

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

- Herb Roasted Chicken

Vegetable- 1 Cup, Select 1 option

- Green Beans
- 4 Bean Salad
- Tomato Roughy

Fruit- Select 1 option

- An Apple, Orange or Banana

Starch- ½ cup, Select 1 option

- Mashed Potatoes with Gravy
- 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!

Hy-Chi Menu for CHAMPSS

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

Rice Bowl

Rice- Choose 1 option

- White Rice
- Fried Rice

Entrée- Choose 1 option

- Cashew Chicken
- Beef and Broccoli
- Kung Pao Chicken
- Black Pepper Pork
- Mixed Vegetables
- Szechuan Egg

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