

**August 2017**  
**Putnam Middle School**  
**Breakfast & Lunch Menus**



**BREAKFAST PRICES**  
**NO COST**

**ADULT: \$1.60**

**LUNCH PRICES**  
**FULL PRICE : \$2.15**  
**REDUCED: \$ .40**  
**ADULT: \$3.50**



**Featured Produce: Georgia's Watermelons & Apples**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>July 31 <b>BREAKFAST</b> Chicken Biscuit <b>Welcome Back!</b> <b>Lunch</b> Slider Cheeseburger WG bun or Grilled Cheese sandwich Baked French Fries or Beans Lettuce/Sliced Tomato Pineapple tidbits</p>	<p>01 <b>Breakfast</b> Sausage Biscuit &amp; Grits <b>Lunch</b> BBQ Chicken on WG bun or PBJ Jammer Tater Tots Dill Pickles &amp;/or Coleslaw Sliced Peaches</p>	<p>02 <b>Breakfast</b> Super Donut &amp; Yogurt <b>Extra:</b> Baked Cookie <b>Lunch</b> Cheesy Taco &amp; WG chips Fajita Wrap Corn &amp; salsa Lettuce/Diced tomatoes Mandarin Orange wedges</p>	<p>03 <b>Breakfast</b> Bacon &amp; Grits <b>Lunch</b> Chicken or Steak Nuggets Creamy Potatoes Steamed Broccoli &amp;/or Peas WG Breadstick Fresh Banana</p>	<p>04 <b>Breakfast</b> French Toast sticks &amp; Sausage <b>Lunch</b> Cheese or Sausage Pizza Romaine Tossed Salad Steamed Green Beans Marinara sauce w/breadstick <b>Fresh Watermelon chunks</b></p>
<p>07 <b>Breakfast</b> Sausage Biscuit <b>Lunch</b> Steak Nuggets &amp; WG roll or Beef &amp; Gravy Steamed Rice Peas &amp; Carrots or Squash Sliced Pears</p>	<p>08 <b>Breakfast</b> Cereal Bar Yogurt <b>Lunch</b> Chicken Tender or Meat Loaf Creamy Potatoes Collards &amp;/or Savory Pinto Beans Corn Muffin <b>Baked Cinnamon Apples</b></p>	<p>09 <b>Breakfast</b> Bacon, Grits, Toast <b>Lunch</b> Cheesy Taco WG chips or Grilled Cheese sandwich Lettuce/Tomatoes/Peppers Salsa &amp; Corn Fresh Banana</p>	<p>10 <b>Breakfast</b> French Toast, Sausage <b>Lunch</b> Sweet &amp; Sour Chicken &amp; WG roll or Ham &amp; Cheese Sub Baked Potato wedges Steamed Broccoli Slice Peaches</p>	<p>11 <b>Breakfast</b> Chicken Biscuit <b>Lunch</b> Pizza or Chicken sandwich Romaine Tossed Salad w/dressing Steamed Green Beans Mandarin Orange wedges</p>
<p>14 <b>Breakfast</b> Waffles, Chicken Tender <b>Lunch</b> Spaghetti &amp; WG roll or Corndog Romaine Tossed Salad Corn on Cob Sliced Pears</p>	<p>15 <b>Breakfast</b> Fruit Parfait <b>Lunch</b> Popcorn Shrimp/Grilled Chicken WG roll Baked Potato &amp;/or Chilled Coleslaw Steamed Vegetable Medley Fresh Peach</p>	<p>16 <b>Breakfast</b> Bacon , Grits, Toast <b>Lunch</b> Chicken or Steak Nuggets Creamy Potatoes Spinach &amp; Romaine Salad Breadstick/Steamed Carrots Fresh Banana</p>	<p>17 <b>Breakfast</b> Chicken Biscuit <b>Lunch</b> Spicy Chicken or Cheeseburger on WG Bun Lettuce &amp; Sliced Tomato Baked Tater Tots &amp;/or Beans <b>Fresh Watermelon chunks</b></p>	<p>18 <b>Breakfast</b> Ham &amp; Cheese Croissant <b>Lunch</b> Pizza or PBJ Jammer Romaine Tossed Salad w/dressing Steamed Green Beans <b>Fresh Apple</b></p>
<p>21 <b>Breakfast</b> Sausage Biscuit &amp; Grits <b>Lunch</b> Fajita Wrap or Fish Patty Lettuce &amp; Sliced Tomato Salsa &amp;/or Mixed Peppers Steamed Corn Mandarin Orange wedges</p>	<p>22 <b>Breakfast</b> Super Donut &amp; Yogurt <b>Lunch</b> Chicken Nuggets /WG roll or Sliced Ham &amp; Cheese Hoagie Creamy Potatoes Steamed Green Peas Pineapple tidbits</p>	<p>23 <b>Breakfast</b> Bacon, Eggs, Toast <b>Lunch</b> Hamburger or Hotdog/ WG bun French Fries Baked Beans &amp;/or Chilled Coleslaw Fresh Banana</p>	<p>24 <b>Breakfast</b> French Toast sticks &amp; Sausage <b>Lunch</b> Pizza or Spicy Chicken Slider Romaine Tossed Salad w/dressing Steamed Broccoli &amp; Carrots <b>Fresh Apple</b></p>	<p>25 <b>Breakfast</b> Cereal Bar &amp; Crackers <b>Lunch</b> Cheesy Taco w/WG chips Fish Patty on WG bun Lettuce/Diced Tomatoes/ Peppers Spanish Rice Sliced Pears</p>
<p>28 <b>Breakfast</b> Steak Nuggets, Grits <b>Lunch</b> Baked or BBQ Chicken Steamed Rice Steamed Cabbage &amp; Carrots Homemade Cornbread Sliced Peaches</p>	<p>29 <b>Breakfast</b> Pancakes, Sausage <b>Lunch</b> Pizza or Chef Green Salad Breadstick &amp; Marinara sauce Green Beans Fresh Carrots &amp; dressing Fruit cocktail</p>	<p>30 <b>Breakfast</b> Bacon &amp; Grits <b>Lunch</b> <b>Hot Wings</b> or Chicken Tenders Baked Sweet Potato Romaine Tossed Salad Breadstick Fresh Banana</p>	<p>31 <b>Breakfast</b> Chicken Biscuit <b>Lunch</b> Beef Patty or Steak Nuggets Creamy Potatoes &amp; gravy Steamed Turnips Corn Muffin Assorted Fruit</p>	<p><b>Parents:</b> <b>*Please Submit a New Free &amp; Reduced Application To A School Nutrition Manger Today!*</b></p>

**National Watermelon Day**  
August 3rd



**PUTNAM COUNTY CHARTER SCHOOL SYSTEM IS OFFERING BREAKFAST AT NO COST 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 \***

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.