

DECEMBER 2017
Putnam County Elementary
Breakfast and Lunch
Menus



BREAKFAST PRICES
STUDENTS EAT FREE

ADULT: \$1.60

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



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
- AIDS 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
Pancakes & Sausage

LUNCH
Fish Sticks w/WG roll or Grilled Cheese sandwich
Baked Beans
Coleslaw
Mandarin Orange wedges



04 Breakfast
Sausage Biscuit

LUNCH
Pepperoni Pizza
Old Fashioned PBJ sandwich
Steamed Broccoli
Honey Carrot Coins
Assorted Fresh Apples

05 Breakfast
Ham & Cheese Croissant

LUNCH
Chicken Nuggets w/WG roll
Eagle Dog
Buttered Corn
Green Peas
Fresh Pear

06 Breakfast
Waffles & Chicken

LUNCH
Chili Con Carne w/Corn Muffin
Grilled Cheese on WG
Carrot sticks w/dip
Green Beans
Fresh Banana

07 Breakfast
Cheese Grits, Eggs, Sausage

LUNCH
Cheeseburger or Hamburger
Old Fashioned PBJ sandwich
Baked Fries
Baked Beans
Fruit Cocktail

08 Breakfast
Chicken Biscuit

LUNCH
Grilled Ham & Cheese or Tuna Salad w/WG Saltines
Black Eye Peas
Baked Okra
Assorted Fresh Apples

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

11 Breakfast
Sausage Biscuit

LUNCH
Corn Dog or PBJ Jammer
Broccoli w/dip
Mixed Vegetables
Assorted Applesauce cup

12 Breakfast
Apple Frudel or Cereal

LUNCH
Pepperoni Pizza
Cheeseburger or Hamburger
Baked Fries
Pinto Beans
Strawberry cup

13 Breakfast
Cheese Grits, Eggs, Bacon
LUNCH
Holiday Meal
Honey Gazed Ham w/WG roll or Grilled Cheese sandwich
Sweet Mashed Potatoes or Yams
Squash Bake &/or Green Beans
Peach Cobbler

14 Breakfast
Chicken Biscuit

LUNCH
Chicken Nuggets w/WG roll
Grilled Cheese sandwich
Carrots Sticks w/dip
Green Peas or *Roasted Beets*
Assorted Apples

15 Breakfast
Assorted Cereal

EARLY RELEASE
Turkey & Cheese sandwich or Ham & Cheese sandwich
Sun Chips
Fruit or Vegetable Juice box
Extra: Baked Cookies

MENUS SUBJECT TO CHANGE WITHOUT NOTICE.



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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER