



Featured Produce: Cabbage & Brussel Sprouts

Monday

Featured GA Produce



Butter Steamed Cabbage

Tuesday

Featured GA Produce



Wednesday



Thursday



Friday



Sweet & Spicy
Roasted
BRUSSELS SPROUTS

National Oatmeal Month



07 Breakfast
Chicken Biscuit

Lunch
Fish Sticks w/WG roll
Grilled Cheese sandwich
Baked Fries
Steamed Broccoli
Apricot cups

08 Breakfast
Pizza/ Strawberry Bagel

Lunch
Chili Con Carne w/WG Crackers
Old Fashioned PBJ sandwich
Mixed Vegetables
Green Peas
Peach Cobbler

09 Breakfast
Sausage & French Toast Sticks

Lunch
Eagle Dog (Turkey)
Ham & Potato Casserole
Carrot Sticks w/dip
Buttered Corn
Fresh Banana

10 Breakfast
Steak Nuggets & Cheese Grits

Lunch
Sloppy Joe
Grilled Cheese sandwich
Baked Beans
Baked fries
Assorted Apples

11 Breakfast
Pancakes & Sausage

Lunch
Chili Cheese Fries
Old Fashioned PBJ sandwich
Garden Salad
Carrot Coins
Fruit Cocktail cup

14 Breakfast
Breakfast Pizza

Lunch
Chicken & Rice w/corn muffin
Old Fashioned PBJ sandwich
Turnip Greens
Carrot Sticks w/dip
Assorted Apples

15 Breakfast
Chicken & Waffles

Lunch
Chicken Nuggets w/WG roll
Grilled Cheese sandwich
Mashed Potatoes
Green Peas
Fresh Tangerines

16 Breakfast
Sausage Biscuit

Lunch
BBQ Pulled Pork sandwich
Hamburger on WG bun
Baked Beans
Baked Fries
Fresh Banana

17 Breakfast
Bacon, Grits Scrambled eggs

Lunch
Cheesy Spaghetti w/Breadstick
Old Fashioned PBJ sandwich
Garden Salad
Roasted Brussel Sprouts
Assorted Pears

18 Breakfast
Pancake on a Stick

Lunch
Pepperoni Pizza
Tuna Salad w/WG crackers
Broccoli Salad
Candied Carrot Coins
Assorted Apples

21 MLK HOLIDAY



22 Breakfast
Breakfast Pizza

Lunch
Breaded Chicken sandwich
Eagle Dog (Turkey)
Baked Fries
Carrot sticks w/Ranch dip
Assorted Apples

23 Breakfast
Chicken & Waffles

Lunch
Beef Vegetable Soup w/
Corn Muffin
Grilled Cheese sandwich
Cucumbers w/dip
Steamed cabbage
Fresh Banana

24 Breakfast
Fruit Parfait &/or Frudel

Lunch
Pepperoni Pizza
Old Fashioned PBJ on WG
Candied Yam Patty
Romaine Spinach Salad
Mandarin Orange wedges

25 Breakfast
Chicken Biscuit

Lunch
Chicken Nuggets w/WG roll
Grilled Cheese sandwich
Mashed Potatoes
Green Peas
Assorted Apples

28 Breakfast
Pancake & Sausage

Lunch
Sloppy Joe
Old Fashioned PBJ sandwich
Baked Beans
Baked Fries
Sliced Peaches

29 Breakfast
Breakfast Pizza or Frudel

Lunch
Grilled Chicken sandwich
Tuna Salad w/WG crackers
Seasoned Corn
Steamed Broccoli
Fresh Tangerines

30 Breakfast
Chicken Biscuit

Lunch
Piled High Beefy Nachos
Eagle Dog (Turkey)
Pinto Beans
Chilled Coleslaw
Fresh Banana

31 Breakfast
Sausage Biscuit

Lunch
Chicken Noodle Casserole
Old fashioned PBJ Sandwich
w/Breadstick
Carrots w/dip & Green Beans
Assorted Pears

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