

CHAMPSS LUNCH AND DINNER

Hy-Vee TOPEKA, KS

Meat Choices = 3oz Serving

- Baked Chicken
 - 1 boneless breast
 - 1 thigh and 1 wing
 - 2 drum sticks
- Fish (when available)
- Turkey (when available)

Vegetable and Starch Choices = ½ cup serving (Pick 2 from this category)

- Hot Sides – Based on availability due to crop shortages
 - Corn
 - Marinated Vegetables
 - Green Beans
 - Mashed Potatoes w/ Gravy
- Cold Sides – Based on availability due to crop shortages
 - 4 Bean Salad
 - Broccoli Supreme
 - Pickled Beets
 - Tomato Roughy
 - Coleslaw

Fruit = Whole Fruit

- Apple, Banana, Orange

Grains = 2oz

- Whole wheat muffin

Dairy = 1% ½ pint white milk

Italian Meal

- 2 Slices – Plain, Cheese, Hamburger or Veggie,
- 1 side from above choices from hot food counter
- Fruit – from hot food counter
- Milk – from hot food counter

Chinese Meal

- 1 cup Non-Fried Entrée
- 1 cup Steamed Rice
- Fruit – from hot food counter
- Milk – from hot food counter

Food Items based on Availability. Menu items subject to change.

Available 05/25/2022 – 9/30/2022

CHAMPSS BREAKFAST
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Meat = 2 Eggs and Choice of Turkey Sausage or Turkey Bacon

- Over Easy
- Over Medium
- Over Hard
- Scrambled
- Omelet – with ½ cup veggies

Grains = Choose 1

- 2 Slices Whole Wheat Toast
- English Muffin

Fruit = Choose 1

- Apple
- Banana
- Orange
- Orange Juice
- Apple Juice

Dairy = 1 – ½ pint white milk

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