



**Featured Produce: Cabbage & Brussel Sprouts**

**Monday**

**Featured GA Produce**



**08 Breakfast**  
Sausage Biscuit

**LUNCH**  
Chicken Tenders w/WG roll or Salad Bar w/WG roll  
Baked Potato w/sour cream  
Collard Greens  
Fresh Orange wedges

**15 King Holiday**



**22 Breakfast**  
Chicken Biscuit

**LUNCH**  
Chicken Tenders w/WG roll or Salad Bar w/WG Cornbread  
Collard Greens  
**Steamed Brussel Sprouts**  
Fresh fruit

**29 Breakfast**  
Steak Nuggets/Cheesy Grits

**LUNCH**  
Popcorn Chicken or Salad Bar w/WG roll  
Chilled Coleslaw  
Bake Potato w/sour cream  
Fresh fruit

**Tuesday**

**Featured GA Produce**



**09 Breakfast**  
Chicken Biscuit & Grits

**LUNCH**  
Chicken Nuggets w/WG roll or Veggie Bar  
Black-eyed Peas  
Steamed Broccoli  
Fresh fruit

**16 Breakfast**  
Chicken Biscuit/Cheesy Grits

**LUNCH**  
Chicken Nuggets w/WG roll or Veggie Bar w/WG Cornbread  
Mashed Potatoes  
Seasoned Pinto Beans  
**Steamed Brussel Sprouts**  
**Warmed Peach Cobbler**

**23 Breakfast**  
Sausage Biscuit w/Cheesy Grits

**LUNCH**  
Grilled Hot Dog w/WG bun or Soup Bar w/WG Cornbread  
Seasoned Potato Wedges  
Chilled Coleslaw  
Baked Beans  
Fresh Tangerines (2)

**30 Breakfast**  
Chicken Biscuit/Cheesy Grits

**LUNCH**  
Chicken Nachos w/WG chips or Salad Bar w/WG roll  
Tossed Salad w/dressing  
Corn, Salsa & Black Beans  
Pineapple tidbits

**Wednesday**



**10 Breakfast**  
DIY Waffles or Sausage w/Biscuit

**LUNCH**  
Baked Chicken w/ WG roll or Salad Bar w/WG roll  
Mashed Potatoes w/gravy  
Fried Okra  
Fruit Cocktail cup

**17 Breakfast**  
Parfait Bar or Steak Biscuit

**LUNCH**  
Baked Chili Potato or Salad Bar w/WG roll  
Steamed Broccoli  
**Steamed Cabbage**  
Fruit Cocktail cup

**24 Breakfast**  
DIY Waffles or Sausage w/Biscuit

**LUNCH**  
Baked Rotini or Veggie Bar w/WG Garlic roll  
Steamed Broccoli  
Tossed Green Salad w/dressing  
**Baked Cinnamon Apples**

**31 Breakfast**  
Parfait Bar or Steak Biscuit

**LUNCH**  
Grilled BBQ Chicken w/WG Bun or Salad Bar w/WG roll  
French fries  
Baked Beans  
Tropical Fruit cup

**Thursday**

**04 Breakfast**  
Sausage Biscuit

**LUNCH**  
Cheeseburger w/WG bun or Soup Bar w/Cornbread Muffin  
Seasoned Potatoes  
Tossed Salad w/dressing  
Mandarin Orange wedges

**11 Breakfast**  
Steak Nuggets & Cheesy Grits

**LUNCH**  
Homemade Pizza w/breadstick or Salad Bar w/WG roll  
Baked Wedges  
Tossed Green Salad w/dressing  
Fresh fruit

**18 Breakfast**  
Sausage Biscuit & **Hot Oatmeal**

**LUNCH**  
**Hot Wings** or Soup Bar w/WG roll or Cornbread Muffin  
Fresh Celery & Carrot cup  
Tossed Green Salad w/dressing  
Pineapple tidbits

**25 Breakfast**  
Steak Nuggets/Grits

**LUNCH**  
Beef Enchiladas w/WG wrap or Salad Bar w/WG roll  
WG Rice  
Black beans  
Steamed Corn  
Pineapple tidbits

**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 Grain = WG**

**Friday**

**05 Breakfast**  
Chicken Biscuit

**LUNCH**  
Homemade Pizza w/breadstick or Salad Bar w/WG roll  
French fries  
Tossed Salad w/dressing  
Fruit Cocktail cup

**12 Breakfast**  
Steak Egg Biscuit

**LUNCH**  
Chicken Quesadilla w/WG wrap or Veggie Bar  
WG Rice &/or Refried Beans  
Black Beans & Corn Salsa  
Mandarin Orange wedges


**19 Breakfast**  
Bacon Biscuit & Grits

**LUNCH**  
Homemade Pizza or Salad Bar w/WG roll  
Steamed Corn & French fries  
Tossed Green Salad w/dressing  
Fresh Orange wedges

**26 Breakfast**  
Bacon Biscuit &/or Cheesy Grits

**LUNCH**  
Homemade Pizza or Salad Bar w/WG roll  
French fries  
Tossed Salad w/dressing  
**Steamed Cabbage**  
Fresh fruit

**Our Vegetable Bar is Back!**



**National Oatmeal Month**



PLEASE REMEMBER THAT PUTNAM COUNTY CHARTER SCHOOL SYSTEM IS OFFERING **FREE BREAKFAST 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**