Choice of Fruit Milk	 Pizza Cheese or Pepperoni Crisp Romaine Salad Steamed Corn Raisins or Choice of Fruit Milk	 Champ Burger Lettuce, Tomato & Pickle Vegetable Medley Baked Beans Choice of Fruit Milk

Week Two:

Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
Chicken Nuggets Rice Pilaf Green Peas Carrot Coins Choice of Fruit Milk	Breakfast for Lunch French Toast Sticks Turkey Sausage Omelette Sausage Patty Tater Tots Tomato Wedges Choice of Fruit Milk	Turkey and Gravy Mashed Potatoes Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	Pizza Slice or Cheesy Garlic Bread Crisp Romaine Salad Black Beans Raisins or Choice of Fruit Milk	Chicken Fillet Lettuce, Tomato & Pickle Baby Carrots w/ Dip Steamed Corn Choice of Fruit Milk
		Wild Fruit Wednesday! Kumquats 		

Week Three:

Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
 No School!	Max Sticks w/ Marinara Sauce Green Beans Baked Beans Choice of Fruit Milk	Homemade Mac & Cheese Steamed Broccoli Baby Carrots w/ Dip Garlic Wheat Roll Choice of Fruit Milk	Pizza Cheese or Pepperoni Crisp Romaine Salad Mixed Vegetables Raisins or Choice of Fruit Milk	Champ Burger Lettuce, Tomato & Pickle Steamed Corn Tater Tots Choice of Fruit Milk

Week Four:

Vitamins in Veggies Week at Champ's Café!

January 22nd - 26th

Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
Tangerine Chicken Steamed Rice Stir Fry Vegetables Carrot Coins Vegetable Eggroll Choice of Fruit Milk	Corn Dog Nuggets Green Beans Baked Beans Choice of Fruit Milk	Beef Teriyaki Dippers Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	Pizza Cheese or Pepperoni Crisp Romaine Salad Steamed Cauliflower Raisins or Choice of Fruit Milk	Chicken Fillet Lettuce, Tomato & Pickle Waffle Cut Sweet Potatoes Fresh Steamed Squash Mix Choice of Fruit Milk

Week Five:

Monday 29	Tuesday 30	Wednesday 31	
Chicken Nuggets Rice Pilaf Vegetable Medley Carrot Coins Choice of Fruit Milk	Grilled Cheese Sandwich Tomato Soup Mixed Vegetables Choice of Fruit Milk	MONTHLY SPECIAL Chicken Parmesan w/ Spaghetti & Sauce Steamed Broccoli Baby Carrots w/ Dip Whole Grain Roll Choice of Fruit Milk	<p>We purchase milk, eggs, and seasonal produce from local farmers - and we have been for some time now.</p> <p>January "Fresh from Florida" in Champ's Cafe: Tomatoes, Zucchini, Squash, Green Peppers, Cucumbers, Oranges, Tangerines, Eggs, Milk</p> 

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