



PUTNAM
COUNTY CHARTER SCHOOL SYSTEM
inspire. innovate. excel.

January 2018
Putnam County Middle School
Breakfast & Lunch Menus



BREAKFAST PRICES
STUDENTS EAT FREE

LUNCH PRICES
FULL PRICE : \$2.15
REDUCED: \$.40
ADULT: \$3.50

ADULT: \$1.60



Featured Produce: Cabbage & Brussel Sprouts

Monday

Featured GA Produce



08 Breakfast
Ham & Cheese Croissant

LUNCH

Cheeseburger w/WG bun or Veggie & Beef Soup
Tater tots
Baked Beans
Sliced Pears

15 King Holiday



22 Breakfast
Chicken Biscuit

LUNCH

Veggie & Beef Soup w/PBJ or Grilled Cheese sandwich
Baked Potato w/sour cream
Green Beans &/or
Steamed Brussel Sprouts
Sliced Peaches

29 Breakfast
Toast w/Grits & Sausage

LUNCH

Spicy Chicken bun or Ham & Cheese on WG bun
Potato Crinkles
Chilled Coleslaw
Steamed Carrots
Fruit Cocktail cup

Tuesday

Featured GA Produce



09 Breakfast
Bacon & Cheese Grits

LUNCH

Cheesy Nachos w/WG chips or Fajita Meat w/WG wrap
Fajita Peppers
Steamed Corn & Salsa
Sliced Peaches

16 Breakfast
Chicken Biscuit

LUNCH

Beef Patties & Gravy w/WG roll or Steak Nuggets
Mashed Potatoes
Seasoned Black Peas
Steamed Brussel Sprouts
Warm Cinnamon Apples

23 Breakfast
Toast w/Eggs & Cheese Grits

LUNCH

Cheeseburger w/WG bun or PBJ Jammer
Seasoned Potato wedges
Chilled Coleslaw
Baked Beans
Fresh Apple

30 Breakfast
Breakfast Pizza

LUNCH

Cheesy Beef Nachos or Wrap
Tossed Salad w/dressing
Steamed Corn
Salsa & Refried Beans
Fresh Orange wedges

Wednesday



10 Breakfast
Chicken Biscuit

LUNCH

BBQ Pork or Fish Patty on/WG bun
Potato Crinkles
Steam Broccoli w/Cheese sauce
Strawberry cup

17 Breakfast
Sausage Biscuit

LUNCH

Chicken Tenders w/WG roll or Grilled Chicken w/WG bun
Baked Sweet Potato
Steamed Green Peas
Fresh fruit

24 Breakfast
Oatmeal & Sausage Links

LUNCH

BBQ Pork w/WG bun or Zesty Meatball on Hoagie
Steamed Fresh Broccoli
Tossed Salad w/dressing
Fresh Assorted fruit

31 Breakfast
Bacon & Cheese Grits

LUNCH

Chili w/Beans or Hot Dog
Potato wedges
Steamed Fresh Broccoli
Fresh Apple

Thursday

04 Breakfast
Sausage & Cheese Grits

LUNCH

Chicken Nuggets w/WG roll or Grilled Cheese
Creamy Mashed Potatoes
Collards & Green Beans
Mandarin Orange wedges

11 Breakfast
Cereal Bar & Yogurt

LUNCH

Sweet & Sour Chicken
Meatball w/Corn Muffin
Stir-Fry Rice
Steamed Cabbage or Turnips
Glazed Carrots
Pineapple tidbits

18 Breakfast
Bacon & Cheese Grits

LUNCH

Pizza or Grilled Cheese
Celery & Carrot Cup w/dressing
Steamed Fresh Broccoli
Mandarin Orange wedges

25 Breakfast
French Toast & Sausage

LUNCH

Sweet and Sour Chicken w/WG roll or Ham & Cheese sub
Steamed Rice
Stir-Fry Vegetables
Sliced Pear halves

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 Grain = WG

Friday

05 Breakfast
Bacon & Cheese Grits

LUNCH

Spicy Chicken w/WG bun or Chili Beans w/WG roll
Potato Crinkles
Tossed Green Salad
Tropical fruit

12 Breakfast
French Toast w/Sausage

LUNCH

Pizza or Grilled Cheese
WG breadstick
Green Beans & Marinara sauce
Tossed Salad w/dressing
Fresh Apple

19 Breakfast
Breakfast Pizza

LUNCH

Spaghetti or Chef Salad
WG breadstick
Tossed Salad w/dressing
Corn on the Cob
Strawberry cup

26 Breakfast
Bacon & Cheese Grits

LUNCH

Pizza or Chef Salad w/WG breadstick
Marinara sauce
Tossed Salad w/dressing
Steamed Broccoli & Carrots
Tropical Fruit cup

Featured GA Produce



National Oatmeal Month



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 Offered Daily for Breakfast

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER