CHAMPSS Lunch and Dinner Choices
11:00 AM – 7:00 PM

Meat Choices = 3 oz.
Baked chicken, smoked turkey, meatloaf, smoked pork loin, beef brisket or pulled pork

Baked chicken=1 breast, or 1 thigh & 1 wing, or 2 drumsticks

**Lunch only: 1 quesadilla (chicken or pork)
**Dinner only: BBQ chicken quarter (thigh & leg)

Fish Entrée = 5 oz.
Salmon or tilapia (baked)

Vegetable/Starch = 1/2 cup each (choose 2)
5-Way veggie blend, baked beans, corn, fresh steamed vegetables, green beans, green bean almondine, mashed potatoes w/gravy, roasted parmesan red potatoes OR (selection from cold salad case: 4 bean salad, broccoli supreme salad, chop chop salad, pickled beets, tomato roughy)

Fruit = ¾ cup or 1 pc whole fruit
Fresh fruit cup (when available) or apple, banana, orange

Grains = 2 oz.
1 wheat roll or 1 slice of wheat bread

Italian Meals
Spaghetti and Meatballs Meal
1c cooked pasta, ½ c marinara sauce, 3-1oz meatballs,
1 CHAMPSS side salad*, fruit
* 2 cups veggies/greens
  (greens include lettuce, spinach, romaine, kale, mixed spring greens)
⇒ select from available Salad Bar options
  • 2 Tbsp. light salad dressing

Pizza Meal
2 slices (thin crust), plain cheese, hamburger or veggie toppings, 1 CHAMPSS side salad* see above, fruit

Chinese Meals
1 c approved entrée, 1 c steamed rice, fortune cookie, fruit

Meals are served with 1% white or chocolate milk. Menu items are subject to change. **not available at all stores

Menu approved by Courtney Kruse RD, LD 9/13/18

CHAMPSS Approved BREAKFAST
8:00-11:00 A.M.

Choose from the following CHAMPSS approved Food Groups:

Meats: 2 eggs, any method +
2 turkey sausage links/patties or 2 turkey bacon slices
OR
2 egg omelet with ½ c vegetables +
2 turkey sausage links/patties or 2 turkey bacon slices

Grains: 2 slices wheat toast or 1 cup oatmeal or 1 English muffin

Fruits: Choose 2
Apple, banana, orange or 8 oz. - 100 % fruit juice or 3/4 cup mixed melon chunks or 3/4 c fruit cocktail.
Fresh fruit cup (when available).

Dairy: 1 – 8 oz. serving of 1% white or chocolate milk

Soup and Sandwich Meal (11:00 AM – 7:00 PM)
1 – 6 oz. serving Chicken Noodle or Beefy Vegetable soup w/crackers (2 pkgs)
½ sandwich –Seasoned Italian Roast Beef or low sodium turkey w/lettuce, tomato, pickle & cheese. OR
½ sandwich -Tuna Salad (w/lettuce, tomato optional—no cheese)
1 – Whole fruit or ¾ cup fresh fruit cup (when available)
1 – 8 oz. serving of 1% white or chocolate milk

CHAMPSS approved SALAD MEAL (small size) (11:00 AM – 7:00 PM)

Choose 1 small DiLusso Salad:
DiLusso Berry Chicken Salad
DiLusso Chef Salad
DiLusso Regular Garden Salad
+ 1 wheat dinner roll & fruit

Dietitian’s Choice Lunch Box (11:00 AM – 7:00 PM)
Currently only available at the Mission, Olathe, Overland Park and Prairie Village stores.

Meals are served with 1% white or chocolate milk. Menu items are subject to change.

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