



PUTNAM
COUNTY CHARTER SCHOOL SYSTEM
inspire. innovate. excel.

September 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 Mushrooms & Muscadine Grapes

Monday

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.
*WG=Whole Grains.

Tuesday

Featured GA Produce



Wednesday



Thursday

Featured GA Produce



Friday

01 Breakfast
French Toast & Sausage Link

LUNCH
Hot Dog or Fish sandwich
Chilled Coleslaw
Steamed Broccoli
Baked Beans & French fries
Apple slices

World School Milk Day
September 27th 2017



**ENJOY
LABOR
DAY!**

11 Breakfast
Danish & Yogurt

LUNCH
Chicken or Nuggets/
WG Cornbread Muffin
Turnip Greens
Cream Potatoes
Sliced Peaches

05 Breakfast
Ham & Cheese Croissant

LUNCH
Sweet & Sour Chicken or
Chef Salad w/WG roll
Mixed Veggies w/Fried Rice
Steamed Broccoli
Pineapple tidbits

06 Breakfast
Blueberry or Banana Nut Muffin

LUNCH
Steak Nuggets or Corn Dog
w/WG roll
Mashed Potatoes w/gravy
Steamed Collards &/or Carrots
Sliced Peaches

07 Breakfast
Grits, Toast, and Crispy Bacon

LUNCH
Pizza or Corn dog
Tossed Spinach Salad w/dressing
Steamed Green Beans
Breadstick & Marinara sauce
Orange wedges

08 Breakfast
"Early-rise" Pizza

LUNCH
Hamburger or Ham & Cheese
on WG bun w/Sun Chips
lettuce/tomato/Dill spear
Baked Beans
Fresh Apple



**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 (Lunch) or
Vegetables Offered
Daily for Breakfast ***

18 Breakfast
Cereal Bar & Yogurt

LUNCH
Beefy Cheese Nachos or
Grilled Cheese
Broccoli w/Cheese Sauce
Lettuce/Tomatoes/Salsa
Sliced Orange

19 Breakfast
Grits & Eggs w/Bacon

LUNCH
BBQ Chicken or Chef Salad
WG roll
Black-eye Peas and WG Rice
Steamed Broccoli
Baked Cinnamon Apples

20 Breakfast
Ham & Cheese Croissant

LUNCH
Hot wings or Hamburger
Collard Greens
Baked Sweet Potato
Homemade Cornbread
Muscadine grapes

21 Breakfast
Cheesy Grits & Bacon

LUNCH
Hamburger Casserole or
Romaine Tossed Salad
Corn on the Cob
WG Breadstick
Sliced Peaches

22 Breakfast
Sausage Biscuit

LUNCH
Pizza or Grilled Cheese on WG
Tossed Green Salad w/dressing
Green Beans &/or
Marinara sauce
Sliced Apples

25 Breakfast
Sausage Biscuit

LUNCH
Spaghetti or PBJ Jammer
WG breadstick
Tossed Spinach Salad
Steamed Corn
Diced Pears

26 Breakfast
Blueberry Muffin & Yogurt

LUNCH
Pizza or Spaghetti
Tossed Spinach Romaine Salad
Steamed Green Beans
Marinara sauce
Pineapple tidbits

27 Breakfast
Cheesy Grits & Bacon

LUNCH
Chill Beans Breadstick or
Grilled Cheese on WG
Baked Potato
Broccoli & Cheese
Tropical fruit

28 Breakfast
Sausage Pizza

LUNCH
Spicy Chicken on WG bun or
Chef Salad w/WG roll
Baked Beans
French fries
Chilled Coleslaw

29 Breakfast
Chicken Biscuit

LUNCH
Chicken Nugget or
Steak Nugget/WG roll
Cream Potatoes
Steamed Green Peas & Carrots
Fresh Apple

Please remember to turn
in a new 2017-2018
Free and Reduced
application to a School
Nutrition Manager in one
of our cafeterias today.