

National School Lunch Week:

MONDAY, October 14:

Hello Champ's Cafe Customers!

It's time to celebrate the healthy meals that the National School Lunch Program offers to you every school day! Our theme this year is "What's on your Playlist?" So, what do you like to eat for lunch at Champ's Cafe? One of the food items offered everyday for meals is a protein entree. Perhaps you like chicken nuggets or beef dippers or pizza. All entrees provide your body with protein, Your body uses protein to build and repair tissues. Protein is used to make enzymes, hormones, bones, muscle, skin and blood. As you join us for lunch today, think about the important nutrient protein as you choose your entree down at Champ's Cafe!

TUESDAY, OCTOBER 15:

Hello to our Champ's Cafe Customers!

"What's on your Playlist?" is our theme for National School Lunch Week! What fruits and vegetables do you enjoy with your Champ's Cafe entree, grain and milk? Fruits and vegetables provide so many nutrients that our bodies need to stay healthy, from Vitamins A, C and K to Minerals such as potassium and iron. Do you like fresh frChamp's Ca

gain lots and lots of fiber, vitamins and minerals. Nothing makes our Champ's Cafe

