

# Champ's Café January Menu

Charlotte County Public Schools 2018

## High School

Free & Reduced Price Meal applications are available online at [champs.yourcharlotteschools.net](http://champs.yourcharlotteschools.net) or obtained from the school.

Call 941 575 5400 ext. 109 for more information

### Student Lunch Prices

High School \$2.80 daily, \$14 weekly  
 \$ .40 Reduced Price Lunch daily, \$2.00 weekly  
 Free to those who qualify.

Adult Lunch Price \$3.40

Champs Café Accepts Cash, Checks payable to Champ's Café

[www.payPAMS.com](http://www.payPAMS.com)

Students Breakfast \$1.20 daily, \$6 weekly  
 \$ .30 Reduced Price Breakfast daily, \$1.50 weekly  
 Free to those who qualify.

Adult Breakfast \$1.50

Track your meal account balance for FREE at [www.payPams.com](http://www.payPams.com)

### Everyday Choices:

Chef Salads, Hamburger, Cheeseburger,  
 Deli Sub/ Wrap, Pizza,  
 Chicken Fillet, Spicy Chicken, Chicken Nuggets


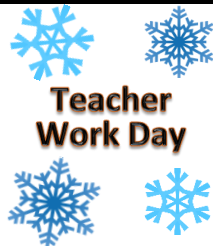


Alternate Menu Selections at all grade levels, fresh seasonal produce available daily. Menu is subject to change.

Our a la carte offerings meet the guidelines of

The Alliance for a Healthier Generation and are USDA "Smart Snacks"

### Daily Breakfast Menu

Breakfast Bagel Sandwich, Oatmeal, French Toast Sticks, Mini Pancakes, Large Muffin, Bagel, Breakfast Pizza, Choice of Cereal with Muffin, Pop-Tart, Chicken or Sausage Biscuit, Fruit, Turkey Sausage Omelette/Cinnamon Roll Fridays

Week One: Champ's Café's Child with No Lunch Money Policy: <a href="http://goo.gl/IVXSLg">goo.gl/IVXSLg</a> January 2018				
<b>Monday</b>  <b>1</b>	<b>Tuesday</b>  <b>2</b>	<b>Wednesday</b> <b>Beef Teriyaki Dippers</b> Mashed Potatoes & Gravy Green Beans Biscuit Choice of Fruit Milk <b>3</b>	<b>Thursday</b> <b>Homemade Mac &amp; Cheese</b> Whole Grain Roll Steamed Broccoli Waffle Cut Sweet Potatoes Choice of Fruit Raisins Milk <b>4</b>	<b>Friday</b> <b>Chicken Parmesan w/ Spaghetti &amp; Sauce</b> Crisp Romaine Salad Italian Blend Veggies Fresh Baked Garlic Roll Choice of Fruit Milk <b>5</b>
Week Two:				
<b>Monday</b> <b>Teriyaki Chicken</b> Steamed Rice Stir Fry Vegetables Carrot Coins Vegetable Eggroll Choice of Fruit Milk <b>8</b>	<b>Tuesday</b> <b>Nachos w/ Meat and Cheese Sauce</b> Refried Beans Corn Lettuce, Salsa Choice of Fruit Milk <b>9</b>	<b>Wednesday</b> <b>Country Style Steak</b> Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk <b>10</b>	<b>Thursday</b> <b>Turkey &amp; Gravy</b> Mashed Potatoes Green Peas Biscuit Choice of Fruit Raisins Milk <b>11</b>	<b>Friday</b> <b>Homemade Beefaroni</b> Crisp Romaine Salad Green Beans Fresh Baked Garlic Roll Choice of Fruit Milk <b>12</b>
Week Three:				
<b>Monday</b>  <b>No School!</b> <b>15</b>	<b>Tuesday</b> <b>Nachos w/ Meat and Cheese Sauce</b> Refried Beans Corn Lettuce, Salsa Choice of Fruit Milk <b>16</b>	<b>Wednesday</b> <b>Mesquite Roast Chicken</b> Mashed Potatoes Green Peas Whole Grain Roll Choice of Fruit Milk <b>17</b>	<b>Thursday</b> <b>Pulled Pork Sandwich Baked Onion Rings</b> Baked Beans Baby Carrots w/ Dip Choice of Fruit Raisins Milk <b>18</b>	<b>Friday</b> <b>Spaghetti w/ Meat Sauce</b> Crisp Romaine Salad Italian Blend Veggies Fresh Baked Garlic Roll Choice of Fruit Milk <b>19</b>
Week Four: Vitamins in Veggies Week at Champ's Café! January 22nd - 26th				
<b>Monday</b> <b>Teriyaki Chicken</b> Steamed Rice Stir Fry Vegetables Carrot Coins Vegetable Eggroll Choice of Fruit Milk <b>22</b>	<b>Tuesday</b> <b>Nachos w/ Meat and Cheese Sauce</b> Refried Beans Corn Lettuce, Salsa Choice of Fruit Milk <b>23</b>	<b>Wednesday</b> <b>Breakfast for Lunch</b> <b>French Toast Sticks</b> <b>Turkey Sausage Omelette</b> <b>Sausage Patty</b> Tater Tots Tomato Wedges Choice of Fruit & Juice Milk <b>24</b>	<b>Thursday</b> <b>Chicken Fajita</b> Black Beans and Rice Cheese, Lettuce, Salsa Waffle Cut Sweet Potatoes Choice of Fruit Raisins Milk <b>25</b>	<b>Friday</b> <b>Baked Meat &amp; Cheese Ziti</b> Crisp Romaine Salad Fresh Steamed Squash Mix Fresh Baked Garlic Roll Choice of Fruit Milk <b>26</b>
Week Five:				
<b>Monday</b> <b>Tangerine Chicken</b> Steamed Rice Stir Fry Vegetables Carrot Coins Vegetable Eggroll Choice of Fruit Milk <b>29</b>	<b>Tuesday</b> <b>Nachos w/ Meat and Cheese Sauce</b> Refried Beans Corn Lettuce, Salsa Choice of Fruit Milk <b>30</b>	<b>Wednesday</b> <b>MONTHLY SPECIAL</b> <b>Cheesy Chop Steak Bowl</b> w/ Mashed Potatoes and Corn Whole Grain Roll Choice of Fruit Milk <b>31</b>	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