



**Back to School Carnival at Cultural Center
07-31-10 from 9 am—12 noon**

Charlotte Co. Health Dept. will provide:

- Free School Physicals
- Free Immunizations
- Please bring your child's previous shot record



See you at Champ's Cafe' on the first day of School!!

Year Round School starts: July 13, 2010 ~~~ Regular School Starts: August 9, 2010

**Year Round School main Entrée
on July 13:
Champ's Burger on Bun**

**Elementary main Entrée
on August 9:
Chicken Nuggets
Rice Pilaf
Carrot Coins
Broccoli
Choice of Fruit
Low-Fat Milk
Smart Cookies**



**Middle School
main Entrée August 9:
Chicken Nuggets**
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**Everyday Choices
@ Middle School
Chef Salad, Hamburger,
Cheeseburger, Deli Sub/
Wrap, Chicken Fillet, or
Spicy Chicken
Monday Special:**

**Year Round and Elementary Schools
Offer Everyday choices:
Chef Salad, Turkey Deli, or Yogurt.**

**Eat a healthy Breakfast at Champ's Café
All our schools offer a Healthy Nutritious Breakfast.**

**High School
main Entrée August 9:
Country Steak
or
Everyday Choices:
Chef Salad, Hamburger,
Cheese burger, Deli Sub /
Wrap, Chicken Fillet,
Chicken Nuggets, Spicy
Chicken Sandwich, or Pizza**

Champ's Café
Accepts: Cash, Checks (payable to Champ's Café) or debit/credit card: www.PayPAMS.com
Visit the Champ's Café website at: www.yourcharlotteschools.net (under parents and students) the
Champ's Café link will be on your left where you can view menus and download an application.