



2951 SW Wanamaker Rd, Topeka, KS 66614

Kitchen Menu for CHAMPSS

Effective Dates:

10/1/2020 through 9/30/2021

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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Chinese Menu for CHAMPSS

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This meal includes:

1 cup steamed rice

Your choice of any NON-fried entrée

Ex. Beef and Broccoli, Chicken with veggies, Cashew chicken, etc.

Whole wheat roll

1 whole fruit

8 oz. skim milk

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Italian Menu for CHAMPSS

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This meal includes:

1 slice of pizza must include chicken or hamburger as a topping,
may include additional toppings if available

Whole wheat roll

Lettuce salad with *light ranch* or *light Italian* dressing

1 whole fruit (choices vary)

8 oz. skim milk

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Soup Meal for CHAMPSS

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This meal includes:

12 oz. bowl of ONE of the following choices:

Chili

Vegetable Beef

Gumbo

Whole-grain roll (from the kitchen)

1 cup vegetable (see menu above for choices)

1 whole fruit

8 oz. milk

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