



Featured Produce: Cabbage & Brussel Sprouts

Monday

Featured GA Produce



Butter Steamed Cabbage

Tuesday

Featured GA Produce



Wednesday



Thursday



Friday



National Oatmeal Month



07 Breakfast
Cheese Grits w/Sausage Patty

LUNCH
Pulled Pork sandwich
on WG or
Corndog
Steamed Corn
Mixed Fruit

08 Breakfast
Breakfast Danish

LUNCH
Hot Wings or
Chicken Nuggets
WG roll
Green Beans
Fresh Fruit

09 Breakfast
Chicken Biscuit

LUNCH
Nachos w/Meat sauce
or Beef Nuggets w/WG roll
Steamed Corn
Roasted Brussel Sprouts
Frozen Fruit cup

10 Breakfast
Cinnamon Oatmeal & Bacon

LUNCH
Pepperoni Pizza
or Hot dog on WG bun
Broccoli w/cheese sauce
Steamed Cabbage & Onions
Fresh Banana

11 Breakfast
Cheese Grits & Sausage

LUNCH
Beefy Vegetable soup
WG saltines & 1/2 PBJ
or Cheeseburger w/WG bun
English Peas
Sliced Pears

14 Breakfast
Cheese Grits w/Sausage Patty

LUNCH
Chicken or Beef Nuggets
WG roll
Dill Spears
Baked Beans
Sliced Peaches

15 Breakfast
Chicken Biscuit

LUNCH
Pepperoni Pizza
or Hot dog
Romaine Mixed Salad w/dressing
Diced tomatoes
Frozen Fruit cup

16 Breakfast
Sausage Biscuit

Breakfast for LUNCH
Cheese Grits
Waffle w/syrup & Sausage
or Pancake on a Stick
Wango Mango Vegetable Juice
Yam Patties, 100% Juice

17 Breakfast
Super Donut & Graham Crackers

LUNCH
Pulled Pork Sandwich on WG
Ham & Cheese on WG bread
Steamed Corn
Assorted Fruit

18 Breakfast
Cheese Grits & Sausage

LUNCH
Chicken Nuggets w/WG roll
or Hamburger w/WG bun
Black-eyed peas
Macaroni & Cheese
Mandarin oranges & Pineapple

21 MLK HOLIDAY



22 Breakfast
Waffles w/syrup

LUNCH
Pepperoni Pizza or
Hot dog on WG
Romaine Mixed Salad w/dressing
w/diced tomatoes
Potato gems
Assorted Fruit

23 Breakfast
Sausage Biscuit

LUNCH
Chicken Tenders w/WG roll
or Cheeseburger on WG
Black-eye peas
Roasted Red potatoes
Frozen Fruit cup

24 Breakfast
Breakfast Croissant

LUNCH
Spaghetti w/Meat sauce
w/WG breadstick
or WG Corndog
Sweet potatoes
Assorted Fruit

25 Breakfast
Cheese Grits & Sausage

LUNCH
Chicken Nuggets w/WG roll
or Grilled Cheese
w/WG bread
Collard Greens
Baked Cinnamon Apples

28 Breakfast
Cheese Grits w/Sausage Patty

LUNCH
Grilled Cheese or
PBJ Sandwich on WG bread
Broccoli w/cheese sauce
Sliced Peaches

29 Breakfast
Chicken Biscuit

LUNCH
Chicken Nuggets w/Rice Pilaf
or Ham & Cheese on WG
Collard Greens
Applesauce cup

30 Breakfast
Cheese Grits w/Sausage Patty

LUNCH
Pepperoni Pizza or
Hot dog on WG
Potato gems
Assorted Fruits

31 Breakfast
Sausage Biscuit

LUNCH
Fish sandwich w/WG bun
or WG Corndog
Sweet Potatoes
Strawberries w/topping

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



**PLEASE
REMEMBER THAT
PUTNAM COUNTY
CHARTER SCHOOLS
IS OFFERING
BREAKFAST &
LUNCH 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**