

DECEMBER 2017
Putnam County High School
Breakfast and Lunch
Menus



BREAKFAST PRICES
STUDENTS EAT FREE

LUNCH PRICES
FULL PRICE : \$2.25
REDUCED: \$.40
ADULT: \$3.50

ADULT: \$1.60



Featured Produce: Beets & Sweet Potatoes

Monday

Featured GA Produce



Tuesday

BENEFITS OF SWEET POTATOES



- RICH IN VITAMIN C, E, B6, AND BETA-CAROTENE
- HEART HEALTHY
- AID'S WEIGHT LOSS
- ANTIOXIDANT RICH
- GOOD FOR SKIN AND HAIR
- LOWERS BLOOD PRESSURE
- GOOD FOR EYE HEALTH

Wednesday



Thursday



Friday

Featured GA Produce



December 4-8, 2017

Hand washing Awareness Week



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**



01 Breakfast
Sausage Biscuit

LUNCH
Chili Baked Potato or Salad Bar
w/WG Cornbread Muffin
Steamed Broccoli
Fresh Carrots w/dressing
Fresh Fruit



04 Breakfast
Chicken Biscuit

LUNCH
Chicken Tenders or Salad Bar
w/WG breadstick
Baked Sweet Potatoes
Seasoned Collards
Fruit Cocktail

05 Breakfast
Steak Nuggets/Biscuit/Grits

LUNCH
Spaghetti Bake or Salad Bar
WG Garlic roll
Tossed Salad
Steamed Corn
Baked Cinnamon Apples

06 Breakfast
Sausage Biscuit

LUNCH
Chicken Nuggets or Salad Bar
w/WG roll
Mashed Potatoes
Green Beans
Diced Pineapples

07 Breakfast
DIY Waffles w/Sausage links

LUNCH
Grilled Hot Dog on WG Bun or
Salad Bar w/WG roll
Seasoned Potatoes
Coleslaw &/or Baked beans
Fresh fruit

08 Breakfast
Chicken Biscuit/Grits

LUNCH
Teriyaki Chicken
or Salad Bar w/WG roll
WG Rice
Stir-fry Veggies &/or Egg roll
Fresh Orange

PLEASE REMEMBER THAT PUTNAM COUNTY CHARTER SCHOOL SYSTEM IS OFFERING FREE BREAKFAST TO ALL STUDENTS THIS YEAR

11 Breakfast
Chicken Biscuit

LUNCH
Chicken Tenders or Salad Bar
w/WG roll
Mashed Potatoes
Green Beans
Fresh Apple

12 Breakfast
Steak Nuggets/Biscuit/Grits

LUNCH
Hot Wings or Salad Bar
w/WG roll
French Fries
Celery and Carrots w/Ranch dip
Fresh Fruit

13 Breakfast
DIY Waffles w/Sausage links

LUNCH
Fried Chicken or Salad Bar
w/WG roll &/or Mashed Potatoes
Green Peas &/or **Pickled Beets**
Rotini Salad
Fresh Tangerine

14 Breakfast
Bacon Biscuit

LUNCH
Grilled Hamburger w/WG bun
or Salad Bar w/WG roll
French Fries & Baked beans
Tossed Green Salad w/dressing
Fresh fruit

15 Breakfast
Sausage Biscuit

LUNCH
Early Release
Hot Dog w/WG bun
or PBJ Jammer
WG chips/Veggie Juice
Carrots w/dressing

MENUS SUBJECT TO CHANGE WITHOUT NOTICE.



Clementines

Honey Glazed



Spiral Ham



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

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