



Topeka

2951 SW Wanamaker Rd

Lawrence

3504 Clinton Parkway

CHAMPSS Breakfast

Meats

Choice of 2 Turkey Sausage Links/Patties or 2 Turkey Bacon Slices with
Two Eggs (Any Method) – Over Easy | Over Medium | Over Hard | Scrambled

-OR-

Two Egg Omelet (with/ ½ cup of veggies – NO Cheese)

Grains (Choose One)

2 Slices Whole Wheat Toast 1 English Muffin
1 Cup Oatmeal 2 Pancakes

Fruit (Choose Two)

Apple Banana Orange
8oz 100% Fruit Juice Fresh Fruit Cup (when avail)
¾ Cup Mixed Melon Chunks ¾ Cup Fruit Cocktail

Dairy

1 – 8oz Serving of 1% White or Chocolate Milk

Hours of Operation

Hot Kitchen Breakfast Hours 6:00am – 11:00am
Hot Kitchen Lunch/Dinner Hours 11:00am – 7:00pm

Food items based on availability. Menu Items Subject to Change

CHAMPSS Lunch and Dinner

Baked Chicken (3 oz serving) – Choice of:

1 Boneless Breast 1 Thigh & 1 Wing 2 Drumsticks

Fish Entrée (5 oz serving)

Baked Salmon or Baked Tilapia

Other Protein (5 oz serving)

Smoked Turkey, Meat Loaf, Smoked Pork Loin or Pulled Pork

Choose Two Side (½ Cup Each)

– Based on Availability Due to Crop Shortages

Cold Sides:

4 - Bean Salad	Broccoli Supreme Salad
Pickled Beets	Tomato Roughie
Chop Chop Salad	Southwest Salad
Marinated Mushrooms	Crisp Cucumber Salad
Marinated Vegetable	Mediterranean Artichoke Salad
Vinegar & Oil Coleslaw	Mayan Cauliflower Salad
Marinated Asparagus	Sweet Chili Asian Salad

Hot Sides:

5 Way Veggie Blend	Baked Beans
Corn	Fresh Steamed Vegetables
Green Beans	Green Bean Almondine
Mased Potatoes w/Gravy	Roasted Parmesan Red Potatoes

Choose One (Grains - 2oz Serving)

Whole Wheat Muffin or Corn Muffin

Fruit (Choose One)

Apple | Banana | Orange | or ¾ Cup Fresh Fruit (When Available)

Dairy

1 – 8oz Serving of 1% White or Chocolate Milk

CHAMPSS Half Sandwich Meal

Sandwich Option

½ Seasoned Italian Roast Beef – with Lettuce, Tomato, Pickle & Cheese

½ Tuna Salad – with Lettuce, no Cheese, (Tomato Optional)

½ Low Sodium Turkey – with Lettuce, Tomato, Pickle & Cheese

Choose One Side (1 cup serving) – *Based on Availability Due to Crop Shortages*

Cold Sides

4 - Bean Salad	Broccoli Supreme Salad
Pickled Beets	Tomato Roughie
Chop Chop Salad	Southwest Salad
Marinated Mushrooms	Crisp Cucumber Salad
Marinated Vegetable	Mediterranean Artichoke Salad
Vinegar & Oil Coleslaw	Mayan Cauliflower Salad
Marinated Asparagus	Sweet Chili Asian Salad

Hot Sides

5 Way Veggie Blend	Baked Beans
Corn	Fresh Steamed Vegetables
Green Beans	Green Bean Almondine
Mased Potatoes w/Gravy	Roasted Parmesan Red Potatoes

Fruit (Choose One)

Apple | Banana | Orange | or ¾ Cup Fresh Fruit (When Available)

Dairy

1 – 8oz Serving of 1% White or Chocolate Milk

CHAMPSS Salad Meal

Choose one (1) small DiLusso Salad:

DiLusso Berry Chicken Salad

DiLusso Chef Salad

DiLusso Regular Garden Salad

Choose One (Grains - 2oz Serving)

Whole Wheat Muffin or Corn Muffin

Fruit (Choose One)

Apple | Banana | Orange |

8oz 100% Fruit Juice

Fresh Fruit Cup (when avail)

¾ Cup Mixed Melon Chunks ¾ Cup Fruit Cocktail

Dairy

1 – 8oz Serving of 1% White or Chocolate Milk



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CHAMPSS Chinese Menu

Your choice of rice (One Cup)

White Rice *Brown Rice *Plain Lo Mein

Your choice of entrée (non-fried)

Chicken Entrée

*Beijing Chicken *Black Pepper Chicken
Cashew Chicken *Garlic Chicken
*Kung Pao Chicken *Szechuan Chicken

Shrimp Entrée

*Spicy Triple Delight Triple Delight

Vegetable Entrée

Vegetable Delight
Plain Lo Mein with Vegetables (No Rice w/this Option)
Steamed Vegetables with Choice of Stir Fried Chicken, Pork or Beef

Pork Entrée

Pork with Green Beans *Twice Cooked Pork
Black Pepper Pork

Beef Entrée

*Beef and Broccoli *Beef and Vegetables
Mongolian Beef

Fruit (Choose One)

Apple | Banana | Orange | or ¾ Cup Fresh Fruit (When Available)

Dairy

1 – 8oz Serving of 1% White or Chocolate Milk

Food items based on availability. Menu Items Subject to Change



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Hours of Operation

Hy-Chi and Italian Hours

11:00am – 8:00pm

CHAMPSS Italian Menu

Two (2) Slices of Pizza (Thin Crust)

Your choice of:

Plain Cheese Veggie Hamburger

Choose One Side (1 cup serving) – Based on Availability Due to Crop Shortages

Cold Sides

4 - Bean Salad	Broccoli Supreme Salad
Pickled Beets	Tomato Roughie
Chop Chop Salad	Southwest Salad
Marinated Mushrooms	Crisp Cucumber Salad
Marinated Vegetable	Mediterranean Artichoke Salad
Vinegar & Oil Coleslaw	Mayan Cauliflower Salad
Marinated Asparagus	Sweet Chili Asian Salad

Hot Sides

5 Way Veggie Blend	Baked Beans
Corn	Fresh Steamed Vegetables
Green Beans	Green Bean Almondine
Mased Potatoes w/Gravy	Roasted Parmesan Red Potatoes

Fruit (Choose One)

Apple | Banana | Orange |
¾ Cup Fresh Fruit (When Available)

Dairy

1 – 8oz Serving of 1% White or Chocolate Milk