



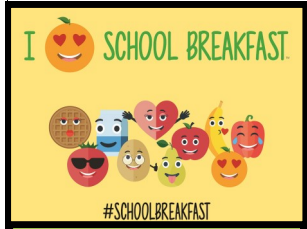




Featured Produce: Bok Choy

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Featured GA Produce</p>  <p>BOK CHOY SPINACH TOFU STRIP FRY</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. Whole Grains=WG</p>	 <p>SCHOOL BREAKFAST START YOUR ENGINES!</p>	<p>01 Breakfast Cheese Grits & Sausage</p> <p>*Breakfast for LUNCH* Green Eggs and Ham w/Cheese Grits or PBJ on WG Hash browns triangle Assorted Fresh fruit</p>
<p>04 Breakfast Cheese Grits & Sausage</p> <p>LUNCH Pepperoni Pizza or Hot Dog on WG bun Steamed Peas & Carrots Mac & Cheese Assorted Fresh fruit</p>	<p>05 Breakfast Chicken Biscuit</p> <p>LUNCH Chicken or Beef Nuggets WG roll Creamy Mashed Potatoes Frozen Fruit cup</p>	<p>06 Breakfast Cheese Grits & Bacon</p> <p>LUNCH Hamburger on WG or Ham and Cheese on WG Curly Fries & Dill spears Sliced Pears</p>	<p>07 Breakfast Waffles w/syrup</p> <p>LUNCH Spaghetti w/ Meat sauce WG Breadstick or Grilled Cheese sandwich Steamed Broccoli w/Bok Choy Cheese sauce</p>	<p>08 Breakfast Cheese Grits & Sausage</p> <p>LUNCH Chicken & Rice or Chicken Slider on WG Savory Green Beans Sliced Pineapple rings</p>
<p>11 Breakfast Cheese Grits & Bacon</p> <p>LUNCH Beef Nuggets w/WG roll or Grilled Cheese sandwich Cut Green Beans Assorted Fresh Fruit</p>	<p>12 Breakfast French Toast Sticks</p> <p>LUNCH Pepperoni Pizza or Hot Dog w/WG bun Tossed Romaine Green salad Fresh Tomatoes Pear Slices</p>	<p>13 Breakfast Cheese Grits & Sausage</p> <p>LUNCH Hamburger on WG or Ham and Cheese on WG Curly Fries Tropical Fruit mix</p>	<p>14 Breakfast Cereal or Peanut Butter wafer</p> <p>LUNCH Chicken Nuggets w/WG roll or PBJ sandwich Assorted Chips Creamy Mashed Potatoes Assorted Fresh fruit</p>	<p>15 Teacher's Work Day Happy St. Patrick's Day</p> 
<p>18 Breakfast Cheese Grits & Sausage</p> <p>LUNCH Beef Nachos & Cheese sauce Ham & Cheese on WG bread Steamed Corn Sliced Peaches</p>	<p>19 Breakfast Breakfast Pizza</p> <p>LUNCH Pepperoni Pizza or Hot Dog on WG Oven Baked Fries Assorted Fresh fruit</p>	<p>20 Breakfast Cheese Grits & Sausage</p> <p>LUNCH Chicken Tenders w/ WG roll or Cheeseburger on WG Potato Triangle Fruit Cocktail</p>	<p>21 Breakfast French Toast sticks</p> <p>LUNCH Beef patty w/ Rice & gravy w/WG roll or WG Corndog Yam Patties Assorted Fresh fruit</p>	<p>22 Breakfast Cheese Grits & Bacon</p> <p>LUNCH Chicken or Beef Nuggets WG roll WG Steamed Rice Black-Eye Peas Fresh Apple</p>
<p>25 Breakfast Cheese Grits & Sausage</p> <p>LUNCH Chicken or Beef Nuggets WG roll Curly Fries Assorted Fresh fruit</p>	<p>26 Breakfast Chicken Biscuit</p> <p>LUNCH Cheeseburger or Ham and Cheese on WG Cut Green Beans Flavored Applesauce cup</p>	<p>27 Breakfast Cheese Grits & Bacon</p> <p>LUNCH Pepperoni Pizza or Grilled Cheese sandwich Broccoli & Cheese casserole Pineapples &/or Orange wedges</p>	<p>28 Breakfast Ham, Egg & Cheese Breakfast Croissant</p> <p>LUNCH Hot Ham & Cheese or PBJ sandwich Curly Fries Frozen Fruit cup</p>	<p>29 Breakfast Cheese Grits & Sausage</p> <p>LUNCH Beef Nachos & Cheese sauce or Pepperoni Pizza Buttered Kernel Corn Assorted Fresh Fruit</p>

National Nutrition Month



PLEASE REMEMBER THAT PUTNAM COUNTY CHARTER SCHOOL SYSTEM IS OFFERING **FREE BREAKFAST 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