



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



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**

04 Breakfast
Cheese Grits w/Sausage Patty

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

11 Breakfast
Cheese Grits w/Eggs

LUNCH
Pepperoni Pizza Wedge
Assorted Chips, Dill Spears
Baked Beans
Assorted Fresh fruit



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




05 Breakfast
Breakfast Sausage Bagel

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

12 Breakfast
Breakfast Sausage Bagel

Holiday Meal
Honey Glazed Spiral Ham
Rice and gravy
Green Beans & **Sweet Potatoes**
Collards & Cornbread Muffin
Baked Cinnamon Apples



Wednesday



06 Breakfast
Cheese Grits w/Sausage Patty

LUNCH
Nachos w/ Meat sauce
Nacho Cheese
1/2 Baked Potato
Green Beans
Assorted Fresh fruit

13 Breakfast
Cheese Grits w/Eggs

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



Clementines

Thursday



07 Breakfast
Sausage Biscuit

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

14 Breakfast
Sausage Biscuit

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

Honey Glazed



Spiral Ham

Friday

Featured GA Produce



01 Breakfast
Cheese Grits w/Sausage Patty

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

08 Breakfast
Sweet Potato Grits & Sausage

LUNCH
Chicken Slider on WG
Black-Eyed Peas
Rice Pilaf
Tater Tots
Orange wedges

15 Breakfast
Cereal

EARLY RELEASE
PBj Jammer Sandwich
Assorted chips
Carrot sticks w/dip
Applesauce cup



December 4-8, 2017

Hand washing Awareness Week



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

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