

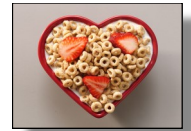


Featured Produce: Mushrooms



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Featured GA Produce</p> 		<p>Featured GA Produce</p> 		<p>01 Breakfast Cheese Grits & Bacon Biscuit</p> <p>LUNCH Hot Wings or Salad Bar w/WG roll Celery & Carrots w/Ranch dip Steamed Broccoli Fresh Apple</p>
<p>04 Breakfast Cheese Grits/Biscuit/Ham/Eggs</p> <p>LUNCH Chicken Tenders or Salad Bar w/Cornbread Muffin (2) Collards &/or Black-eyed Peas Fresh Apple</p>	<p>05 Breakfast French Toast & Sausage</p> <p>LUNCH Hamburger/WVG bun or Salad Bar w/WVG roll French Fries &/or Baked Beans Tossed Salad w/dressing Fresh Assorted fruit</p>	<p>06 Breakfast DIY Waffle, Eggs & Biscuit</p> <p>LUNCH Chicken Nuggets or Salad Bar WG roll Loaded Baked Potato Steamed Green Peas Fresh Tangerine</p>	<p>07 Breakfast Sausage Biscuit</p> <p>LUNCH Meaty Nachos w/WG wraps or Salad Bar w/WVG roll Steamed Corn & Salsa Tossed Green Salad Strawberry cup</p>	<p>08 Breakfast Cheese Grits & Bacon Biscuit</p> <p>LUNCH Chicken Patty w/WG bun or Salad Bar w/WVG roll Tater Tots Steamed Green Peas & Carrots Fresh Orange wedges</p>
<p>11 Breakfast Sausage Biscuit</p> <p>LUNCH Chicken Tenders or Salad Bar w/WVG Cornbread Muffin (2) Seasoned Turnips Black-eyed Peas Baked Cinnamon Apples</p>	<p>12 Breakfast Chicken Biscuit</p> <p>LUNCH Hamburgers or Salad Bar w/WVG bun French Fries Tossed Green Salad w/dressing Baked Beans Fresh Apple</p>	<p>13 Breakfast Cheesy Grits & Steak Nuggets</p> <p>LUNCH Fried Chicken or Salad Bar w/WVG roll Mashed Potatoes Steamed Green Beans Strawberry cup</p>	<p>14 Breakfast DIY Waffle or Sausage Biscuit</p> <p>LUNCH Meaty Nachos w/WG Wraps or Salad Bar w/WVG Roll Steamed Corn or Tossed Salad Refried Beans & Salsa Fresh Banana</p>	<p>15</p> 
<p>18</p> 	<p>19</p> 	<p>20 Breakfast Chicken Biscuit</p> <p>LUNCH BBQ Pork w/WG Bun or Salad Bar w/WVG roll Tater Tots &/or Baked Beans Steamed Carrots Fresh Fruit</p>	<p>21 Breakfast French Toast & Sausage</p> <p>LUNCH Chili Beans or Salad Bar w/WVG roll Loaded Baked Potato Tossed Green Salad w/dressing Steam Broccoli & Carrots</p>	<p>22 Breakfast Bacon Biscuit & Cheese Grits</p> <p>LUNCH Chicken Patty w/WG bun or Salad Bar w/WVG roll Tossed Green Salad w/dressing French Fries Fresh fruit</p>
<p>25 Breakfast DIY Waffle Sausage & Biscuit</p> <p>LUNCH Chicken Tenders or Salad Bar & WG roll Macaroni & Cheese Green Beans Fresh Apple</p>	<p>26 Breakfast Cheese Grits/Biscuit/Ham/Eggs</p> <p>LUNCH Sweet & Sour Chicken or Meatballs w/WVG roll Stir-fry Rice &/or Corn Green Peas Pineapple tidbits</p>	<p>27 Breakfast Chicken Biscuit</p> <p>LUNCH Steak w/mushrooms gravy or Salad Bar w/WVG roll Mashed Potatoes Green Peas Strawberry cup</p>	<p>28 Breakfast Steak Nuggets & Hash Brown</p> <p>LUNCH Cheesy taco w/WG Chips or Salad Bar Tossed Salad Buttered Corn/Salsa Fresh Banana</p>	<p>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.</p> <p>Whole Grains=WG</p>

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