



**PUTNAM**  
COUNTY CHARTER SCHOOL SYSTEM  
inspire. innovate. excel.

**OCTOBER 2017**  
Putnam County Head Start & Pre-K  
**Breakfast and Lunch**



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

**LUNCH PRICES**  
**FULL PRICE: \$2.00**  
**REDUCED: \$ .40**  
**ADULT: \$3.50**

**Featured Georgia Produce: Pumpkins & Pole Beans**

**Monday**      **Tuesday**      **Wednesday**      **Thursday**      **Friday**

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**  
Cheese Grits & Sausage

**Lunch**  
Chicken Tenders & WG roll  
Potato Triangle  
Broccoli & Rice Casserole  
Assorted Fresh fruit

**\*10 Breakfast**  
Sausage Biscuit

**Lunch**  
Beefy Nachos w/Cheese sauce  
Creamy Mashed Potatoes  
Black-eye Peas w/"**Snap**" Beans  
Applesauce cup

**\*11 Breakfast**  
Cheese Grits & Sausage

**Lunch**  
Pepperoni Pizza  
Fresh Broccoli w/ranch  
Tossed Romaine Salad  
Strawberries w/topping

**\*12 Breakfast**  
French Toast & Cheese Grits

**Lunch**  
Chicken sandwich  
Lima Beans or Collard Greens  
Fresh Carrot sticks/dressing  
Assorted Fresh fruit

**\*13 Breakfast**  
Cheese Grits & Sausage

**Lunch**  
Cheese Grits & Sausage gravy  
Biscuit  
Tri Potatoes  
Sliced Pears



**16 Breakfast**  
Cheese Grits & Sausage

**Lunch**  
Chicken Tenders & WG roll  
Squash Casserole  
**Roasted Pumpkin wedges**  
Assorted Fresh fruit

**17 Breakfast**  
Sausage Biscuit

**Lunch**  
BBQ Chicken  
Cornbread Muffin  
Steamed Collard Greens  
Creamy Mashed Potatoes  
Baked Cinnamon Apples

**18 Breakfast**  
Cheese Grits & Sausage

**Lunch**  
Chef Salad w/WG crackers  
Broccoli w/Cheese sauce  
Oven Baked fries  
Strawberries w/topping

**19 Breakfast**  
French Toast & Cheese Grits

**Lunch**  
Pepperoni Pizza  
Fresh Carrot sticks w/dressing  
Baked Tater Tots  
Sliced Peaches

**20 Breakfast**  
Cheese Grits & Sausage

**Lunch**  
**Hot Wings** w/WG roll  
Broccoli & Tomatoes  
Baked Beans  
Fresh Orange wedges

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**  
Cheese Grits & Sausage

**Lunch**  
Pizza  
Breadstick, Picante Sauce  
Tossed Green Salad w/ranch  
Broccoli w/Cheese sauce  
Assorted Fresh fruit

**24 Breakfast**  
Sausage Biscuit

**Lunch**  
Soft Taco w/WG wrap  
Creamy Mashed Potatoes  
Buttered Steamed Corn  
Strawberries w/topping

**25 Breakfast**  
Cheese Grits & Sausage

**Lunch**  
Sloppy Joe on WG bun  
Potato Salad  
Fresh Carrot sticks w/dip  
Baked Cinnamon Apples

**26 Breakfast**  
French Toast & Cheese Grits

**Lunch**  
Spaghetti  
Breadstick w/marinara  
**Georgia "Snap" or Cut Beans**  
Romaine Tossed Salad  
Sliced Pears

**27 Breakfast**  
Cheese Grits & Sausage

**Lunch**  
Beef Nuggets  
Fresh Broccoli w/Ranch  
Macaroni and Cheese  
Sliced Peaches

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

**30 Breakfast**  
Cheese Grits & Sausage

**Lunch**  
Pork Roast and gravy  
Baby Lima Beans & Rice Pilaf  
Steamed Cabbage  
Applesauce

**31 Breakfast**  
Sausage Biscuit

**Lunch**  
Pepperoni Pizza  
Fresh Carrot sticks w/dressing  
Baked Tater Tots  
Sliced Peaches



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