



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
Fudge Pop Tarts & Yogurt

LUNCH

Chicken Nuggets w/WG roll or Hamburger on WG bun
Mashed Potatoes
Green Peas
Fruit cocktail cup

05 Breakfast
Pancake on a Stick

LUNCH

Sloppy joe or Eagle Dog
Baked Beans
Chilled Coleslaw
Assorted Fresh Apples

06 Breakfast
Pizza, Frudel &/or Maple Oatmeal

LUNCH

Corndog or Grilled Cheese on WG
Carrot sticks w/Ranch dip
Steamed Broccoli
Sliced Peaches

07 Breakfast
Chicken Biscuit

LUNCH

BBQ Chicken w/Corn muffin or PBJ Jammer w/Cheese stick
Steamed Cabbage
Candied Yam Patties
Fresh Banana & Baked Cookie

08 Breakfast
Sausage Biscuit & Cheese Grits

LUNCH

Cheesy Beef Nachos or Soft Taco
Tossed Green Garden Salad
Buttered Corn
Assorted Fresh Apples

11 Breakfast
Chicken Biscuit

LUNCH

Chicken Nuggets w/WG roll
Old-Fashioned PBJ sandwich
Baked French Fries
Cucumbers w/Ranch dip
Fresh Apple

12 Breakfast
Sausage Biscuit & Oatmeal

LUNCH

Meaty Chili w/WG Crackers
Fish sticks w/WG roll
Chilled Coleslaw
Steamed Broccoli
Fruit Cocktail cup

13 Breakfast
Steak Nuggets & Cheese Grits

LUNCH

Cheeseburger or PBJ
Sun Chips
Carrot sticks w/Ranch dip
Chilled Pasta Salad
Fresh Banana

14 Breakfast
French Toast sticks w/Sausage

LUNCH

Hot Wings w/WG roll
Pepperoni Pizza
Celery Sticks w/Ranch dip
Baked Beans
Strawberry cup

15



18



19



21 Breakfast
Pancake on a Stick

LUNCH

Corndog or Meatball Sub sandwich
Oven Roasted Fries
Baked Beans
Fruit Cocktail cup

22 Breakfast
Chicken Biscuit

LUNCH

Beef Veggie Soup & Deli sandwich
Tuna w/WG crackers
Steamed Broccoli Florets
Candied Yam Pattie
Strawberry cup w/whipped cream

23 Breakfast
Sausage Biscuit & Cheese Grits

LUNCH

Eagle Dog
Old fashioned PBJ Sandwich
Carrot Coins
Steamed Broccoli
Fresh Assorted Apples

25 Breakfast
Steak Nuggets & Cheese Grits

LUNCH

Baked Chicken w/Corn muffin
Grilled Cheese on WG
Candied Yams
Turnip Greens
Peach Crisp or diced peaches

26 Breakfast
Sausage Biscuit

LUNCH

Piled High Beef Nachos or Cheese Enchiladas
Pinto Beans
Lettuce & Tomato salad
Fresh Orange wedges

27 Breakfast
Pizza or Very Berry Fruit Parfait

LUNCH

Cheeseburger or Hamburger
Eagle Dog
Baked Fries
Sweet Honey Carrot Coins
Fresh Banana

28 Breakfast
Chicken & Waffles

LUNCH

Chicken Nuggets w/WG roll
Grilled Cheese on WG
Mashed Potatoes
Steamed Green Peas
Assorted Fresh 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 Grains=WG