



PUTNAM
COUNTY CHARTER SCHOOL SYSTEM
inspire. innovate. excel.

OCTOBER 2017
Putnam County Middle School
Breakfast and Lunch



BREAKFAST PRICES
NO COST (STUDENTS)
ADULT: \$1.60

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

Featured Georgia Produce: Pumpkins & Pole Beans

National School Lunch Week
October 9-13, 2017



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**



09 Breakfast
Muffin & Graham crackers

Lunch
Grilled Chicken on WG bun
Shrimp Poppers w/WG roll
Cream Potatoes
Steamed Broccoli
Cinnamon Apples

10 Breakfast
French Toast & Sausage links

Lunch
Beef Tacos or PBJ Jammer
Lettuce /Tomatoes/Peppers
Salsa & Refried Beans
Steamed Corn
Sliced Orange wedges

11 Breakfast
Bacon & Cheese w/Grits

Lunch
Tenders or Baked Chicken
Potato Wedges /WG roll
Romaine Spinach Salad
Steamed Broccoli
Fresh Banana

12 Breakfast
Cereal bar & Graham crackers

Lunch
Beef & Vegetable soup
or Grilled Cheese & Cornbread
Romaine Salad w/dressing
Steamed Carrots
Fresh Apple

13 Breakfast
Sausage, toast & Grits

Lunch
Pepperoni Pizza
or Corn Dog
Fresh Celery & dressing
Green Beans
Assorted fruit



16 Breakfast
Chicken Biscuit

Breakfast for Lunch
Sausage & Cheese Grits or
Steak Nuggets & Eggs
WG Biscuit
Sun Sip Veggie
&/or other Fruit juices

17 Breakfast
Bacon & Cheese Grits

Lunch
Pepperoni Pizza
or Grilled Cheese
Georgia "Snap" Pole Beans
Romaine Spinach Salad
Sliced Orange wedges

18 Breakfast
Pancakes & Sausage

Lunch
Spaghetti or Chef Salad
& WG Garlic Breadstick
Corn on Cob
Romaine Tossed Salad
Fresh Banana

19 Breakfast
Steak Nuggets & Cheese Grits

Lunch
Chicken Tenders or PBJ Jammer
Baked Potato or **Roasted Pumpkin**
Collard Greens
Corn Muffin
Tropical fruit cup

20 Breakfast
Sausage Biscuit
Extra: Chocolate Chip Cookie

Lunch
Grilled Chicken or Fajita Sub
Lettuce/Tomato/Pickles
French fries
Baked Beans
Fresh Apple

PLEASE
REMEMBER THAT
PUTNAM COUNTY
CHARTER SCHOOL
SYSTEM IS
OFFERING
**BREAKFAST AT NO
COST TO ALL
STUDENTS THIS
YEAR**

MENUS SUBJECT TO
CHANGE WITHOUT
NOTICE.

23 Breakfast
French Toast

Lunch
Cheesy Beef Nachos
Grilled Cheese
Lettuce/Tomatoes/Peppers
Salsa/Corn/Refried Beans
Sliced Peaches

24 Breakfast
Bacon & Cheesy Grits

Lunch
Chicken Nuggets or Chef Salad
w/WG roll
Mac & Cheese
Lima Beans
Strawberry cup

25 Breakfast
Sausage, toast & Grits

Lunch
Pizza or PBJ Jammer
Romaine Salad
Steamed Carrots
Breadstick & Marinara Sauce
Fresh Banana

26 Breakfast
Chicken Biscuit

Lunch
Sweet & Sour Meatballs or
Meat Loaf w/WG roll
Creamy Potatoes
Georgia "Snap" Pole Beans
Mandarin Orange wedges

27 Breakfast
Cereal Bar & Graham crackers

Lunch
Spicy Chicken or PBJ Jammer
Lettuce/Tomato/Pickles
Sun Chips
Chilled Broccoli Salad
Fresh Apple

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

30 Breakfast
Steak Nuggets & Grits

Lunch
Fish Patty or Grilled Chicken
Creamy Potatoes
Green Peas
WG roll
Sliced Pears w/cherry

31 Breakfast
Danish & Sausage

Lunch
BBQ or Baked Chicken
Chef Salad
Savory Turnips
Corn Muffin
Roasted Pumpkin or Yams
Cinnamon Apples

Featured GA Produce

"Snap" Pole Beans

FARM TO SCHOOL

Featured GA Produce

Roasted Pumpkin

**THIS
INSTITUTION
IS AN EQUAL
OPPORTUNITY
PROVIDER**