

Topeka Hy-Vee CHAMPSS Menu

Breakfast

CHOOSE YOUR EGG:

- 2 eggs with 1 cup veggies
- 2 egg omlet with 1/2 cup veggies (no cheese)

CHOICE OF:

- 2 sliced turkey bacon
- 2 turkey sausage patties

CHOOSE YOUR BREAD:

- 2 sliced dry wheat toast
- 1 english muffin

CHOICE OF:

- Whole fruit (BANANA, APPLE or ORANGE)
- 6 oz juice (ORANGE JUICE< CRANBERRY or APPLE)

8oz skim milk included

PLEASE NOTE -- Substitutions are not allowed per the meal guidelines set for the program. You are welcome to purchase items not included. Thank You!

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Hy-Chi Options

RICE BOWL (16oz)

CHOOSE YOUR RICE:

- White Rice
- Fried Rice

CHOOSE YOUR ENTREE:

- Cashew Chicken
- Beef and Broccoli
- Kung Pao Chicken
- Black Pepper Pork
- Teriyaki Chicken

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Lunch & Dinner

3OZ PORTION OF PROTEIN:

- Herb Roasted Chicken

CHOOSE YOUR VEGETABLE:

(1 cup portion)

- Green Beans
 - Beets
- 3 bean salad

CHOOSE YOUR FRUIT

- Apple
- Orange
- Banana

CHOOSE YOUR STARCH:

- Mashed Potatos w/ gravy
 - Macaroni salad

8oz skim milk anda whole grain roll w/ butter included in all lunch/dinner meals

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