



Featured Produce: Bok Choy

Monday

Featured GA Produce



04 Breakfast
Hash brown & Sausage Biscuit
LUNCH
Chicken Tenders w/WG
Cornbread Muffin or
Salad Bar w/WG Cornbread
Steam Broccoli or Collard
Black Eyed Peas/ Fresh Apple
Option: Pizza

11 Breakfast
Sausage Biscuit
LUNCH
BBQ Pork w/WG Bun
Or Salad Bar
Potato Wedges
Baked Beans/Pickles
Assorted Fresh Fruit
Option: Corndog or Pizza

18 Breakfast
Parfait or Sausage Biscuit
LUNCH
Chicken Tenders w/WG
Cornbread Muffin or
Salad Bar w/WG Cornbread
Steam Broccoli or Turnips
Black Eyed Peas
Fresh Apple
Option : Pizza

25 Breakfast
Sausage Biscuit
LUNCH
Chicken Nuggets w/WG roll
or Salad Bar
Mashed Potato
Black-eye Peas
Pineapple Tidbits
Option: Pizza

Tuesday



05 Breakfast
Chicken Biscuit & Grits
LUNCH
Hamburger/WG bun or Salad Bar
French Fries
Tossed Salad w/Tomatoes &
Dressing/ Baked Beans
Fresh Apple
Option: Pizza

12 Breakfast
Chicken Biscuit & Grits
LUNCH
Chicken Nuggets w/ WG roll
or Salad Bar
Mac & Cheese or Yams
* Bok Choy or Cabbage
Fresh Apple
Option: Pizza

19 Breakfast
Chicken Biscuit & Grits
LUNCH
Hamburger/WG bun or Salad Bar
French Fries
Tossed Green Salad & dressing
Baked Beans
Fresh Apple
Option : Pizza

26 Breakfast
Bacon, Cheese Grits & Biscuit
LUNCH
Hamburger w/WG bun or
Salad Bar
Tater Tots
Tossed Salad
Fresh Apple
Option: Pizza

Wednesday

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

06 Breakfast
Parfait or French Toast/Nuggets
LUNCH
Sausage Pattie & Eggs
Cheese Grits & Biscuit
Fruit Juice & Tropical Fruits
Vegetable Juice
Fruit Cocktail
Option: Chicken Patty/Pizza

13 Breakfast
Sausage & Biscuit or DIY Waffles
LUNCH
Hot Dog w/WG bun
Homemade Chili
or Salad Bar w/WG roll
French Fries & Cheese sauce
Chilled Coleslaw
Fresh Orange

20 Breakfast
Steak Nuggets Biscuit & Grits
LUNCH
Beef Pattie & Gravy/WG roll
or Salad Bar
Mashed Potatoes
Steamed Green Beans
Slice Peaches
Option: Pizza/Chicken Patty

27 Breakfast
Sausage & Biscuit or DIY Waffles
LUNCH
Chili Beans
or Salad Bar w/WG roll
Baked Potato & Cheese sauce
Chilled Coleslaw
Fresh Orange wedges
Option: Hot Dog or Pizza

Thursday



07 Breakfast
Sausage & Biscuit or DIY Waffles
LUNCH
Meaty Nachos w/WG chips
or Salad Bar w/WG roll
Steamed Corn
Tossed Green Salad/Salsa
Fresh Banana
Option: Pizza

14 Breakfast
Bacon, Cheese Grits & Biscuit
LUNCH
Chicken Tenders w/WG roll
or Salad Bar
Mashed Potatoes
Steamed Green Beans
Fresh Banana
Option: Pizza

21 Breakfast
Sausage & Biscuit or DIY Waffles
LUNCH
Meaty Nachos w/WG wraps
or Salad Bar w/WG roll
Steamed Corn
Tossed Green Salad/Salsa
Fresh Banana
Option: Pizza

28 Breakfast
Bacon, Cheese Grits & Biscuit
LUNCH
Chicken Tenders w/WG roll
or Salad Bar
Mac & Cheese/Steamed Carrots
Steamed Green Beans
Fresh Banana
Option: Pizza

Friday

01 Breakfast
Sausage Biscuit & gray
LUNCH
Spaghetti w/WG roll
Salad Bar
Tossed Green Salad
Steamed Carrots/Green Beans
Fresh Orange
Option: Pizza or Chicken

08 Breakfast
Bacon, Cheese Grits & Biscuit
LUNCH
Meat Loaf or Salad Bar
w/WG roll/ Steamed Carrots
Brown Rice
Steamed Cabbage/Fresh Orange
Option: Pizza

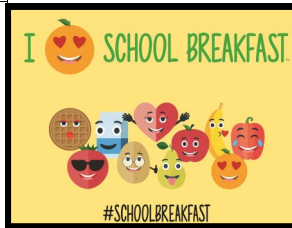
15 Teacher's Work Day
Happy St. Patrick's Day



22 Breakfast
Bacon, Cheese Grits & Biscuit
LUNCH
Baked Chicken
or Salad Bar w/WG roll
Tossed Green Salad
Baked Potato /Steamed Carrots
Fresh Orange wedges
Option: Corndog or Pizza

29 Breakfast
Parfait or French Toast/Nuggets
LUNCH
Cheesy Taco w/ WG chips
or Salad Bar
Tossed Green Salad
*Steamed Broccoli
Fresh Assorted Fruit
Option: Pizza

National Nutrition Month



PLEASE
REMEMBER THAT
PUTNAM COUNTY
CHARTER SCHOOL
SYSTEM IS
OFFERING
**FREE BREAKFAST
TO ALL STUDENTS
THIS YEAR**

* Variety of Milk
(Breakfast &
Lunch)/Cereal, 100%
Juice, Fresh Fruit or
Vegetables Offered
Daily for Breakfast *

THIS
INSTITUTION IS
AN EQUAL
OPPORTUNITY
PROVIDER

MENUS SUBJECT TO
CHANGE WITHOUT