



3504 Clinton Parkway, Lawrence, KS 66047

Kitchen Menu for CHAMPSS

As of 2/3/2021 hot deli open hours: 6:00am-11:00am, 11:00am-1:30pm, and 4:00pm-8:00pm *Hours modified to provide deli prep time for fresh food.

Breakfast

2 eggs OE OM OH SCR BST SS
w/ 1 cup veggies

or

2 egg omelet with ½ cup veggies -
NO CHEESE

2 turk bacon OR 2 turk SP

Starch - ONE choice (no potato)

2 slices whole wheat toast, DRY

or

1 whole wheat english muffin, DRY
whole fruit or 6 oz. 100% juice

8 oz. 1% milk carton

PLEASE NOTE – Substitutions are not allowed per the meal guidelines set for the program. You are welcome to purchase items not included. Thank you!



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Please select from each category to build your own nutritious meal!

Protein – 3 oz. portion, select 1 option

- Herb Roasted Chicken
- Turkey Breast
- Meatloaf
- Pork loin

Fried Chicken and Smoked Beefs are not part of the program due to fat and sodium.

Vegetable – 1 cup, select 1 option

- Oven Roasted Veggies
 - Green Beans
 - 4 Bean Salad
 - Tomato Roughy
- Note:** Baked beans no longer fit the nutrition requirements

Fruit – select 1 option

- An Apple, Orange or Banana

Starch – ½ cup, select 1 option

- Roasted Red Potatoes
- mashed potatoes with gravy
- Corn
- Macaroni Salad

Whole grain roll with butter – included in all meals

8 oz. Skim Milk

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