

**CHAMPPS Breakfast ORDER FORM**

**Protein**

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

\_\_\_ 2 egg omelet with ½ cup veggies –**NO CHEESE**

\_\_\_ 2 turk bac OR \_\_\_ 2 turk SP

**Starch – ONE choice (no potato)**

\_\_\_ 2 slice WWT, DRY

\_\_\_ 1 whole wheat english muffin, DRY

**Fruit – ONE choice**

\_\_\_ whole fruit

\_\_\_ 6 oz. 100% juice

**8 oz. 1% milk carton**

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# Kitchen Menu for CHAMPSS

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**

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