












Featured Produce: Onions & Garlic

Monday	Tuesday	Wednesday	Thursday	Friday
				
09 Breakfast Pancakes & Sausage LUNCH Slice Ham or Turkey Sub Corn Muffin Collards or Broccoli Mac and Cheese Mandarin Orange wedges	10 Breakfast Grilled Ham & Cheese LUNCH Cheese Burger or PBj Potato wedge or Sun chips Baked Beans Sliced Peaches	11 Breakfast Bacon, Toast & Cheese Grits LUNCH Cheesy Taco Meat & Chips or Turkey Sub Lettuce & Tomato, Peppers Steamed Corn/Salsa Fresh Banana	12 Breakfast Pancakes or Cereal Bar & Yogurt LUNCH Pepperoni or Sausage Pizza Green Tossed Salad w/dressing Steamed Broccoli Slice Pears	13 Breakfast Sausage, Toast & Grits LUNCH Hot Ham & Cheese or Cold Ham Sub w/WG bun WG Sun chips Green Tossed Salad Fresh Apple
16 Breakfast Sausage Biscuit LUNCH Steak or Meatloaf & gravy w/WG roll Mashed Potatoes/Broccoli or Asparagus w/Garlic & Onions Fresh Apple	17 Breakfast Steak Nuggets & Cheese Grits LUNCH Cheeseburger Casserole w/WG roll Green Tossed Salad Green Beans Fresh Assorted Fruit	18 Breakfast Bacon, & Cheese Grits LUNCH Pizza or Hot Dog w/WG bun Green Tossed Salad w/dressing Steam Broccoli w/Cheese sauce Fresh Banana	19 Breakfast Sausage & Cheese Biscuit LUNCH Sweet & Sour Chicken or PBj or Cornbread Muffin Stir-Fried Rice Steamed Cabbage Tropical Fruit cup	20 Breakfast Chicken Biscuit LUNCH Hot Ham & Cheese or Tuna Sub WG bun Baked Beans WG Chips &/or Pickle spears Mandarin Orange wedges
23 Breakfast Sausage Biscuit LUNCH Chicken Tenders or PBj Mashed Potatoes Green Peas WG roll Sliced Peaches	24 Breakfast Bacon, Toast & Cheese Grits LUNCH Hot Ham & Cheese w/WG bun Baked Tater Tots Glazed Carrots sticks Baked Beans Sliced Pears	25 Breakfast French Toast Sausage links LUNCH Sliced Turkey or Beef & gravy Corn Muffin Steamed Brown Rice Collard or Green Beans Fresh Banana	26 Breakfast Breakfast Pizza Lunch Spaghetti w/Meat Sauce w/WG roll Turkey Sub on WG Green Tossed Salad w/dressing Steamed Corn Mandarin Orange wedges	27 Breakfast Chicken Biscuit LUNCH Hot & Ham & Cheese or PBj WG bun Steamed Broccoli w/Cheese sauce Baked Tater Tots Assorted Fresh fruit
30 Breakfast Sausage Biscuit. Cheese Grits LUNCH Choice of Chicken Mashed Potatoes Black-eye Peas WG roll Baked Cinnamon Apples	<div style="border: 1px solid black; padding: 5px; text-align: center;"> Featured GA Produce  VIDALIA ONION </div>		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	

National Garlic Month



HEALTH BENEFITS OF GARLIC
One of the oldest medicinal foods on the planet!



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