





**Featured Produce: Onions/Garlic & Asparagus**

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

**National Garlic Month**



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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**