

Sunday Menu

Baked Chicken
Whole Wheat Bread
Peas and Mashed Potatoes with Gravy
Choice of Orange or Pear
Milk or Low Fat/Fat Free Yogurt

Roast Beef
Whole Wheat Bread
Peas and Mashed Potatoes with Gravy
Choice of Orange or Pear
Milk or Low Fat/Fat Free Yogurt

Monday Menu

Baked Chicken
Whole Wheat Bread
Green Beans or Carrots
Choice of Apple or Pear
Milk or Low Fat/Fat Free Yogurt

Homemade Meat Loaf
Whole Wheat Bread
Green Beans or Carrots
Choice of Apple or Pear
Milk or Low Fat/Fat Free Yogurt

Tuesday Menu

Baked Chicken
Whole-Wheat Bread
Sweet Potato or Spinach
Choice of Banana or Apple
Milk or Low Fat/Fat Free Yogurt

Pulled Pork
Whole-Wheat Hamburger Bun | Roll
Sweet Potato or Spinach
Choice of Banana or Apple
Milk or Low Fat/Fat Free Yogurt

Wednesday Menu

Baked Chicken Patty Sandwich
Whole Wheat Hamburger Bun
Mashed Potatoes/Gravy & Mixed Vegetables
Choice of Orange or Banana
Milk or Low Fat/Fat Free Yogurt

Hot Roast Beef
Whole Wheat Bread
Mashed Potatoes/Gravy & Mixed Vegetables
Choice of Orange or Banana
Milk or Low Fat/Fat Free Yogurt

Thursday Menu

Baked Chicken
Whole-Wheat Bread
Corn or Black Beans
Choice of Pear or Apple
Milk or Low Fat/Fat Free Yogurt

Chicken or Beef Soft Taco
Whole-Wheat Tortilla
Corn or Black Beans
Choice of Pear or Apple
Milk or Low Fat/Fat Free Yogurt

Friday Menu

Baked Chicken
Whole Wheat Bread
Beets and Steamed Cauliflower
Choice of Orange or Banana
Milk or Low Fat/Fat Free Yogurt

Baked Fish
Whole Wheat Bread
Beets and Steamed Cauliflower
Choice of Orange or Banana
Milk or Low Fat/Fat Free Yogurt

Hours of Operation

Monday thru Sunday
11:00am – 2:00pm

Saturday Menu

Baked Chicken
Whole-Wheat Bread
Mashed Potatoes/Gravy & Steamed Broccoli
Choice of Apple or Banana
Milk or Low Fat/Fat Free Yogurt

Pulled Pork
Whole-Wheat Hamburger Bun | Roll
Mashed Potatoes/Gravy & Steamed Broccoli
Choice of Apple or Banana
Milk or Low Fat/Fat Free Yogurt



CHAMPSS MENU

901 Oak Street
Valley Falls, KS

Please Note Substitutions are not allowed per the meal guidelines set for the program You are welcome to purchase items not included.