

It's National School Lunch Week!

What's on Your Tray?



Champ's Café Lunch



Each day, Champ's Café Middle School Customers have their choice of the Featured Entrée on the menu, Chef Salad, Burger, Pizza, Chicken Fillet or Turkey Deli Sandwich plus two servings of vegetables, fresh or canned fruit, bread/grain and lowfat milk.

Oscar Mayer Lunchable



\$2.30* Champ Nachos Meal:
Unsalted Tortilla Chips with Beef & Cheese Topping, Orange, Salsa, Lettuce, Corn and LowFat Milk.

\$2.88 WalMart; \$3.00 Publix; \$3.19 Winn Dixie
Tortilla Chips, Cheese Dip, Salsa 10% Capri Sun Fruit Punch, Airhead Candy

Nutrition



Compared to the *Lunchable*, the Nachos School Lunch Meal has:

9 times the Vitamin A,
133 times the Vitamin C,
4 times the Calcium,
3 times the Fiber,
18 times the Iron

and is freshly-prepared by Child Nutrition Professionals for your child every school day!

COST

One year of School Lunch:

\$414;

One year of *Lunchables*:

\$518 to \$574



***Breakfast and Lunch are free to those who qualify and just 30¢ for breakfast and 40¢ for lunch for those who qualify for reduced-price meals.**

For all the **Nutritious & Delicious School Lunch and Breakfast Menus** planned for your middle school student, please see the reverse of this page!

Nearly 9 out of 10 of our middle schoolers eat a Champ's Café school lunch each day!

