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

Meat Choices = 3 oz.
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)
Hot- corn, green beans, mashed potatoes w/gravy, Fresh steamed vegetables
Cold-4 bean salad, broccoli supreme salad, chop chop salad, pickled beets, tomato roughy, vinegar & oil coleslaw, crisp cucumber salad, marinated vegetables

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

Grains = 2 oz. wheat roll or biscuit
Dairy = 1% white or chocolate milk

Pizza Meal at Lenexa, Shawnee, Prairie Village, OP and OP South
Personal pan pizza with cheese, hamburger, chicken or 2 vegetables; CHAMPSS-approved hot vegetable or cold salad, fruit and milk

Pizza Meal at Olathe and Mission
2 slices (thin crust), plain cheese, hamburger, or veggie toppings, 1 CHAMPSS-approved vegetable, fruit and milk

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

May 2022
CHAMPSS Approved BREAKFAST
8:00-11:00 AM

Choose from the following CHAMPSS approved Food Groups:

**Meats:** 2 eggs, any method 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)**
(NOT available at 95th St. OP or Lenexa)

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 ½ 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 DiLusso Salad:

DiLusso Berry Chicken Salad or Southwest Salad
DiLusso Chef Salad or Cobb Salad
DiLusso Regular Garden Salad

+ 1 wheat dinner roll, corn muffin or biscuit w/fruit and milk

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

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

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DiLusso Berry Chicken Salad & Southwest Salad
DiLusso Chef Salad & Cobb Salad
DiLusso Regular Garden Salad

+ 1 wheat dinner roll, corn muffin or biscuit w/fruit and milk

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