



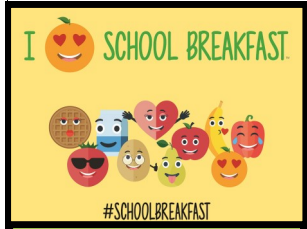




Featured Produce: Bok Choy

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Featured GA Produce</b></p>  <p>BOK CHOY SPINACH TOFU STRIP FRY</p>		<p><b>Notice to Parents:</b> 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 &amp; Lunch. Whole Grains=WG</p>	 <p>SCHOOL BREAKFAST START YOUR ENGINES!</p>	<p><b>01 Breakfast</b> Cereal &amp; Cinnamon rolls</p> <p><b>LUNCH</b> Pepperoni Pizza PBJ Bar &amp; Cheese stick Chilled Coleslaw Baked Beans Fruit cocktail</p>
<p><b>04 Breakfast</b> Pancakes &amp; Sausage</p> <p><b>LUNCH</b> Chicken Breast bites w/WG roll BBQ Pulled Pork sandwich Creamy Mashed Potatoes Steamed Green Peas</p>	<p><b>05 Breakfast</b> Chicken Biscuit</p> <p><b>LUNCH</b> Chili Cheese fries Old fashioned PBJ sandwich Romaine Spinach salad w/tomatoes</p>	<p><b>06 Breakfast</b> Sausage Biscuit</p> <p><b>LUNCH</b> Slider Cheeseburgers Old-fashioned PBJ sandwich Celery Sticks w/Ranch dip Sun Chips Banana</p>	<p><b>07 Breakfast</b> Very Berry Parfait or Cereal</p> <p><b>LUNCH</b> Grilled Ham &amp; Cheese sandwich Chicken Fajita w/tortilla Baked Beans Carrot sticks w/Ranch dip Applesauce cup</p>	<p><b>08 Breakfast</b> Sausage Pizza or Apple Frudel</p> <p><b>LUNCH</b> Breaded Chicken sandwich Grilled Cheese sandwich Baked fries Cucumber w/Ranch dip Peach cup</p>
<p><b>11 Breakfast</b> Chicken &amp; Waffles</p> <p><b>LUNCH</b> Buffalo Chicken chunks Old fashioned PBJ sandwich Carrot Coins Baked Beans Fruit Cocktail</p>	<p><b>12 Breakfast</b> Sausage Biscuit</p> <p><b>LUNCH</b> Sloppy joe Ham &amp; Cheese sandwich Mixed vegetables, Sun chips Carrot sticks w/ dip Assorted Apples</p>	<p><b>13 Breakfast</b> Chicken Biscuit</p> <p><b>LUNCH</b> Breaded Chicken sandwich Grille cheese sandwich Baked Fries Broccoli salad Fresh Banana</p>	<p><b>14 Breakfast</b> Sausage Pizza or Apple Frudel</p> <p><b>LUNCH</b> Piled High Nachos Bean &amp; Cheese Burrito Buttered Corn Lettuce &amp; tomato salad Sliced Pears</p>	<p><b>15 Teacher's Work Day</b> Happy St. Patrick's Day</p> 
<p><b>18 Breakfast</b> Sausage Biscuit</p> <p><b>LUNCH</b> Cheeseburger Old-fashioned PBJ sandwich Baked fries Honey Glazed Carrots Assorted fresh apples</p>	<p><b>19 Breakfast</b> Chicken Biscuit</p> <p><b>LUNCH</b> Turkey &amp; Cheese melt Old fashioned PBJ sandwich Sun Chips Broccoli salad Diced Peaches</p>	<p><b>20 Breakfast</b> Pancakes &amp; Sausage Links</p> <p><b>LUNCH</b> Totchos (Tater Tot Nachos) Eagle Dog Pinto beans Lettuce &amp; tomato salad Assorted fresh apples</p>	<p><b>21 Breakfast</b> Ham &amp; Cheese Croissant</p> <p><b>LUNCH</b> Fish Sticks w/WG roll Grilled Cheese sandwich Carrot Sticks w/Ranch dip Buttered Corn Fresh Banana</p>	<p><b>22 Breakfast</b> Sausage Pizza/Assorted Danish</p> <p><b>LUNCH</b> Spaghetti w/WG breadstick Old-fashioned PBJ sandwich Garden salad Sautéed Zucchini Mandarin Orange wedges</p>
<p><b>25 Breakfast</b> Chicken Biscuit</p> <p><b>LUNCH</b> Chicken Nachos Old-fashioned PBJ sandwich Pinto beans Lettuce &amp; tomato salad Assorted fresh apples</p>	<p><b>26 Breakfast</b> Pancakes &amp; Sausage</p> <p><b>LUNCH</b> Corndog Old-fashioned PBJ sandwich Sun Chips Carrot Coins Sliced Pears</p>	<p><b>27 Breakfast</b> Breakfast Pizza</p> <p><b>LUNCH</b> Pepperoni pizza Tuna salad w/ crackers Broccoli salad Green Beans Applesauce cup</p>	<p><b>28 Breakfast</b> Sausage Biscuit</p> <p><b>LUNCH</b> Baked Chicken w/WG roll Old-fashioned PBJ sandwich Green Beans Creamy Mashed Potatoes</p>	<p><b>29 Breakfast</b> Yogurt &amp; Blueberry Muffin</p> <p><b>LUNCH</b> Sloppy joe Old-fashioned PBJ sandwich Carrot sticks w/ dip Oven baked fries</p>

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