



Featured Produce: Mushrooms



Monday

Featured GA Produce



Tuesday



Wednesday

Featured GA Produce



Thursday



Friday

National Heart Healthy Month



PLEASE REMEMBER THAT PUTNAM COUNTY CHARTER SCHOOL SYSTEM IS OFFERING **BREAKFAST AND 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

04 Breakfast
Cheese Grits & Sausage Patty

LUNCH

Chicken Nuggets w/ WG roll or Hot Dog w/ WG bun
Potato Triangle
Macaroni & Cheese
Peach slices

05 Breakfast
Chicken Biscuit

LUNCH

Pepperoni Pizza or Taco w/WG wrap
Spinach salad w/**mushrooms**
Diced tomatoes
Assorted Fresh fruit

06 Breakfast
Cheese Grits & Sausage Patty

LUNCH

Chicken, Rice & **Mushroom** gravy or Grilled Cheese on WG
Yam Patties
Fresh Banana

07 Breakfast
Waffles or Potato Triangle

LUNCH

Chili w/ Beans, Salties or PBJ on WG
Baked Oven Fries
Assorted Fresh fruit

08 Breakfast
Cheese Grits Eggs & Bacon

LUNCH

Hot Wings or Beef Nuggets w/WG roll
Steamed Corn
Broccoli w/cheese sauce
Fruit cup

11 Breakfast
Cheese Grits & Sausage Patty

LUNCH

Chicken Nuggets w/WG roll or Hot Dog w/WG bun
Tossed Green Salad
Potato Triangle
Peach wedges

12 Breakfast
Chicken Biscuit

LUNCH

Hamburger on WG or Corn Dog
Steamed Mixed Vegetables
Baked Tater Tots
Diced Pineapples

13 Breakfast
Cheese Grits Eggs & Bacon

LUNCH

Beef Nuggets w/WG roll or Hot Ham & Cheese
Chilled Broccoli Salad
Sweet Potatoes
Assorted Fresh fruit

14 Breakfast
Super Donut & Fruit yogurt

LUNCH

Pepperoni Pizza or Taco w/WG wrap
Steamed Corn
Oven Baked Fries
Frozen Fruit cup

15



18



19



20 Breakfast
Cheese Grits & Sausage Patty

LUNCH

Fish sticks w/WG roll or Cheeseburger w/WG bun
Steamed Green Beans
Sliced Peaches

21 Breakfast
Sausage Pizza & Potato Triangle

LUNCH

Beef Nuggets w/WG roll or Hot Ham & Cheese on WG
Sweet Potatoes
Assorted Fresh fruit

22 Breakfast
Cheese Grits & Bacon

LUNCH

Chicken Nuggets w/WG roll or Hot Dog w/WG bun
Broccoli w/Cheese sauce
Fresh fruit

25 Breakfast
Cheese Grits & Sausage Patty

LUNCH

Cheesy Beef Nachos or Chicken slider on WG
Steamed Corn
Assorted Fresh fruit

26 Breakfast
Chicken Biscuit

LUNCH

Pepperoni Pizza or Taco salad w/WG wrap
Romaine Tossed salad
Diced tomatoes & Tater Tots
Strawberries w/topping

27 Breakfast
Cheese Grits Eggs & Bacon

LUNCH

Spaghetti w/Meat sauce or PBJ on WG
WG Breadstick
Glazed Carrots
Sliced Pears

28 Breakfast
Sausage Biscuit

LUNCH

Chicken Nuggets WG roll or Hot Dog WG bun
Baked oven Fries
Broccoli w/Cheese sauce
Frozen Fruit cup

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 Grains=WG