

# Champ's Café May Menu

Charlotte County Public Schools 2024

## Middle 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 \$4.75  
Adult Breakfast \$3.10

Track your meals and account balance for FREE at [www.PayPams.com](http://www.PayPams.com)


### Weekly Breakfast Menu

<b>Monday</b>	<b>FRUIT &amp; 100% JUICE DAILY</b>
Cereal w/ Muffin or Waffles, Raisins, Low-Fat Milk	
<b>Tuesday</b>	<b>FRUIT &amp; 100% JUICE DAILY</b>
Sausage Biscuit or Choice of Cereal w/ WGR Pop Tart, Low-Fat Milk	
<b>Wednesday</b>	<b>FRUIT &amp; 100% JUICE DAILY</b>
Bagel Breakfast Sandwich or Choice of Cereal & Bagel Half, Low-Fat Milk	
<b>Thursday</b>	<b>FRUIT &amp; 100% JUICE DAILY</b>
French Toast Sticks or Choice of Cereal w/ WGR Muffin, Low-Fat Milk	
<b>Friday</b>	<b>FRUIT &amp; 100% JUICE DAILY</b>
Yogurt, Choice of Cereal, Cinnamon Roll, Low-Fat Milk	

**Alternate Lunch Entrees:** Chef Salad, Deli Sandwich, Wraps, Chicken Fillet, Cheeseburger, Hamburger, Spicy Chicken, "Grab & Go" options daily - check your menu board in the Café for daily selections

Our ala carte offerings meet the guidelines of The Alliance for a Healthier Generation and are USDA "Smart Snacks"

### Week One: May 3rd: School Lunch Hero Day! May 2024

 Please remember our menu is subject to change due to availability.	<b>Beef Dippers</b> Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Low-Fat Milk	<b>Chicken Quesadilla w/ Salsa</b> Relish Cup Green Beans Choice of Fruit Low-Fat Milk	<b>Chicken Parm w/ Spaghetti</b> Steamed Zucchini Crisp Salad Whole Grain Roll Choice of Fruit Low-Fat Milk
	<b>Wednesday</b> 1	<b>Thursday</b> 2	<b>Friday</b> 3

### Week Two: May 8th: School Nurse Day!

<b>Tangerine Chicken</b> Steamed Rice Peas Carrot Coins Choice of Fruit Low-Fat Milk	<b>Beef or Pork Nachos w/ Cheese Sauce</b> Salsa Refried Beans Steamed Corn Choice of Fruit Low-Fat Milk	<b>Roast Turkey</b> Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Low-Fat Milk	<b>Corn Dog Nuggets</b> Sweet Potato Fries Mixed Vegetables Choice of Fruit Low-Fat Milk	<b>Chicken Alfredo</b> Italian Veggies Crisp Salad Whole Grain Roll Choice of Fruit Low-Fat Milk
<b>Monday</b> 6	<b>Tuesday</b> 7	<b>Wednesday</b> 8	<b>Thursday</b> 9	<b>Friday</b> 10

### Week Three: May 13th-17th: Food Allergy Awareness Week!

<b>Boneless Chicken Bites</b> Steamed Rice Peas Carrot Coins Choice of Fruit Low-Fat Milk	<b>Beef or Pork Nachos w/ Cheese Sauce</b> Salsa Refried Beans Steamed Corn Choice of Fruit Low-Fat Milk	<b>Breakfast for Lunch</b> 2 Egg Patties French Toast Sticks Tater Tots Red Pepper Slices Choice of Fruit Low-Fat Milk	<b>Pulled Pork Hoogie</b> Sweet Potato Fries Cucumber Sticks Choice of Fruit Low-Fat Milk	<b>Baked Ziti</b> Steamed Broccoli Crisp Salad Whole Grain Roll Choice of Fruit Low-Fat Milk
<b>Monday</b> 13	<b>Tuesday</b> 14	<b>Wednesday</b> 15	<b>Thursday</b> 16	<b>Friday</b> 17

### Week Four:

<b>Tangerine Chicken</b> Steamed Rice Peas Carrot Coins Choice of Fruit Low-Fat Milk	<b>Beef or Pork Nachos w/ Cheese Sauce</b> Salsa Refried Beans Steamed Corn Sidekick or Choice of Fruit Low-Fat Milk	<b>Manager's Choice</b> Choice of Vegetables Choice of Fruit Low-Fat Milk	<b>Manager's Choice</b> Choice of Vegetables Choice of Fruit Low-Fat Milk	<b>Manager's Choice</b> Choice of Vegetables Choice of Fruit Low-Fat Milk
<b>Monday</b> 20	<b>Tuesday</b> 21	<b>Wednesday</b> 22	<b>Thursday</b> 23	<b>Friday</b> 24 Last Day of School!

### Week Five:

# Happy Summer Break!

This institution is an equal opportunity provider and employer.