

at the TOPEKA & SHAWNEE COUNTY PUBLIC LIBRARY

1515 SW 10th Ave Topeka, KS 66604

CHAMPSS Menu

Meal Option #1

Half Turkey Club on Whole Wheat Bread (20z of Turkey, 0.50z of Bacon, Lettuce, Tomato, Mayonnaise)

Meal Option #2

Half Tuna Salad on Whole Wheat Bread (2.5oz of Tuna Salad—Mayonnaise, Sweet Relish, Onions, Hard-Boiled Eggs)

Meal Option #3

Cup of Vegetable Beef and Barley Soup

Meal Option #4

Quiche of the Day

Each Option Includes:

Vegetable of the Day Whole Wheat Roll or Bread Whole Fruit

Beverage Option

8oz Skim Milk Water

CHAMPSS Meals Served

Monday thru Friday 11:00am – 2:00pm