



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
Potato Triangle
Macaroni & Cheese
Peach slices

05 Breakfast
Chicken Biscuit

LUNCH
Pepperoni Pizza
Spinach salad w/**mushrooms**
Diced tomatoes
Assorted Fresh fruit

06 Breakfast
Cheese Grits & Egg Patty

LUNCH
Chicken, Rice & **Mushroom** gravy
Yam Patties
Fresh Banana

07 Breakfast
Waffles w/jelly & Potato Triangle

LUNCH
Chili w/Beans & WG Saltines
Baked Oven Fries
Assorted Fresh fruit

08 Breakfast
Cereal & 1% Milk

LUNCH
Beef Nuggets w/WG roll
Broccoli w/cheese sauce
Fruit cup

11 Breakfast
Cheese Grits & Egg Patty

LUNCH
Chicken Nuggets w/WG roll
Potato Triangle
Peach wedges

12 Breakfast
Chicken Biscuit

LUNCH
Hamburger on WG
Baked Tater Tots
Diced Pineapples

13 Breakfast
Cheese Grits Eggs & Bacon

LUNCH
Hot Ham & Cheese
Sweet Potatoes
Assorted Fresh fruit

14 Breakfast
Cereal & Fruit yogurt

LUNCH
Taco w/WG wrap
Steamed Corn
Frozen Fruit cup



18



19



20 Breakfast
Cheese Grits & Egg Patty

LUNCH
Fish Sticks w/WG roll
Green Beans
Sliced Peaches

21 Breakfast
Sausage Pizza & Potato Triangle

LUNCH
Hot Ham & Cheese
Sweet Potatoes
Assorted Fresh fruit

22 Breakfast
Cheese Grits & Egg Patty

LUNCH
Chicken Nuggets w/WG roll
Broccoli w/cheese sauce
Fresh fruit

25 Breakfast
Cheese Grits & Egg Patty

LUNCH
Chicken slider on WG
Steamed Corn
Assorted Fresh fruit

26 Breakfast
Chicken Biscuit

LUNCH
Pepperoni Pizza
Romaine Tossed salad
Diced tomatoes
Strawberries w/topping

27 Breakfast
Cereal & 1% Milk

LUNCH
Spaghetti w/Meat sauce
WG Breadstick
Glazed Carrots
Sliced Pears

28 Breakfast
Sausage Biscuit

LUNCH
Chicken Nuggets WG roll or
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