



Featured Produce: Cabbage & Brussel Sprouts

Monday

Featured GA Produce



Butter Steamed Cabbage

Tuesday

Featured GA Produce



Wednesday



Thursday



Friday



National Oatmeal Month



07 Breakfast
Sausage Biscuit & Tri-Tater

LUNCH
Chicken Tenders or Salad Bar
w/WG Cornbread
Mashed Potatoes
Collards
Fresh Apple

08 Breakfast
Chicken Biscuit/Cheesy Grits

LUNCH
Meaty Nachos w/WG chips or
Salad Bar w/WG roll
Steamed Broccoli
Steamed Corn or Salsa
Refried Beans &/or Fresh Fruit

09 Breakfast
DIY Waffles or Nuggets & Grits

LUNCH
Sloppy Joe w/WG bun
or Salad Bar
Tater Tots
Baked Beans
Fresh Apple

10 Breakfast
Bacon, Biscuit & Cheese Grits

LUNCH
Baked Chicken w/ WG roll or
Salad Bar
Baked Potato
Steamed Cabbage
Fruit Cocktail cup

11 Breakfast
French Toast w/Sausage

LUNCH
Homemade Pizza
or Salad Bar w/WG roll
Steamed Carrots
Tossed Salad w/dressing
Fresh Apple

14 Breakfast
Breakfast Pizza

LUNCH
Cheeseburger Casserole
or Salad Bar & WG roll
Tossed Green Salad
Buttered Corn
Mandarin Orange wedges

15 Breakfast
Chicken Biscuit/Cheesy Grits

LUNCH
Chicken Nuggets or Salad Bar
w/WG roll & Mashed Potatoes
Seasoned Pinto Beans
Steamed Brussel Sprouts
Pineapple tidbits

16 Breakfast
Beef Nuggets & Grits

LUNCH
BBQ Chicken w/WG roll
or Salad Bar
Baked Potato
Tossed Green Salad
Fresh Banana

17 Breakfast
Yogurt Parfait or Bacon Grits

LUNCH
Hot Wings w/WG roll
Veggie Soup or Chili
Celery & Carrot cup
w/dressing
Steamed Broccoli

18 Breakfast
DIY Waffle or Sausage Biscuit

LUNCH
Homemade Pizza
or Salad Bar
Tossed Green Salad
Steamed Carrots
Fresh Apple

21 MLK HOLIDAY



22 Breakfast
Sausage Biscuit w/Cheesy Grits

LUNCH
Grilled Hot Dog w/WG bun
or Salad Bar
Seasoned Potato wedges
Coleslaw & Baked Beans
Fresh Apple
Option: Homemade Pizza

23 Breakfast
DIY Waffles or Sausage Biscuit

LUNCH
Meaty Spaghetti or Salad Bar &
WG Garlic roll
Steamed Broccoli
Tossed Green Salad
Slice Peaches
Option: Homemade Pizza

24 Breakfast
Pancake w/Sausage

LUNCH
Sweet and Sour Chicken
or Salad Bar & WG roll
Steamed Rice & Green Peas
Fresh Banana
Option: Homemade Pizza

25 Breakfast
Bacon, Biscuit & Cheese Grits

LUNCH
Homemade Pizza
or Salad Bar
Fresh Broccoli & Carrots
Tossed Salad w/dressing
Fresh Fruit

28 Breakfast
French Toast w/Sausage

LUNCH
Popcorn Shrimp or Salad Bar
& WG Breadstick
Seasoned Potato wedges
Coleslaw & Fresh Fruit
Options: Corndog or Pizza

29 Breakfast
Breakfast Pizza

LUNCH
Cheesy Taco w/WG chips
or Salad Bar
Tossed Green Salad
Corn &/or Salsa
Fresh Orange wedges
Option: Pizza

30 Breakfast
Chicken Biscuit

LUNCH
Chicken Tender w/WG roll
or Salad Bar
Tossed Salad & Baked Potato
Fresh Banana
Option: Homemade Pizza

31 Breakfast
Sausage Biscuit & Grits

LUNCH
Beef Steak & gravy
or Salad Bar WG roll
Mashed Potatoes &
Green Peas
Sliced Peaches & Apples

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**