



### CHAMPSS Topeka Locations

800 NW 25th St.      2010 SE 29th St.  
5311 SW 22nd Pl.    6829 SW 29th St.  
4015 SW 10th Ave.

### CHAMPSS Lawrence Locations

1740 Massachusetts St.  
4701 W. 6th St.

## Dillons Deli CHAMPSS Menu

Select one item from each category

**Protein – 3oz portion – select 1 item**

Grilled Chicken Breast  
Baked Chicken Breast

Grilled Salmon      Lasagna  
Turkey Breast \* temporarily unavailable

**Vegetable – 1 cup– select 1 item or 2 cups Salad Mix**

#### 1 Cup Serving Size

Superfood Salad  
Kentucky Cole Slaw  
Green Beans or Corn  
Carrots & Sugar Snap Peas – steamed upon request

\*Vegetable sticks (carrots & celery)

\*Veggie Medley (broccoli, carrots, cauliflower) steamed upon request

\*may be served with 2tbsp. Light Ranch or Italian dressing on the side

#### 2 Cup Serving Size

\*American Blend Salad Mix  
\*Hearts of Romaine Salad Mix

**Fruit – 2/3 cup or 1 whole piece– select 1 item**

Grapes, Blueberries or  
Strawberries

Whole fruit:  
Apple, Orange or Banana

**Starch – ½ cup– select 1 item**

Steamed White or Brown rice (1 – 4oz spoodle)

Mashed Potato (without gravy)

Baked or Twice Baked Potato (without toppings)

\*If Lasagna is chosen as the entrée, then no additional starch item is required

**Included with all meals:**

1 slice Whole Grain Bread or 1 Whole Grain English Muffin

8oz Skim Milk

Fried Meats and Vegetables are not included in the CHAMPSS meal plan

\*\*Substitutions cannot be made due to the dietary guidelines of the meal program\*\*