



PUTNAM
COUNTY CHARTER SCHOOL SYSTEM
inspire. innovate. excel.

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







BREAKFAST PRICES
STUDENTS @ NO COST

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

ADULT: \$1.60



Featured Produce: Mushrooms

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Featured GA Produce</p> 		<p>01 Breakfast Biscuit w/jelly</p> <p>LUNCH Chicken Noodle soup w/1/2 Grilled Cheese sandwich Broccoli w/cheese sauce Assorted Fresh fruits</p>	<p>02 Breakfast Cheese Grits & Egg Patty</p> <p>LUNCH Hamburger on WG Baked Tater Tots Sliced Pineapple rings</p>
<p>05 Breakfast Cheese Grits & Sausage Patty</p> <p>LUNCH Chicken Nuggets w/WG roll Potato Triangle Peach slices</p>	<p>06 Breakfast Chicken Biscuit</p> <p>LUNCH Pepperoni Pizza Spinach salad w/mushrooms Diced tomatoes Assorted Fresh fruit</p>	<p>07 Breakfast Cheese Grits & Egg Patty</p> <p>LUNCH Chicken, Rice & Mushroom gravy Green Beans Fresh Banana</p>	<p>08 Breakfast Cereal w/1% Unflavored Milk</p> <p>LUNCH Spaghetti w/Meat sauce WG breadstick Baked Oven Fries Assorted Fresh fruit</p>	<p>09 Breakfast Cheese Grits & Egg Patty</p> <p>LUNCH Chili w/WG saltines Broccoli w/cheese sauce Fruit Cocktail cup</p>
<p>12 Breakfast Cheese Grits & Egg Patty</p> <p>LUNCH Chicken Nuggets w/WG roll Potato Triangle Sliced Peaches</p>	<p>13 Breakfast Biscuit w/sausage gravy</p> <p>LUNCH Hamburger w/WG bun Black-eye Peas Sliced Pineapple rings</p>	<p>14 Breakfast Cheese Grits & Sausage Patty</p> <p>LUNCH Hot Ham and Cheese sandwich Creamy Mashed Potatoes Assorted Fresh Fruit</p>	<p>15 Breakfast Cereal w/ % Unflavored Milk</p> <p>LUNCH Pepperoni Pizza Steamed Corn Fresh Apple</p>	<p>16 Breakfast Biscuit w/jelly</p> <p>LUNCH Spaghetti w/Meat sauce Glazed Carrots Sliced Pears</p>
<p>19 President's Day (All Living)</p> 	<p>20 Breakfast Cereal w/1% Unflavored Milk</p> <p>LUNCH Taco w/WG wrap Steamed Corn Assorted Fresh Fruit</p>	<p>21 Breakfast Cheese Grits & Egg Patty</p> <p>LUNCH Fish sandwich w/WG bun Green Beans Sliced Peaches</p>	<p>22 Breakfast Sausage Pizza Bagel</p> <p>LUNCH Hot Ham & Cheese on WG Creamy Mashed potatoes Assorted Fresh fruits</p>	<p>23 Breakfast Cereal w/1% Unflavored Milk</p> <p>LUNCH Chicken Nuggets w/WG roll Broccoli w/cheese sauce Baked Cinnamon Apples</p>
<p>26 Breakfast Cheese Grits & Egg Patty</p> <p>LUNCH Chicken Slider on WG Broccoli w/cheese sauce Assorted Fresh fruits</p>	<p>27 Breakfast Cereal w/1% Unflavored Milk</p> <p>LUNCH Pepperoni Pizza Romaine Tossed salad Diced tomatoes Strawberry cup</p>	<p>28 Breakfast Cheese Grits & Sausage Patty</p> <p>LUNCH Spaghetti w/Meat sauce WG breadstick Baked Oven Fries Sliced Pears</p>	<p>Featured GA Produce</p> 	<p>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</p>

National Heart Healthy Month



PLEASE REMEMBER THAT PUTNAM COUNTY CHARTER SCHOOL SYSTEM IS OFFERING **BREAKFAST AT NO COST 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