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

#### Meat Choices = 3 oz.
- Baked chicken, smoked turkey, meatloaf, smoked pork loin or pulled pork
- **Baked chicken=1 breast, or 1 thigh & 1 wing, or 2 drumsticks**

#### 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, marinated mushrooms, vinegar & oil coleslaw, crisp cucumber salad, Mediterranean artichoke salad, marinated vegetables, marinated asparagus, southwest salad, sweet chili Asian salad, Mayan cauliflower salad

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

#### Grains = 2 oz.
- 1-2 oz wheat roll or corn muffin

### Italian Meals
(available at Olathe and Mission only)

#### Spaghetti and Meatballs Meal
- 1c cooked pasta, ½ c marinara sauce, 3-1oz meatballs, 1 CHAMPSS-approved vegetable from the Hickory House kitchen case (See above for hot vegetable or cold salad options.), fruit and milk

#### Pizza Meal
- 2 slices (thin crust), plain cheese, hamburger or veggie toppings, 1 CHAMPSS-approved vegetable, fruit

### Mia’s Kitchen Pizza
(available at Lenexa, Shawnee, Prairie Village, Overland Park)
- Personal pan pizza with cheese, hamburger, chicken or 2 vegetables; CHAMPSS approved side salad, fruit and milk

### Chinese Meals
- 1 c approved entrée, 1 c steamed rice or plain Lo Mein, fortune cookie, fruit, milk

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- Personal pan pizza with cheese, hamburger, chicken or 2 vegetables; CHAMPSS approved side salad, fruit and milk

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- 1 c approved entrée, 1 c steamed rice or plain Lo Mein, fortune cookie, fruit, milk

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*Meals are served with 1% white or chocolate milk. Menu items are subject to change. July 2020*
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 whole wheat toast or 1 cup oatmeal or 1 whole wheat English muffin or 2 pancakes

**Fruits:** Choose 2
Apple, banana or orange 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

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**Half Sandwich Meal (11:00 AM – 7:00 PM)**

1 cup CHAMPSS-approved vegetable from the Hickory House kitchen case (See reverse side for hot vegetable or cold salad options.)

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

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**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 or corn muffin & fruit

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**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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8:00-11:00 A.M.

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OR
2-egg omelet with ½ c vegetables +
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**Grains:** 2 slices whole wheat toast or 1 cup oatmeal or 1 whole wheat English muffin or 2 pancakes

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

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- DiLusso Chef Salad
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