

Celebrating This Month:
National School Lunch
Week—10/9-10/13



PUTNAM COUNTY SCHOOLS – CHILD NUTRITION

BREAKFAST / LUNCH MENU

OCTOBER 2017

GET A NUTRITIOUS START TO THE DAY WITH SCHOOL BREAKFAST!
DAILY BREAKFAST CHOICES – ASSORTED CEREAL/FRUIT JUICE/FRESH FRUIT/YOGURT/TOAST/MILK
DAILY LUNCH CHOICES – ASSORTED FRESH FRUITS & VEGETABLES ON THE SALAD BAR

For information on
student meal benefits
contact the PCS Child
Nutrition Office.

Monday	Tuesday	Wednesday	Thursday	Friday
10/2 Breakfast Pizza ----- BREADED CHICKEN NUGGETS Mashed Potatoes Green Beans Strawberry Cup Wheat Roll/Milk	3 Pancake on a Stick ----- BEEF-A-RONI Caesar Salad w/Croutons Steamed Corn Sliced Peaches Garlic Texas Toast/Milk	4 Mini Pancakes ----- PORK BBQ ON A BUN Cole Slaw Quick Baked Potato Applesauce Yogurt Cup/Milk	5 Chicken Slider ----- PIZZA WEDGE Steamed Peas Fresh Grapes Pudding Cup Milk	6 Belgian Waffle Sticks ----- STEAK & CHEESE HOAGIE Crinkle Cut Fries Baked Beans Fresh Fruit Choice Orange Sherbet/Milk
9 Breakfast Bites ----- CHICKEN FAJITA Lettuce/Tomato/Cheese Spanish Rice/Corn Tortilla Chips & Salsa Mandarin Oranges Milk	10 Mini Bagel w/Cream Cheese ----- HOT HAM & CHEESE ON CROISSANT Potato Wedges Steamed Carrots Blueberry Cup/Milk	11 Mini Waffles ----- SCHOOL MADE PIZZA Caesar Salad w/Croutons Vegetable Sticks w/Dip Warm Sliced Apples Milk	12 School Made Blueberry Muffin ----- CORNDOG Macaroni & Cheese Steamed Broccoli Sliced Pears Milk	13 Sausage Biscuit ----- HAMBURGER ON A BUN Lettuce/Tomato/Cheese Crinkle Cut Fries Baked Beans Fresh Banana Milk
16 Chocolate Muffin Cheesestick ----- SALISBURY STEAK W/GRAVY Mashed Potatoes Green Beans Sliced Peaches Wheat Roll/Milk	17 Breakfast Pizza ----- BEEF & CHEESE NACHOS Lettuce/Tomato Steamed Corn Refried Beans Mandarin Oranges Cinnamon Triangles/Milk	18 Breakfast Bread ----- SPAGHETTI W/MEATSAUCE Caesar Salad w/Croutons Steamed Broccoli Fresh Kiwi WG Breadstick Milk	19 Toast/Potato Tots ----- DOUBLE STUFFED PIZZA Steamed Kale Pepper Strips w/Dip Fresh Apple Milk	20 <p style="text-align: center;">CE DAY FOR STAFF NO SCHOOL FOR STUDENTS</p>
23 Egg & Cheese on English Muffin ----- BREADED CHICKEN FRIES Mashed Potatoes Green Beans Applesauce Cornbread/Milk	24 Cinn Toast/Oatmeal ----- CHILI W/CHEESE FILLED BREADSTICK Baked Potato Steamed Broccoli w/Cheese Mandarin Oranges/Milk	25 MVP Breakfast/Yogurt ----- SCHOOL MADE PEPPERONI ROLL Caesar Salad w/Croutons California Blend Veg's Sliced Pears Milk	26 Sausage Biscuit ----- MINI CORNDOGS Diced Potatoes Steamed Peas Sliced Peaches Milk	27 Chex Mix/Cheesestick ----- FISH STICKS Macaroni & Cheese Cucumbers w/Dip Fruit Mix Orange Jello Milk
30 Blueberry Muffin Yogurt ----- BREADED CHICKEN ON A BUN Lettuce/Tomato Cheesy Potatoes Cantaloupe/Milk	31 Happy Halloween! Mini French Toast ----- HOT DOG W/SAUCE Potato Wedges Baked Beans/Fresh Grapes Frozen Smoothie Cup Milk	11/1 Breakfast Bites ----- BREADED CHICKEN DRUMSTICK Mashed Potatoes Green Beans Warm Sliced Apples Biscuit/Milk	11/2 Sausage on Croissant ----- FLATBREAD PIZZA Caesar Salad w/Croutons Corn on the Cob Fresh Orange Wedges Milk	11/3 School Made Cinnamon Roll ----- TURKEY CIABATTA SANDWICH Lettuce/Tomato/Cheese Peas/Pineapple Tidbits Dorito's/Milk

MENU ITEMS ARE ALWAYS SUBJECT TO AVAILABILITY. "THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"