

## 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 roughly, 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

Dairy = 1% white or chocolate milk

### 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 hot food 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 and milk

#### 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

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

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**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

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

**(NOT available at Overland Park)**

1 cup CHAMPSS-approved vegetable from the hot food 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

**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 and milk

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