



**PUTNAM**  
COUNTY CHARTER SCHOOL SYSTEM  
inspire. innovate. excel.

**January 2018**  
Putnam County Head Start & Pre-K  
**Breakfast & Lunch Menus**



**BREAKFAST PRICES**  
STUDENTS EAT FREE

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

ADULT: \$1.60



**Featured Produce: Cabbage & Brussel Sprouts**

**Monday**

**Featured GA Produce**



**08 Breakfast**  
Cheese Grits w/Sausage

**LUNCH**  
Cheeseburger w/WG bun  
English Peas  
Sliced Pears



**22 Breakfast**  
Cheese Grits w/Egg Patty

**LUNCH**  
Chicken Nuggets w/WG roll  
Dill Spear  
Baked Beans  
Sliced Peaches

**29 Breakfast**  
Cheese Grits w/Sausage Patty

**LUNCH**  
PBj sandwich on WG bread  
Creamy Mashed Potatoes  
Tropical Fruit cup

**Tuesday**

**Featured GA Produce**



**09 Breakfast**  
Sausage Biscuit

**LUNCH**  
Steak and gravy w/WG roll  
Green Beans  
Assorted Fresh fruit

**16 Breakfast**  
Egg Patty & Cheese Grits

**LUNCH**  
Pepperoni Pizza  
Tossed Green Salad  
Diced tomatoes  
Apricot cup

**23 Breakfast**  
Waffle w/Jelly

**LUNCH**  
Pepperoni Pizza or  
Tossed Green Salad  
w/diced tomatoes  
Assorted Fruit

**30 Breakfast**  
Chicken Biscuit

**LUNCH**  
Chicken Nuggets w/Rice Pilaf  
Green Beans  
Applesauce cup

**Wednesday**



**10 Breakfast**  
Egg Patty & Cheese Grits

**LUNCH**  
Beef Nuggets w/WG roll  
Steamed Corn  
**Roasted Brussel Sprouts**  
Fresh Orange wedges

**17 Breakfast**  
Sausage Biscuit

**\*Breakfast for LUNCH\***  
Waffle & Jelly w/Chicken nuggets  
Wango Mango Vegetable Juice  
Yam Patties  
100% Juice

**24 Breakfast**  
Biscuit w/gravy

**LUNCH**  
Cheeseburger on WG bun  
Lettuce & tomato set  
Black-eye Peas  
Fresh Orange wedges

**31 Breakfast**  
Cereal w/1% Unflavored Milk

**LUNCH**  
Pepperoni Pizza  
Steamed Mixed Vegetables  
Assorted Fruit

**Thursday**

**04 Breakfast**  
French Toast sticks w/Jelly

**LUNCH**  
Pull Pork w/WG bun  
Steamed Broccoli  
w/Cheese Sauce  
Sliced Pears

**11 Breakfast**  
**Cinnamon Oatmeal**

**LUNCH**  
Pepperoni Pizza  
**Steamed Cabbage**  
Fresh Banana

**18 Breakfast**  
Cereal w/1% Unflavored Milk

**LUNCH**  
Pulled Pork sandwich on WG bun  
Steamed Corn  
Assorted Fruit

**25 Breakfast**  
Sausage Pizza Bagel

**LUNCH**  
Beef Patty w/Rice & gravy  
w/WG roll  
Sweet Potatoes  
Fruit Cocktail cup

**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**  
Cheese Grits & Sausage

**LUNCH**  
Fajita Chicken w/WG wrap  
Green Beans  
Sliced Pineapples

**12 Breakfast**  
Cheese Grits & Sausage

**LUNCH**  
Beefy Vegetable Soup  
w/WG Saltines  
Sweet Potatoes  
Assorted Fresh fruit

**19 Breakfast**  
Cheese Grits & Sausage

**LUNCH**  
Chicken Nuggets w/WG roll  
Black-eyed peas  
Sliced Peaches

**26 Breakfast**  
Cheese Grits & Sausage

**LUNCH**  
Grilled Cheese w/WG bread  
Collard Greens  
Steamed Carrots  
**Baked Cinnamon Apples**

**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