



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
- 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
Cheese Grits w/Sausage Patty

LUNCH
Pepperoni Pizza or Corn dog
WG breadstick
Marinara sauce
Steamed Corn & Baked beans
Assorted Fresh fruit



04 Breakfast
Cheese Grits w/Sausage Patty

LUNCH
Chili w/WG Saltines or Beef Nuggets w/WG roll
Creamy Mashed Potatoes
Glazed Carrots
Assorted Fresh fruit

05 Breakfast
Danish or Sausage Bagel

LUNCH
Pizza or Ham on WG
Green Salad & dressing
Diced Tomatoes & Potato wedges
Baked Cinnamon Apples

06 Breakfast
Cheese Grits w/Sausage Patty

LUNCH
Nachos w/ Meat & Cheese sauce or Cheeseburger on WG
½ Baked Potato
Green Beans
Assorted Fresh fruit

07 Breakfast
Sausage Biscuit or Super Donut

LUNCH
Baked/BBQ Chicken & Corn Muffin/**Roasted Beets**
Assorted Chips & Dill spears
Broccoli w/Cheese sauce
Applesauce cup

08 Breakfast
Sweet Potato Grits & Sausage

LUNCH
Chicken Slider on WG or Steak & gravy over Rice Pilaf
Black-Eyed Peas
Tater Tots
Orange wedges

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

11 Breakfast
Cheese Grits w/Sausage Patty

LUNCH
Pepperoni Pizza Wedge or Ham on WG
Assorted Chips, Dill Spears
Baked Beans
Assorted Fresh fruit

12 Breakfast
Danish Sausage Bagel

Holiday Meal
Honey Glazed Spiral Ham
Rice & gravy or Green Beans &/or **Sweet Potatoes**
Collards & Cornbread Muffin
Deviled Eggs or PBJ Jammer
Baked Cinnamon Apples

13 Breakfast
Cheese Grits w/Sausage Patty

LUNCH
Chicken Nuggets w/WG roll or PBJ Jammer
Creamy Mashed Potatoes
Tossed Green Salad w/dressing
Pineapple rings

14 Breakfast
Sausage Biscuit

Breakfast for LUNCH
Cheese Grits, Sausage, biscuit
Pancake stick
Wango Mango Juice box
Yam Patties
100% Juice or Fresh fruit

15 Breakfast
Danish or Cereal

EARLY RELEASE
PBJ Jammer or Deli sandwich
Assorted chips
Carrot sticks w/dip
Applesauce cup

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