

NOVEMBER 2017
Putnam County Head Start & Pre-K
Breakfast and Lunch
Menus



BREAKFAST PRICES **LUNCH PRICES**
NO COST (STUDENTS) **FULL PRICE : \$2.00**
ADULT: \$1.60 **REDUCED: \$.40**
ADULT: \$3.50

Featured Georgia Produce: Pecans & Turnip Greens

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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</p> 	<p>Featured GA Produce</p> 			<p>Featured GA Produce</p> 
		<p>01 Breakfast Cheese Grits w/Sausage Patty</p> <p>Lunch Beefy Vegetable soup PBJ Sandwich on WG WG Saltines Broccoli w/ Cheese sauce Strawberry cup</p>	<p>02 Breakfast French Toast w/Cheese Grits</p> <p>Lunch Chicken Nuggets w/WG roll Rice Pilaf Baked Tater Tots English Pea Casserole Fresh Banana</p>	<p>03 Breakfast Cheese Grits w/Sausage Patty</p> <p>Lunch Pepperoni Pizza Tossed Salad w/dressing Diced Tomatoes Steamed Corn Assorted Fresh fruit</p>
<p>06 Breakfast Cheese Grits w/Sausage Patty</p> <p>Lunch Beef Nuggets & Rice w/gravy WG roll Black-eye Peas Baked Tater Tots Applesauce cup</p>	<p>07 Breakfast Chicken Biscuit</p> <p>Lunch Chicken Nuggets WG roll Cheesy Mashed Potatoes Carrot Sticks w/dressing Assorted Fresh fruit</p>	<p>08 Breakfast Cheese Grits w/Sausage Patty</p> <p>Lunch Pepperoni Pizza, Breadstick Tossed Green Salad Diced Tomatoes Picante Sauce Strawberry w/topping</p>	<p>09 Breakfast French Toast w/ Cheese Grits</p> <p>Lunch BBQ Chicken w/WG roll Turnip Greens Buttered Corn Sliced Peaches</p>	<p>10 Breakfast Cheese Grits w/Sausage Patty</p> <p>Lunch Fish sandwich on WG Lima Beans & Baked fries Dill Spears Sliced Pears</p>
<p>13 Breakfast Cheese Grits w/Sausage Patty</p> <p>Lunch Hamburger on WG Assorted chips &/or Dill Spears Sweet Potatoes Assorted Fresh fruit</p>	<p>14 Breakfast Sausage Biscuit</p> <p>Lunch Chicken Nuggets w/WG roll Creamy Mashed Potatoes Carrot Sticks w/dressing Orange Smiles</p>	<p>15 Breakfast Cheese Grits w/Sausage Patty</p> <p>Lunch Chicken Fajita w/wrap Black-eye Peas Broccoli & Rice Casserole Assorted Fresh fruit</p>	<p>16 Breakfast Cereal or Pop Tart</p> <p><i>Thanksgiving Meal</i> Turkey w/ Gravy Collard Greens & Green Beans Sweet Potatoes Cornbread Dressing Cranberry sauce Tropical Mixed fruit Extra: Pecan Pie Slice</p>	<p>17 Breakfast Cheese Grits w/Sausage Patty</p> <p>LUNCH PBJ Jhammer on WG Broccoli w/ Cheese sauce Steamed Corn Sliced Peaches</p>
<p>27 Breakfast Cheese Grits w/ Sausage Patty</p> <p>Lunch Pepperoni Pizza & Breadstick Tossed Salad w/dressing Tomatoes & Picante Sauce Oven Fries Sliced Peaches</p>	<p>28 Breakfast Chicken Biscuit</p> <p>Lunch Beefy Nachos w/Cheese sauce Corn Muffin Creamy Mashed Potatoes Collard Greens Assorted Fresh fruit</p>	<p>29 Breakfast Cheese Grits w/ Sausage Patty</p> <p>Lunch Fajita Chicken w/WG Wrap Potato Wedges Turnip Greens Strawberry w/topping</p>	<p>30 Breakfast French Toast w/Cheese Grits</p> <p>Lunch Cheesy Spaghetti Breadstick w/Marinara sauce Cut Green Beans Tossed Romaine Salad Fresh Pear</p>	

National Georgia Pecan Month



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

MENUS SUBJECT TO CHANGE WITHOUT NOTICE.

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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER