



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

**OCTOBER 2018**  
**Putnam County Head Start & Pre-K**  
**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
<p><b>01 Breakfast</b> Cheese Grits and Egg Patty</p> <p><b>LUNCH</b> PBJ on WG Broccoli &amp; Rice Casserole Assorted fresh fruit</p>	<p><b>02 Breakfast</b> Sausage Biscuit</p> <p><b>LUNCH</b> Nachos w/Cheese sauce Black-Eye Peas <b>w/Fresh Georgia Snap Beans</b> Frozen fruit cup</p>	<p><b>03 Breakfast</b> "Early-rise" Pizza</p> <p><b>LUNCH</b> Hamburger on WG bun Tossed Romaine salad w/Tomato wedges Strawberries w/topping</p>	<p><b>04 Breakfast</b> Cheese Grits &amp; Sausage Patty</p> <p><b>LUNCH</b> Steak &amp; Gravy &amp; Corn Muffin Collard Greens Assorted fresh fruit</p>	<p><b>05 Breakfast</b> French Toast &amp; Cheese Grits</p> <p><b>LUNCH</b> Chicken Nuggets Baked Beans, Dill Spears Sliced Pears w/Cherries &amp; whip topping</p>
	<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><b>15 Breakfast</b> Cheese Grits and Sausage</p> <p><b>LUNCH</b> Chicken Tenders, WG roll Early Peas Casserole Assorted fresh fruits</p>	<p><b>16 Breakfast</b> Sausage Biscuit</p> <p><b>LUNCH</b> Baked Chicken Creamy Mashed Potatoes Baked Cinnamon Apples</p>	<p><b>17 Breakfast</b> Cheese Grits and Egg Patty</p> <p><b>LUNCH</b> Chicken Nuggets w/WG roll Oven Baked Fries Strawberries w/topping</p>	<p><b>18 Breakfast</b> French Toast Sticks w/Jelly</p> <p><b>LUNCH</b> Pepperoni Pizza Baked Tater Tots Sliced Peaches</p>	<p><b>19 Breakfast</b> Cheese Grits and Egg Patty</p> <p><b>LUNCH</b> Beef Nuggets w/ WG roll Broccoli and Tomatoes Orange wedges</p>
<p><b>22 Breakfast</b> Cheese Grits and Sausage</p> <p><b>LUNCH</b> Pepperoni Pizza Broccoli w/Cheese Assorted fresh fruits</p>	<p><b>23 Breakfast</b> Sausage Biscuit</p> <p><b>LUNCH</b> Seasoned Meatloaf WG roll Creamy Mashed Potatoes Strawberries w/topping</p>	<p><b>24 Breakfast</b> Cheese Grits and Egg Patty</p> <p><b>LUNCH</b> Sloppy Joe sandwich w/WG bun Carrot sticks w/dressing Baked Cinnamon Apples</p>	<p><b>25 Breakfast</b> French Toast Sticks w/Jelly</p> <p><b>LUNCH</b> Spaghetti w/Meat sauce Breadstick Romaine Tossed salad w/Tomato wedges Sliced Pears w/Cherries &amp; whip topping</p>	<p><b>26 Breakfast</b> Cheese Grits and Sausage</p> <p><b>LUNCH</b> Beef Nuggets w/WG roll or <b>Georgia "Snap" Beans or</b> Cut Green Beans Sliced Peaches</p>
<p><b>29 Breakfast</b> Cheese Grits and Egg Patty</p> <p><b>LUNCH</b> Chicken Nuggets Rice Pilaf Cabbage &amp; Potato Casserole Applesauce cup</p>	<p><b>30 Breakfast</b> Sausage Biscuit</p> <p><b>LUNCH</b> Pepperoni Pizza Baked Tater Tots Sliced Peaches</p>	<p><b>31 Breakfast</b> Cheese Grits and Egg Patty</p> <p><b>LUNCH</b> Chicken Tenders w/WG roll Oven Baked Fries Frozen fruit cup</p>		<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**