



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

**OCTOBER 2018**  
Putnam County Middle 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
<p><b>01 Breakfast</b> "Early-rise" Pizza</p> <p><b>LUNCH</b> Spaghetti or Beef Nuggets Breadstick Tossed Green Salad w/dressing Green Peas and Carrots Fresh Orange wedges</p>	<p><b>02 Breakfast</b> Cheese Grits and Bacon</p> <p><b>LUNCH</b> Chicken Tenders or Chef Salad Italian Green Beans Mashed Potatoes WG roll Sliced Peaches</p>	<p><b>03 Breakfast</b> Sausage Biscuit</p> <p><b>LUNCH</b> Cheeseburger on WG bun or Welch's PBJ Jamwich Baked fries Lettuce, tomatoes, dill spears Fresh Apple</p>	<p><b>04 Breakfast</b> Cheese Grits and Sausage</p> <p><b>LUNCH</b> Sweet &amp; Sour Chicken or Grilled Cheese Stir-fried rice w/vegetables Broccoli w/cheese Strawberries w/topping</p>	<p><b>05 Breakfast</b> Breakfast Danish</p> <p><b>LUNCH</b> Pizza or Corn dog Romaine salad w/dressing Steamed Corn Cheese breadstick &amp; Marinara Fresh Banana</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>October is <b>APPLE</b> month!</p>	
<p><b>15 Breakfast</b> French Toast sticks</p> <p><b>LUNCH</b> Meat Taco w/WG shell Shredded Cheese Buttered Steamed Corn Lettuce, tomatoes, &amp; Jalapeno Peppers Fresh Apple</p>	<p><b>16 Breakfast</b> Cheese Grits and Bacon</p> <p><b>LUNCH</b> Baked Chicken or Meatballs Collard Greens &amp; Black-eyed peas Mashed Potatoes WG Cornbread <b>Roasted Pumpkin wedges</b> Sliced Peaches</p>	<p><b>17 Breakfast</b> Pancakes w/syrup</p> <p><b>LUNCH</b> Beef Nuggets w/WG roll Or Grilled Cheese on WG Baked fries/Green Beans Romaine Salad w/dressing Fresh Pear</p>	<p><b>18 Breakfast</b> Sausage &amp; gravy Biscuit</p> <p><b>LUNCH</b> Chicken Nuggets or PBJ Jamwich WG roll Steamed Broccoli and Carrots w/Cheese sauce Tossed Green Salad w/dressing Baked Cinnamon Apples</p>	<p><b>19 Breakfast</b> Sausage Biscuit</p> <p><b>LUNCH</b> Pizza or Chef Salad Green Beans Romaine salad w/dressing Cheese breadstick &amp; Marinara Mandarin Oranges</p>
<p><b>22 Breakfast</b> French Toast and Sausage</p> <p><b>LUNCH</b> Country Fried Steak w/gravy or Grilled Cheese on WG Mashed Potatoes, Seasoned Green Beans WG roll Strawberries w/topping</p>	<p><b>23 Breakfast</b> Sausage Biscuit, Cheese Grits, &amp;/ or Egg Patty</p> <p><b>LUNCH</b> Corndog or Hotdog on WG bun Baked beans Chilled Coleslaw Baked fries Orange wedges <b>EXTRA:</b> Fresh Baked Cookie</p>	<p><b>24 Breakfast</b> Chicken Biscuit</p> <p><b>LUNCH</b> Sweet and Sour Chicken or PBJ Jamwich Stir-fried Rice Steamed Peas &amp; Carrots Romaine salad w/dressing WG roll Fresh Banana</p>	<p><b>25 Breakfast</b> Sausage Gravy Biscuit</p> <p><b>LUNCH</b> Cheeseburger on WG slider bun or Ham Sub Buttered Steamed Corn Lettuce, tomato, pickle cup Sun chips Mandarin orange wedges</p>	<p><b>26 Breakfast</b> Breakfast Danish</p> <p><b>LUNCH</b> Chicken Nuggets or PBJ WG Cornbread Pinto beans Collard greens Fresh Georgia's "Snap" Beans <b>Roasted Pumpkin wedges</b> Assorted fresh fruit</p>
<p><b>29 BREAKFAST</b> Sausage biscuit</p> <p><b>LUNCH</b> Hamburger Steak w/gravy Mashed potatoes Seasoned Green beans Mac &amp; Cheese WG roll Fresh Orange wedges</p>	<p><b>30 Breakfast</b> Grits, toast and Bacon</p> <p><b>LUNCH</b> Pepperoni Pizza Romaine salad w/dressing Cheese breadstick Fresh Apple <b>EXTRA:</b> Fresh Baked Cookie</p>	<p><b>31 Breakfast</b> Breakfast Pizza</p> <p><b>Lunch</b> Spicy Chicken sandwich or PBJ Jamwich Baked fries Romaine Salad w/dressing Fresh Banana</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**