

DECEMBER 2017
Putnam County Middle
Breakfast and Lunch
Menus



BREAKFAST PRICES
STUDENTS EAT FREE

ADULT: \$1.60

LUNCH PRICES
FULL PRICE : \$2.15
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
Ham & Cheese Croissant

LUNCH
Chili w/Beans & WG roll
or PBJ Jammer
Baked Potato
Romaine Salad w/dressing
Mandarin Orange wedges



04 Breakfast
Chicken Biscuit

LUNCH
Pizza or Chef Salad w/WG roll
Tossed Salad w/dressing
Pickled Beets Steamed Corn
Sliced Pears

05 Breakfast
Steak Nuggets & Cheese Grits

LUNCH
Corndog or Chef Salad w/WG roll
Tossed Salad w/dressing
Steamed Fresh Broccoli

06 Breakfast Sausage Biscuit

Holiday Meal
Spiral Ham or Sliced Turkey
Homemade Cornbread
Baked Sweet Potato or Yams
Mac & Cheese
Green Beans or Collards
Fruit Cocktail

07 Breakfast
Bacon & Cheese Grits

LUNCH
BBQ Pork w/WG bun or Corndog
Seasoned Potato wedges
Coleslaw &/or Baked Beans
Mandarin Orange wedges

08 Breakfast
French Toast/Sausage links

LUNCH
Cheese Burger w/ WW Bun
Grilled Cheese
French Fries
Steamed Broccoli & Carrots
Sliced Peaches

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

11 Breakfast
Chicken Biscuit

LUNCH
Chicken Tenders w/WG roll or Hot Ham & Cheese w/WG bun
Mashed Potatoes
Green Beans or Fresh Apple

12 Breakfast
Steak Nuggets & Cheese Grits

LUNCH
Pizza or Corndog
Tossed Salad w/dressing
Steamed Corn
Fresh Assorted fruit

13 Breakfast
French Toast & Sausage Pattie

LUNCH
Sweet & Sour Chicken or Chef Salad w/WG roll
Fried Rice w/Mix Veggies
Roasted Beets
Steamed Fresh Broccoli

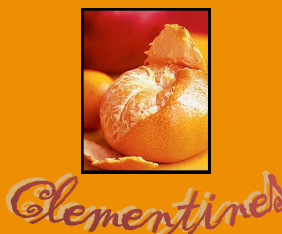
14 Breakfast
Bacon & Cheese Grits

LUNCH
Cheeseburger or Hot Ham & Cheese w/WG bun
Seasoned Baked Potato wedges
Baked Beans

15 Breakfast
Sausage Biscuit

EARLY RELEASE
Ham & Cheese w/WG bun or PBJ Jammer
Chips or 100% Veggie Juice
Carrot sticks w/dressing
Fresh Apple

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