

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



BREAKFAST PRICES
NO COST (STUDENTS)

LUNCH PRICES
NO COST (STUDENTS)

ADULT: \$1.60

ADULT: \$3.50



Featured Produce: Beets & Sweet Potatoes

Monday

Featured GA Produce



Tuesday

BENEFITS OF SWEET POTATOES

- RICH IN VITAMIN C, E, B6, AND BETA-CAROTENE
- HEART HEALTHY
- AIDS WEIGHT LOSS
- ANTIOXIDANT RICH
- GOOD FOR SKIN AND HAIR
- LOWERS BLOOD PRESSURE
- GOOD FOR EYE HEALTH



Wednesday



Thursday

BEETS



Friday

Featured GA Produce



December 2-9, 2018

Hand washing Awareness Week



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**



Clementines



Honey Glazed Spiral Ham



How to Grow Sweet Potatoes




03 Breakfast
Cheese Grits w/Sausage Patty

LUNCH
Chili w/WG Saltines
Creamy Mashed Potatoes
Assorted fresh fruit

04 Breakfast
Cereal & 1% Milk

LUNCH
Meatloaf w/WG roll
Potato wedges
Sliced Peaches

05 Breakfast
Cheese Grits w/Sausage Patty

LUNCH
Vegetable Soup
Cheeseburger on WG
Carrot sticks w/dressing
Assorted fresh fruit

06 Breakfast
Sausage Biscuit

LUNCH
Chicken Nuggets
Assorted Chips & Dill spears
Roasted Beets & Sweets
Broccoli w/Cheese sauce
Applesauce cup

07 Breakfast
Cheese Grits or Sausage Patty

LUNCH
Spaghetti
Black-Eyed Peas
Rice Pilaf
Steamed Vegetables
Orange smiles

PLEASE REMEMBER THAT PUTNAM COUNTY CHARTER SCHOOL SYSTEM IS OFFERING BREAKFAST AND LUNCH AT NO COST TO ALL STUDENTS THIS YEAR

10 Breakfast
Cheese Grits w/Sausage Patty

LUNCH
Ham sandwich on WG
Assorted chips &/or
Dill spears
Baked Beans
Assorted fresh fruit

11 Breakfast
Cereal & 1% Milk

Holiday Meal
Honey Glazed Spiral Ham
Sweet Potatoes
Collards & Cornbread Muffin
Cinnamon Apples

12 Breakfast
Cheese Grits w/Sausage Patty

LUNCH
Chicken Nuggets w/WG roll
PBJ Jammer sandwich
Tossed Romaine Salad w/dressing
Steamed Green Beans
Sliced Pears w/topping & cherries

13 Breakfast
Sausage Biscuit w/ Super Donut

Breakfast for LUNCH
Cheese Grits, Sausage & Biscuit
or Pancake on a stick
Wango-Mango Juice Box
Sweet Potatoes
100% Fruit Juice
Fresh fruit

14 Breakfast
Cereal & 1% Milk

LUNCH
Pulled Pork on WG or
Baked Tater tots
Steamed Mixed Vegetables
Frozen Fruit cup

MENUS SUBJECT TO CHANGE WITHOUT NOTICE.

17 Breakfast
Cheese Grits or Sausage Patty

LUNCH
Chicken or Beef Nuggets
WG roll
Oven Fries
Sliced Peaches

18 Breakfast
Chicken Biscuit

LUNCH
Pepperoni Pizza
Assorted chips &/or Dill spears
Baked Tater tots
Frozen Fruit cup

19 Breakfast
Sausage Biscuit

EARLY RELEASE
PBJ Jammer
or Deli sandwich
Assorted chips
Wango-Mango Juice box
Applesauce cup



** Variety of Milk (Breakfast & Lunch), Cereal, 100% Juice, Fresh Fruit or Vegetables are Offered Daily for Breakfast **

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER