CHAMPSS Menu

**Meal Option #1**
Half Turkey Club on Whole Wheat Bread
(2oz of Turkey, 0.5oz 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