

Champ's Café January Menu

Charlotte County Public Schools 2018

Pre-K

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 Pre-K Breakfast Menu

Monday
Cereal w/ Yogurt or Cheesestick, Oatmeal, Low-Fat Milk, Fruit
Tuesday
Sausage Sandwich or Cereal, Oatmeal, Low-Fat Milk, Fruit
Wednesday
Bagel Breakfast Sandwich or Cereal & Bagel Half, Oatmeal, Low-Fat Milk, Fruit
Thursday
French Toast Sticks or Cereal w/ Yogurt, Oatmeal, Low-Fat Milk, Fruit
Friday
Turkey Sausage Omelette w/ Cereal, Oatmeal, Low-Fat Milk, Fruit

Alternate Lunch Entrees:
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 New Year's Day	Tuesday 2 Teacher Work Day	Wednesday 3 Baked Meat & Cheese Ziti Steamed Broccoli Carrot Coins Garlic Wheat Roll Choice of Fruit Milk	Thursday 4 Pizza Cheese or Pepperoni Crisp Romaine Salad Steamed Corn Choice of Fruit Milk	Friday 5 Champ Burger Lettuce, Tomato & Pickle Vegetable Medley Baked Beans Choice of Fruit Milk
Week Two:				
Monday 8 Chicken Nuggets Rice Pilaf Green Peas Carrot Coins Choice of Fruit Milk	Tuesday 9 Breakfast for Lunch French Toast Sticks Turkey Sausage Omelette Sausage Patty Tater Tots Tomato Wedges Choice of Fruit Milk	Wednesday 10 Turkey and Gravy Mashed Potatoes Steamed Broccoli Whole Grain Roll Choice of Fruit Milk Wild Fruit Wednesday! Kumquats	Thursday 11 Pizza Slice or Cheesy Garlic Bread Crisp Romaine Salad Black Beans Choice of Fruit Milk	Friday 12 Chicken Fillet Lettuce, Tomato & Pickle Carrot Coins Steamed Corn Choice of Fruit Milk
Week Three:				
Monday 15 MLK Day No School!	Tuesday 16 Max Sticks w/ Marinara Sauce Green Beans Baked Beans Choice of Fruit Milk	Wednesday 17 Homemade Mac & Cheese Steamed Broccoli Carrot Coins Garlic Wheat Roll Choice of Fruit Milk	Thursday 18 Pizza Cheese or Pepperoni Crisp Romaine Salad Mixed Vegetables Choice of Fruit Milk	Friday 19 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 Tangerine Chicken Steamed Rice Stir Fry Vegetables Carrot Coins Vegetable Eggroll Choice of Fruit Milk	Tuesday 23 Turkey and Gravy Whole Grain Roll Green Beans Mixed Vegetables Choice of Fruit Milk Mini Rice Krispies Treat	Wednesday 24 Beef Teriyaki Dippers Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Milk	Thursday 25 Pizza Cheese or Pepperoni Crisp Romaine Salad Steamed Cauliflower Choice of Fruit Milk	Friday 26 Chicken Fillet Lettuce, Tomato & Pickle Waffle Cut Sweet Potatoes Fresh Steamed Squash Mix Choice of Fruit Milk
Week Five:				
Monday 29 Chicken Nuggets Rice Pilaf Vegetable Medley Carrot Coins 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

