**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

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**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

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Food items based on availability. Menu Items Subject to Change
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
- Pickled Beets
- Chop Chop Salad
- Marinated Mushrooms
- Marinated Vegetable
- Vinegar & Oil Coleslaw
- Marinated Asparagus

Hot Sides
- 5 Way Veggie Blend
- Corn
- Green Beans
- Mased Potatoes w/Gravy

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
- ¾ Cup Mixed Melon Chunks
- ¾ Cup Fruit Cocktail

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

CHAMPSS Salad Meal

Topeka
2951 SW Wanamaker Rd

Lawrence
3504 Clinton Parkway

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 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
- Cashew Chicken
- *Kung Pao Chicken
- *Garlic Chicken
- *Black Pepper 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

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
- Pickled Beets
- Chop Chop Salad
- Marinated Mushrooms
- Marinated Vegetable
- Vinegar & Oil Coleslaw
- Marinated Asparagus

**Hot Sides**
- 5 Way Veggie Blend
- Corn
- Green Beans
- Mased Potatoes w/Gravy

**Fruit (Choose One)**
- Apple | Banana | Orange | 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