






Featured Produce: Onions/Garlic & Asparagus

Monday	Tuesday	Wednesday	Thursday	Friday
<p>03 Breakfast French Toast w/syrup</p> <p>LUNCH Chicken Nuggets w/WG roll or PBJ on WG bread Baked Beans Yam Patties Assorted Fresh Fruit</p>	<p>04 Breakfast Chicken Biscuit</p> <p>LUNCH Roasted Chicken w/WG roll or Hamburger on WG bun Tossed Green Salad w/dressing Diced Tomatoes &/or Baked Fries Sliced Peaches</p>	<p>05 Breakfast Zee Bar & Potato Triangle</p> <p>LUNCH Sloppy Joe on WG bun or Buttered Corn Broccoli w/Cheese sauce Fresh Orange wedges</p>	<p>06 Breakfast Waffles w/syrup</p> <p>LUNCH Pepperoni Pizza or Tossed Romaine Salad Diced Tomatoes Steamed Italian Green Beans Fresh Banana</p>	<p>07 Breakfast Cheese Grits & Sausage</p> <p>LUNCH- VEGGIE DAY Okra and Tomatoes, Bean Blend Green Beans, Collard Greens Buttered Corn, Black-Eye Peas, Tater Tots or Cereal w/Honey Grahams Corn Muffin &/or Sliced Pears</p>
				
<p>17 Breakfast "Early-rise" Sausage Pizza</p> <p>LUNCH Chicken or Beef Taco on WG wrap Buttered Corn Creamy Mashed Potatoes Assorted Fresh Fruit</p>	<p>18 Breakfast Cheese Grits & Assorted Muffins</p> <p>LUNCH Pepperoni Pizza or PBJ on WG bread Tossed Green Salad w/dressing Diced Tomatoes or Baked Fries Sliced Peaches</p>	<p>19 Breakfast Chicken Biscuit</p> <p>LUNCH Chicken over Rice Pilaf or Hamburger on WG bun Steamed Italian Cut Beans Buttered Diced Potatoes Strawberry cup Extra: Fresh Baked Cookie</p>	<p>20 Breakfast Mini Blueberry Pancakes & Potato Triangle</p> <p>LUNCH Beef Nuggets w/WG roll Yam Patty Creamy Mashed Potatoes Assorted Fresh Fruit</p>	<p>21 Breakfast Donut or Cereal w/Graham crackers</p> <p>LUNCH Chicken Nuggets w/WG roll Steamed Green Peas Assorted WG Chips Fruit cocktail cup</p>
<p>24 Breakfast Waffle w/syrup</p> <p>LUNCH Beef or Chicken WG nachos & Cheese sauce Steamed Buttered Corn Broccoli w/Cheese sauce Assorted Fresh Fruit</p>	<p>25 Breakfast Super Donut & Cheese Grits</p> <p>LUNCH Pepperoni Pizza or Taco w/WG wrap Romaine Tossed Salad Diced Tomatoes Baked Tater Tots Fresh Orange wedges</p>	<p>26 Breakfast Sausage Biscuit</p> <p>LUNCH Breaded Shrimp w/WG roll or PBJ on WG bread Creamy Mashed Potatoes Broccoli and Tomato Salad Tropical Fruit cup</p>	<p>27 Breakfast Assorted WG Muffins & Potato Triangles</p> <p>Lunch Hamburger w/WG bun Baked Beans Baked Potato Triangles Fresh Banana</p>	<p>28 Breakfast Cheese Grits & Sausage</p> <p>LUNCH Hot Wings or Beef Nuggets w/WG roll Asparagus w/Garlic and Onions Steamed Italian-cut Green Beans Baked Peach Crisp</p>
<p>Notice to Parents: Putnam County Charter School Nutrition Program offers a variety of produce at every meal. Children must choose a minimum of 1/2 cup of fruit or vegetable for Breakfast & Lunch. *Whole Grains=WG</p>	<p>Featured GA Produce</p>  <p>VIDALIA ONION</p>		<p>Featured GA Produce</p>  <p>FARM TO SCHOOL</p>	<p>Featured GA Produce</p> 

National Garlic Month



HEALTH BENEFITS OF **GARLIC**
One of the oldest medicinal foods on the planet!
healthylivinghowto.com



School Breakfast
Every Child Every Day

PLEASE REMEMBER THAT PUTNAM COUNTY CHARTER SCHOOL SYSTEM IS OFFERING BREAKFAST AT NO COST TO ALL STUDENTS THIS YEAR

MENUS SUBJECT TO CHANGE WITHOUT NOTICE.

*** Variety of Milk (Breakfast & Lunch)/Cereal, 100% Juice, Fresh Fruit or Vegetables Offered Daily for Breakfast ***

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER