



Featured Produce: Cabbage & Brussel Sprouts

Monday

Featured GA Produce



Butter Steamed Cabbage

07 Breakfast
Sausage Biscuit

LUNCH
Country Fried Steak & gravy
or BBQ Chicken
WG cornbread
Cream Potatoes & English Peas
Sliced Pears

14 Breakfast
French Toast w/Sausage

LUNCH
Chicken Nuggets/WG roll
Chicken wrap
Baked Potato w/sour cream
Black-eyed Peas
Mandarin Orange wedges

21 MLK HOLIDAY



28 Breakfast
Breakfast Pizza

LUNCH
Hotdog on WG bun or
Corn dog
Coleslaw
Baked Beans
Pineapple tidbits

Tuesday

Featured GA Produce



08 Breakfast
French Toast w/syrup

LUNCH
Spaghetti w/WG breadstick
or PBJ Jamwich
Oven Baked Fries
Seasoned Green Beans
Baked Cinnamon Apples

15 Breakfast
Danish

Breakfast for Lunch
Sausage patty or Steak Nuggets
Grits, Biscuit
Scrambled Eggs
Assorted Fruit Juice
Yam Patties & Fresh Apple

22 Breakfast
Cheese Grits & Steak Nuggets

LUNCH
Sloppy Joe on WG bun or
BBQ sandwich on WG bun
Savory Baked Beans
Harvest Cheddar Chips
Dill Spears
Sliced Peaches

29 Breakfast
Cheese Grits & Bacon

LUNCH
Cheesy Meaty Nachos
Shredded Lettuce
Diced Tomatoes
Salsa/Refried Beans
Fresh Orange wedges

Wednesday



09 Breakfast
Chicken Biscuit

LUNCH
Sweet & Sour Chicken or
Meatballs
Stir-fry Rice
Steamed Cabbage
Glazed Carrots

16 Breakfast
Pancakes w/syrup

LUNCH
Homemade Chili w/WG roll or
Grilled Cheese on WG bread
Baked Potato w/sour cream
Roasted Brussel Sprouts
Fruit Cocktail

23 Breakfast
Pancakes & Sausage

LUNCH
Vegetable Beef Soup /PBJ or
Hot Ham & Cheese on WG bun
Seasoned Black-eyed Peas
Baked Cinnamon Apples

30 Breakfast
French Toast & Sausage patty

LUNCH
Chicken Tenders or PBJ on WG
Roasted Brussel Sprouts
Romaine salad w/dressing
Glazed Carrots, WG roll
Fresh Apple

Thursday



10 Breakfast
Grits & Sausage patty

LUNCH
Chicken Tenders or
Beef Nuggets
Corn Muffin
Baked fries
Pinto Beans

17 Breakfast
Bacon & Cheese Grits

LUNCH
Cheeseburger or
Ham & Cheese Sub
Lettuce/tomato/pickle
Broccoli w/cheese sauce
Harvest Cheddar Sun Chips
Fresh Orange Slice

24 Breakfast
Grits, Toast & Bacon

LUNCH
Pizza or
Grilled Cheese on WW bread
Buttered Corn
Romaine salad w/dressing
Fresh Fruit

31 Breakfast
Grits & Sausage link

LUNCH
Hamburger Steak & gravy
Cream Potatoes
WG roll
Green Peas
Tropical Fruit

Friday



11 Breakfast
Waffles w/syrup

LUNCH
Pizza or
Chef Salad w/Spinach
WG crackers
Buttered Corn
Fresh Red Apple

18 Breakfast
Cinnamon Oatmeal & Sausage

LUNCH
Pizza or PBJ Jamwich
Romaine salad w/dressing
Corn on Cob
Fresh Grapes

25 Breakfast
Apple Frudel

LUNCH
Hot Wings or Chicken Nuggets
Romaine salad w/dressing
Seasoned Green Beans
WG roll
Fresh Red Apple

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

National Oatmeal Month



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