



Featured Produce: Bok Choy

Monday

Featured GA Produce



04 Breakfast
 French toast & Sausage links

LUNCH
 Cheeseburger w/ WG bun or Grilled Cheese
 Lettuce/ tomato/pickles
 Assorted Baked Chips
 Assorted Fresh fruit

11 Breakfast
 Sausage biscuit

LUNCH
 Chicken Nuggets or Beef Nuggets
 WG Cornbread
 Pinto beans, Collards
 Baked Cinnamon Apples

18 Breakfast
 Pancakes & Sausage

LUNCH
 Cheeseburger Casserole
 Or Ham & Cheese Sub
 Buttered corn &/or WG roll
 Romaine salad w/dressing
 Assorted Fruit

25 Breakfast
 Chicken Biscuit

LUNCH
 Homemade Chili Beans or Grilled Cheese
 Baked fries
 Fresh Green Apple

Tuesday



05 Breakfast
 Grits, Biscuit & Bacon

LUNCH
 Chicken Tenders w/ WG roll or Spicy Chicken Sandwich
 Black-eyed peas
 Creamed Potatoes
 Mandarin Orange wedges

12 Breakfast
 Bacon & Cheese Grits

LUNCH
 Cheesy Nachos w/chips or Beef Taco
 Lettuce/tomato/pepper
 Corn, Salsa
 Fresh Green Apple

19 Breakfast
 Bacon, Toast & Cheese Grits

LUNCH
 Sloppy Joe on WG bun or Hot dog on WG bun
 Assorted Chips
 Savory Baked beans
 Mandarin Orange wedges

26 Breakfast
 Bacon & Cheese Grits

LUNCH
 Chicken Tenders w/WG roll
 Ham Sub on WG Hoagie roll
 Steamed Broccoli
 Buttered Corn
 Mandarin Orange wedges

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
 Waffles & Chicken Tenders

BREAKFAST for LUNCH
 Sausage Pattie or Steak Nuggets
 Soft WG Biscuit
 Scrambled Eggs & Cheese Grits
 Yam Patties
 Fruit Juice/Fresh Apple

13 Breakfast
 Chicken biscuit

LUNCH
 Hamburger Steak w/gravy or Cheeseburger on WG bun
 Creamed potatoes, WG roll
Bok Choy or Green Beans
 Fresh Red Apple

20 Breakfast
 Breakfast Pizza

LUNCH
 Sweet & Sour Chicken or Chicken Nugget
 Stir fry Rice , Peas & Carrots
 or Black-eyed peas
 Fresh Red Apple

27 Breakfast
 Breakfast Pizza

LUNCH
 Cheesy Nachos w/Chips or Crunchy Taco
 Lettuce/tomato/peppers
 Refried Beans
 Juice Alive

Thursday



07 Breakfast
 Sausage biscuit & Potato triangle

LUNCH
 Hot dog on WG bun or Corndog
 Baked Tater tots
 Broccoli w/cheese
 Peach Cobbler or diced peaches

14 Breakfast
 Sausage, Toast or Cheese Grits

LUNCH
 Mexican Pizza or PBJ Jamwich
 Steamed Carrots
 Fruit Cocktail
EXTRA: Cake

21 Breakfast
 Grits & Sausage patty

LUNCH
 Pepperoni Pizza or Grilled Cheese on WW bread
 Romaine salad w/dressing
 Green Beans
 Pear Slices

28 Breakfast
 Grits, Toast, & Sausage

LUNCH
 Zesty Popcorn Chicken or Zesty Meatballs
 Stir fry Rice
 Peas & Carrots
 Baked Cinnamon Apples

Friday

01 Breakfast
 Sausage biscuit

LUNCH
 Mexican Pizza or PBJ Jamwich
 Romaine salad w/dressing
 Fresh fruit

08 Breakfast
 Cinnamon rolls or Cereal bar

LUNCH
 Wild Mikes Pizza or Chef Salad w/WG Saltines
 Seasoned Green Beans
 Fresh Orange Slices

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

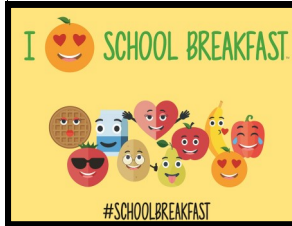
22 Breakfast
 Strawberry Pancake & Sausage

LUNCH
Hot Wings
 or Chicken tenders
 Carrot sticks w/dressing
 Baked fries &/or WG roll
 Fresh Green Apple

29 Breakfast
 Pancakes & Sausage

LUNCH
 Pepperoni Pizza or PBJ Jamwich
 Seasoned Green Beans
 Romaine salad w/dressing
 Fresh Red Apple

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

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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER