



**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  
Steamed Corn  
Mixed Fruit

**08 Breakfast**  
Cereal & 1% Milk

**LUNCH**  
Chicken Nuggets  
WG roll  
Green Beans  
Fresh Fruit

**09 Breakfast**  
Chicken Biscuit

**LUNCH**  
Nachos w/Meat sauce  
Steamed Corn  
**Roasted Brussel Sprouts**  
Frozen Fruit cup

**10 Breakfast**  
**Cinnamon** Oatmeal

**LUNCH**  
Pepperoni Pizza  
Broccoli w/Cheese sauce  
**Steamed Cabbage & Onions**  
Fresh Banana

**11 Breakfast**  
Cheese Grits & Egg Patty

**LUNCH**  
Beefy Vegetable soup  
WG saltines, 1/2 PBJ  
English Pea Casserole  
Sliced Pears

**14 Breakfast**  
Cheese Grits w/Sausage Patty

**LUNCH**  
Chicken Nuggets  
WG roll  
Dill Spears  
Baked Beans  
Sliced Peaches

**15 Breakfast**  
Chicken Biscuit

**LUNCH**  
Pepperoni Pizza  
Romaine Mixed Salad w/dressing  
Diced tomatoes  
Frozen Fruit cup

**16 Breakfast**  
Sausage Biscuit

**\*Breakfast for LUNCH\***  
Cheese Grits  
Waffle w/Jam & Sausage  
Wango Mango Vegetable Juice  
Yam Patties, 100% Juice

**17 Breakfast**  
Cereal & 1% Milk

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

**18 Breakfast**  
Cheese Grits & Egg Patty

**LUNCH**  
Hamburger w/WG bun  
Black-eyed peas  
Macaroni & Cheese  
Mandarin oranges & Pineapple

**21 MLK HOLIDAY**



**22 Breakfast**  
Cereal & 1% Milk

**LUNCH**  
Pepperoni Pizza  
Romaine Mixed Salad w/dressing  
w/diced tomatoes  
Potato gems  
Assorted Fruit

**23 Breakfast**  
Sausage Biscuit

**LUNCH**  
Cheeseburger on WG  
Black-eye peas  
Roasted Red potatoes  
Frozen Fruit cup

**24 Breakfast**  
Breakfast Croissant

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

**25 Breakfast**  
Cheese Grits & Sausage

**LUNCH**  
Chicken Nuggets w/WG roll  
Collard Greens  
Baked Cinnamon Apples

**28 Breakfast**  
Cheese Grits w/Egg Patty

**LUNCH**  
PBj Sandwich on WG bread  
Broccoli w/cheese sauce  
Sliced Peaches

**29 Breakfast**  
Chicken Biscuit

**LUNCH**  
Chicken Nuggets w/Rice Pilaf  
Collard Greens  
Applesauce cup

**30 Breakfast**  
Cheese Grits w/Sausage Patty

**LUNCH**  
Pepperoni Pizza  
Potato gems  
Assorted Fruit

**31 Breakfast**  
Sausage Biscuit

**LUNCH**  
Fish sandwich  
w/WG bun  
Sweet Potatoes  
Strawberry 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**