



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

**OCTOBER 2018**  
Putnam County High School  
**Breakfast and Lunch Menus**



**BREAKFAST**  
**NO COST (STUDENTS)**







**ADULT: \$1.60**

**LUNCH**  
**NO COST (STUDENTS)**

**ADULT: \$3.50**



**Featured Georgia Produce: Pumpkins & Pole Beans**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>01 Breakfast</b> Sausage Biscuit, Grits <b>LUNCH</b> Zesty Meatballs or Salad Bar/WG roll Baked Potato Steamed Broccoli Fresh fruit	<b>02 Breakfast</b> French Toast & Sausage  <b>LUNCH</b> Cheese Taco w/Chips Tossed Salad w/Peppers Corn/Salsa Tropical fruit	<b>03 Breakfast</b> DIY Waffles or Sausage <b>LUNCH</b> Meatloaf or Salad Bar w/WG roll Mashed Potatoes Green Peas Fresh Banana or Apple	<b>04 Breakfast</b> Chicken & Biscuit <b>LUNCH</b> Baked Chicken or Salad Bar w/WG roll Seasoned Collards Sweet Potatoes Sliced Peaches	<b>05 Breakfast</b> Bacon Biscuit & Grits <b>LUNCH</b> Pepperoni Pizza & Cheese Breadstick or Salad Bar Steamed Carrots Tossed Salad w/dressing Assorted fresh fruit
	<p><b>Notice to Parents:</b> Putnam County Charter School Nutrition Program offers a variety of produce at every meal. <b>Children must choose a minimum of 1/2 cup of fruit or vegetable for Breakfast &amp; Lunch.</b></p>		 <p>October is <b>APPLE</b> month!</p>	
<b>15 Breakfast</b> Chicken Biscuit w/Grits <b>LUNCH</b> Chicken Tenders or Salad Bar w/WG roll <b>Georgia "Snap" Beans</b> Baked Potato Fresh Sliced Orange wedges	<b>16 Breakfast</b> DIY Parfait Bar or Sausage <b>LUNCH</b> Beef Nachos w/WG chips or Salad Bar Beans/Corn /Salsa Tossed Green Salad Banana or fresh fruits	<b>17 Breakfast</b> Steak Nuggets & Biscuit <b>LUNCH</b> Beef Pattie & gravy or Salad Bar w/WG roll Rice/Black Peas Seasoned Collards Fresh fruit	<b>18 Breakfast</b> Bacon Biscuit & Grits <b>LUNCH</b> Pizza w/Cheese Breadstick or Salad Bar Tossed Salad w/dressing Steamed Broccoli Assorted fruit	<b>19 Breakfast</b> Cheese Grits & Sausage or Donut <b>LUNCH</b> <b>Hot Wings</b> or Beef Nuggets w/WG roll Broccoli and Tomatoes Dill Spears Orange wedges
<b>22 Breakfast</b> Sausage Biscuit  <b>LUNCH</b> Spaghetti w/Meat sauce or Salad Bar/WG Breadstick Green Beans Tossed Green Salad Fresh Apple	<b>23 Breakfast</b> Chicken Biscuit w/Grits  <b>LUNCH</b> Spicy Chicken Balls or Salad Bar/WG roll Sweet Potato Fresh Cabbage Fresh or Slice Peaches	<b>24 Breakfast</b> DIY Waffles or Sausage  <b>LUNCH</b> Chicken Fajita WG Wrap or Salad Bar w/WG Saltines Sautéed Vegetables Spanish Rice Fresh Banana	<b>25 Breakfast</b> Steak Nuggets & Biscuit  <b>LUNCH</b> Beef Nuggets or Salad Bar WG toll Cream Potato <b>Roasted Pumpkin</b> or Seasoned Turnips Sliced Orange wedges	<b>26 Breakfast</b> Bacon Biscuit & Grits  <b>LUNCH</b> Pizza or Salad Bar Cheese Breadstick Tossed Salad w/dressing Steamed Carrots Assorted fruit
<b>29 Breakfast</b> Turkey Sausage Biscuit <b>LUNCH</b> Chicken Tenders or Salad Bar w/WG roll Tossed Salad w/dressing Corn on Cob Fresh Apple	<b>30 Breakfast</b> Chicken Biscuit <b>LUNCH</b> Steak and gravy w/WG Breadstick or Salad Bar Mashed Potatoes <b>Georgia "Snap" Beans</b> Assorted fruit	<b>31 Breakfast</b> Sausage Biscuit & Grits <b>LUNCH</b> Chili Beans or Salad Bar WG roll Steamed Broccoli Baked Potato Fresh Banana		<p><b>Featured GA Produce</b></p> 

National School Lunch Week  
\*October 15-19, 2018\*



**PUTNAM COUNTY CHARTER SCHOOL SYSTEM IS OFFERING BREAKFAST AND LUNCH FOR ALL STUDENTS AT NO COST FOR SY: 18-19**

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**