

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

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