



Featured Produce: Bok Choy

**Monday**

**Featured GA Produce**



**Tuesday**



**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

**Thursday**



**Friday**

01 **Breakfast**  
Cheese Grits & Sausage

**\*Breakfast for LUNCH\***  
Green Eggs and Ham  
w/Cheese Grits  
Hash browns triangle  
Assorted Fresh fruit

National Nutrition Month



04 **Breakfast**  
Cheese Grits & Egg patty

**LUNCH**  
Pepperoni Pizza  
Steamed Peas & Carrots  
Mac & Cheese  
Assorted Fresh fruit

05 **Breakfast**  
Chicken Biscuit

**LUNCH**  
Beef Nuggets  
WG roll  
Creamy Mashed Potatoes  
Frozen Fruit cup

06 **Breakfast**  
Cheese Grits & Sausage Patty

**LUNCH**  
Ham and Cheese on WG  
Curly Fries & Dill spears  
Sliced Pears

07 **Breakfast**  
Waffle & Jam

**LUNCH**  
Spaghetti w/Meat sauce  
WG Breadstick  
Steamed Broccoli w/**Bok Choy**  
Cheese sauce  
Assorted Fresh fruit

08 **Breakfast**  
Cheese Grits & Egg patty

**LUNCH**  
Chicken Slider on WG  
Savory Green Beans  
Sliced Pineapple rings



11 **Breakfast**  
Cheese Grits & Egg patty

**LUNCH**  
Grilled Cheese sandwich  
Cut Green Beans  
Assorted Fresh Fruit

12 **Breakfast**  
French Toast Sticks

**LUNCH**  
Pepperoni Pizza  
Tossed Romaine Green salad  
Fresh Tomatoes  
Pear Slices

13 **Breakfast**  
Cheese Grits & Sausage

**LUNCH**  
Hamburger on WG  
Curly Fries  
Tropical Fruit mix

14 **Breakfast**  
Cereal & 1% Milk

**LUNCH**  
Chicken Nuggets w/WG roll  
Assorted Chips  
Creamy Mashed Potatoes  
Assorted Fresh fruits

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



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

18 **Breakfast**  
Cheese Grits & Sausage

**LUNCH**  
Beef Nacho's, Cheese sauce  
Steamed Corn  
Sliced Peaches

19 **Breakfast**  
Breakfast Pizza

**LUNCH**  
Pepperoni Pizza or  
Oven Baked Fries  
Assorted Fresh fruit

20 **Breakfast**  
Cheese Grits & Egg patty

**LUNCH**  
Cheeseburger on WG  
Potato Triangle  
Fruit Cocktail

21 **Breakfast**  
French Toast sticks

**LUNCH**  
Beef patty w/Rice & gravy  
w/WG roll  
Yam Patties  
Assorted Fresh fruit

22 **Breakfast**  
Cheese Grits & Bacon

**LUNCH**  
Beef Nuggets w/WG roll  
Black-Eye Peas  
Fresh Apple

MENUS SUBJECT TO  
CHANGE WITHOUT

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

25 **Breakfast**  
Cheese Grits & Sausage

**LUNCH**  
Chicken Nuggets  
WG roll  
Curly Fries  
Assorted Fresh fruit

26 **Breakfast**  
Chicken Biscuit

**LUNCH**  
Cheeseburger  
Cut Green Beans  
Flavored Applesauce cup

27 **Breakfast**  
Cheese Grits & Bacon

**LUNCH**  
Grilled Cheese sandwich  
Broccoli & Cheese casserole  
Pineapples &/or  
Orange wedges

28 **Breakfast**  
Ham, Egg & Cheese Croissant

**LUNCH**  
Hot Ham & Cheese  
Curly Fries  
Frozen Fruit cup

29 **Breakfast**  
Cheese Grits & Egg patty

**LUNCH**  
Pepperoni Pizza  
Buttered Kernel Corn  
Assorted Fresh Fruit

THIS  
INSTITUTION IS  
AN EQUAL  
OPPORTUNITY  
PROVIDER