












Featured Produce: Onions & Garlic

Monday	Tuesday	Wednesday	Thursday	Friday
				
09 Breakfast Cheese Grits & Egg Patty LUNCH BBQ Pulled Pork WG bun Steamed Green Beans Fresh fruit	10 Breakfast French Toast sticks w/100% Jelly LUNCH Turkey & Cheese Hoagie Oven Baked Fries Sliced Peaches	11 Breakfast Cheese Grits & Sausage LUNCH Pepperoni Pizza Baked Tater Tots Flavored Applesauce cup	12 Breakfast Waffles w/100% Jelly LUNCH Chicken Nuggets, WG roll Romaine Tossed salad w/Tomato wedges Fresh fruit	13 Breakfast Cheese Grits & Egg Patty LUNCH Fish Nuggets WG roll Oven Baked Fries Fruit Cocktail cup
16 Breakfast Cheese Grits & Sausage LUNCH Pepperoni Pizza Baked Tater Tots Flavored Applesauce cup	17 Breakfast Grilled Cheese sandwich LUNCH Chicken Nuggets WG roll Romaine Tossed salad w/dressing w/Tomato wedges Fresh fruit	18 Breakfast Cheese Grits & Egg Patty LUNCH Turkey & Cheese Hoagie Oven Baked Fries Sliced Peaches	19 Breakfast Biscuit w/100% Jelly LUNCH Spaghetti w/Meat sauce WG breadstick Steamed Corn Sliced Pears	20 Breakfast Cheese Grits & Egg Patty LUNCH Pork Roast w/gravy over Rice & Tomatoes Steamed Green Beans Fresh fruit
23 Breakfast Cheese Grits & Egg Patty LUNCH Turkey & Cheese Hoagie Roasted Red Potatoes Fresh fruit	24 Breakfast Biscuit w/100% Jelly LUNCH Pepperoni Pizza Oven Baked Fries Flavored Applesauce cup	25 Breakfast Cheese Grits & Egg Patty LUNCH Chicken Fajita w/WG wrap Buttered Corn Sliced Peaches	26 Breakfast Waffles w/100% Jelly LUNCH Chicken Nuggets WG roll Romaine Tossed Salad w/Tomato Wedges Fresh fruit	27 Breakfast Cheese Grits & Sausage LUNCH Fish Nuggets WG roll Oven Baked Fries Fruit Cocktail cup
30 Breakfast Cheese Grits & Sausage SACK LUNCH Grilled Cheese or PBJ on WG Assorted Sun chips Veggie Juice box Chocolate Bear Grahams Flavored Applesauce cup	Featured GA Produce  VIDALIA ONION		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