



PUTNAM
COUNTY CHARTER SCHOOL SYSTEM
inspire. innovate. excel.

OCTOBER 2017
Putnam County Primary School
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

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 or PBJ on WG
Potato Triangle
Broccoli & Rice Casserole
Assorted Fresh fruit

***10 Breakfast**
Sausage Biscuit

Lunch
Beefy Nachos w/ Cheese sauce or Baked Pork Chop & WG roll
Creamy Mashed Potatoes
Black-eye Peas w/"**Snap**" Beans
Applesauce cup

***11 Breakfast**
Cheese Grits & Sausage

Lunch
Pepperoni Pizza or Hamburger on WG bun
Fresh Broccoli w/ranch
Tossed Romaine Salad
Strawberries w/topping

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

Lunch
Chicken sandwich or Steak and Gravy w/Corn Muffin
Lima Beans or Collard Greens
Fresh Carrot sticks/dressing
Assorted Fresh fruit

***13 Breakfast**
Cheese Grits & Sausage

Lunch
Cheese Grits & Sausage gravy
Biscuit or Corndog
Baked Beans or Dill Spears
Potato Triangle
Sliced Pears



16 Breakfast
Cheese Grits & Sausage

Lunch
Chicken Tenders & WG roll or Baked Potato w/Chili
Squash Casserole
Roasted Pumpkin wedges
Assorted Fresh fruit

17 Breakfast
Sausage Biscuit

Lunch
BBQ Chicken or Beef Nuggets
Cornbread Muffin
Steamed Collard Greens
Creamy Mashed Potatoes
Baked Cinnamon Apples

18 Breakfast
Cheese Grits & Sausage

Lunch
Chef Salad w/WG Crackers or Hot Dog on WG bun
Broccoli w/Cheese sauce
Oven Baked fries
Strawberries w/topping

19 Breakfast
French Toast & Cheese Grits
Extra: Fresh Baked Cookie

Lunch
Pepperoni Pizza or PBJ Sandwich on WG
Fresh Carrot sticks w/Dressing
Baked Tater Tots
Sliced Peaches

20 Breakfast
Cheese Grits & Sausage

Lunch
Hot Wings or Beef Nuggets w/WG roll
Broccoli & Tomatoes
Dill Spears &/or Baked Beans
Fresh Orange wedges

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

23 Breakfast
Cheese Grits & Sausage

Lunch
Pizza or Hot Dog w/WG bun
Breadstick, Picante Sauce
Tossed Green Salad w/ranch
Broccoli w/Cheese
Assorted Fresh fruit

24 Breakfast
Sausage Biscuit

Lunch
Soft Taco w/WG wrap or Seasoned Meatloaf WG roll
Creamy Mashed Potatoes
Buttered Steamed Corn
Strawberries w/topping

25 Breakfast
Cheese Grits & Sausage

Lunch
Sloppy Joe or Baked Chicken w/WG roll
Potato Salad or wedges
Fresh Carrot sticks w/dip
Baked Cinnamon Apples

26 Breakfast
French Toast & Cheese Grits

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

27 Breakfast
Cheese Grits & Sausage

Lunch
Beef or Chicken Nuggets or Chili
Cheese Fries w/roll
Fresh Broccoli w/Ranch
Macaroni and Cheese
Sliced Peaches

MENUS SUBJECT TO CHANGE WITHOUT NOTICE.

30 Breakfast
Cheese Grits & Sausage

Lunch
Baked Potato & Chili or Pork Roast and gravy
Baby Lima Beans & Rice Pilaf
Steamed Cabbage
Applesauce

31 Breakfast
Sausage Biscuit

Lunch
Pepperoni Pizza or Hot Dog on WG bun
Fresh Carrot sticks w/dressing
Baked Tater Tots
Sliced Peaches



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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER