

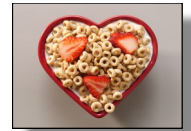


Featured Produce: Mushrooms



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Featured GA Produce</b></p>		<p><b>Featured GA Produce</b></p>		<p><b>01 Breakfast</b> Chicken Biscuit</p> <p><b>LUNCH</b> Wild Mike's Pizza Grilled Cheese on WG bread Romaine salad w/dressing Fresh fruit</p>
<p><b>04 Breakfast</b> Mini Strawberry Pancakes</p> <p><b>LUNCH</b> Zesty Popcorn Chicken or Zesty Meatballs Stir-fry Rice Vegetable medley w/sauce Peach crisp or diced peaches</p>	<p><b>05 Breakfast</b> Sausage Patty &amp; Grits</p> <p><b>LUNCH</b> Hot Ham &amp; Cheese on WG Bun or Ham &amp; Cheese Sub Sun Chips Steamed Broccoli Fresh Red Apple</p>	<p><b>06 Breakfast</b> Waffles w/syrup</p> <p><b>LUNCH</b> Chicken Nuggets or Beef Nuggets WG roll Green Beans or Black-eyed Peas Fruit Cocktail</p>	<p><b>07 Breakfast</b> Cheese Grits, Egg &amp; Bacon</p> <p><b>LUNCH</b> Cheeseburger on WG bun or PBJ Jamwich Baked Fries Lettuce, sliced tomatoes &amp; onions Fresh Green Apple</p>	<p><b>08 Breakfast</b> Chicken Biscuit</p> <p><b>LUNCH</b> Mexican Pizza or Chef Salad w/ spinach Carrot sticks w/dressing Tropical fruit <b>Extra:</b> Baked Cookie</p>
<p><b>11 Breakfast</b> French Toast &amp; Sausage</p> <p><b>LUNCH</b> Spaghetti w/cheese or Homemade Lasagna Pie Seasoned Green Beans WG Breadstick Sliced Pears</p>	<p><b>12 Breakfast</b> Cheese Grits, Bacon &amp; Toast</p> <p><b>LUNCH</b> Cheesy Beef Nachos Grilled Cheese on WG bread Lettuce/tomatoes/peppers Black Bean Salsa Strawberry cup</p>	<p><b>13 Breakfast</b> Chicken Biscuit</p> <p><b>LUNCH</b> Baked or Spicy Chicken sandwich <b>Sautéed Mushrooms</b> &amp; WG roll Creamed Potatoes Glazed Carrots Fresh Banana</p>	<p><b>14 Breakfast</b> Sausage Biscuit &amp; Grits</p> <p><b>LUNCH</b> Pizza or PBJ Jamwich Romaine salad w/dressing Buttered Corn Fresh Apple Strawberry Shortcake</p>	<p><b>15</b></p>
<p><b>18</b></p>	<p><b>19</b></p>	<p><b>20 Breakfast</b> Grits, Eggs &amp; Bacon</p> <p><b>LUNCH</b> Homemade Chili Beans or Grilled Cheese on WG bread Baked Fries or Buttered Corn WG roll Fruit Cocktail cup</p>	<p><b>21 Breakfast</b> Waffles &amp; Chicken Tenders</p> <p><b>LUNCH</b> Chicken &amp; Rice Casserole or Hot Ham &amp; Cheese sandwich Steamed Broccoli w/cheese WG Cornbread muffin Fresh Green Apple</p>	<p><b>22 Breakfast</b> French Toast &amp; Sausage</p> <p><b>LUNCH</b> Wild Mike's Pizza or PBJ Jamwich Carrot sticks w/Ranch dip Fresh Green Apple</p>
<p><b>25 Breakfast</b> Sausage Biscuit</p> <p><b>LUNCH</b> Baked Fish sticks WG roll or Grilled Cheese on WG Baked Fries &amp; Savory Baked Beans Baked Cinnamon Apples</p>	<p><b>26 Breakfast</b> Grits &amp; Sausage patty</p> <p><b>LUNCH</b> Vegetable Beef Soup WG Corn muffin or Grilled Cheese Romaine salad w/dressing Sliced Pears</p>	<p><b>27 Breakfast</b> Grilled Cheese on WG Toast</p> <p><b>LUNCH</b> Chicken Tenders or Homemade Meatloaf &amp; WG roll Seasoned Green Beans Creamed Potatoes Fresh Red Apple</p>	<p><b>28 Breakfast</b> Cinnamon Oatmeal &amp; Bacon</p> <p><b>LUNCH</b> Cheesy Beef Nachos or Soft Taco Refried Beans Lettuce/tomatoes/peppers Pineapple tidbits</p>	<p><b>Notice to Parents:</b> Putnam County Charter School Nutrition Program offers a variety of produce at every meal. <b>Children must choose a minimum of 1/2 cup of fruit or vegetable for Breakfast &amp; Lunch.</b></p> <p><b>Whole Grains=WG</b></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 \*

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