

Butts County School System

April Edition

Date: 4/1/2021

BCSS SNP Programs Offered: Fresh Fruit and Vegetable Program, CEP (System Wide), SSO Breakfast/Lunch

BCSS SNP Virtual Students are encouraged to pick-up a meal kit on Monday and Wednesdays at JES*BCSS NUTRITION GAZETTE**

APRIL FARM TO SCHOOL MONTH

Georgia Grown Strawberries – Featured April 14 and 19, 2021

WHAT'S HAPPENING IN SCHOOL NUTRITION

April 1, 2021: Baseball Opening Day -Hit a Homerun with School Lunch and Breakfast**Promotional Activity: Find a Baseball Sticker on your lunch tray and win a prize.***Birthday Celebration Day will be April 29, 2021***Nutrition Nugget (Strawberry): Vitamins and Minerals**

Strawberries are rich in antioxidants and are a great source of vitamin C and manganese. They're also known to contain generous amounts of vitamin B9 (folate) and potassium. One thing to note: strawberries mostly contain water and carbs with minimal amounts of fat and protein. (These are the [best antioxidant-rich foods](#).)



“Equipped to Serve: Service Minded, Hunger Focused”

All BCSS Cafes will be closed April 2-9, 2021

Easter: April 4, 2021

Celebrating Earth Day: April 22, 2021

Georgia/Local items served this month: Milk, Chicken Tenders, Chicken Nuggets, Frozen Corn, Blueberries, Cucumbers, Cherry Tomatoes, Sweet Potatoes, Cabbage, Carrots, Strawberries and Kale**Ingredients**

- 1-1/2 cups all-purpose flour, spooned into measuring cup and leveled-off
- 1-1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 6 tablespoons unsalted butter, softened, plus more for greasing the pan
- 1 cup plus 2 tablespoons sugar, divided
- 1 large egg
- 1 teaspoon vanilla extract
- 1/2 cup milk (low fat is fine)
- About 3/4 pound strawberries, hulled and halved

Instructions

- Preheat the oven to 350°F and butter a 9-inch deep dish pie pan or 9-inch square cake pan.
- In a medium bowl, whisk together the flour, baking powder and salt. Set aside.
- In the bowl of an electric mixer, beat the butter and 1 cup of the sugar until pale and fluffy, about 3 minutes. Add the egg and vanilla and beat on low speed until well combined. Gradually add the flour mixture, alternating with the milk, and beat on low speed until smooth. (Note: the batter will be thick.)
- Transfer the batter to the prepared pan and smooth with a spatula (if you use a square cake pan, the batter will only come about 3/4-inch up the sides of the pan -- that's ok). Arrange the strawberries on top, cut side down, so that they completely cover the batter (the recipe calls for approximately 3/4 pound of strawberries; use more or less if necessary). Sprinkle the remaining 2 tablespoons of sugar over the strawberries.
- Bake for ten minutes, then reduce the heat to 325°F and bake until the cake is lightly golden and a tester comes out clean, about an hour. Let the cake cool in the pan on a rack. Serve with sweetened whipped cream or vanilla ice cream, if desired.

Fresh Strawberry Cake

This Institution is an equal opportunity provider.

All meals are served at no charge to all students. Menus Subject to Change.

JES PANDA DEN, DES COLTS, SES EAGLES CAFÉ MENU

BREAKFAST

All breakfast WG entrees served with your choice of assorted fresh fruit, 100% fruit juice cup, and flavored milk.

Extras: Breakfast in the Classroom

- April 1, 2021 - Cini Mini
- April 12, 2021 - Assorted Pop tarts (2)
- April 13, 2021 - New Darlington Pastry Bar
- April 14, 2021 - Smile Donuts
- April 15, 2021 - Chicken Biscuit
- April 16, 2021 - Sausage Biscuit Twins
- April 19, 2021 - Smile Donuts
- April 20, 2021 - Fresh Chicken Biscuit
- April 21, 2021 - New Darlington Pastry Bar
- April 22, 2021- Pancake Pups
- April 23, 2021- Sausage Biscuit Twins
- April 26, 2021 - Smile Donut
- April 27, 2021 - Fresh Chicken Biscuit
- April 28 2021 - French Toast Sticks
- April 29, 2021 - Pop tarts (2)
- April 30, 2021 - Apple Strudel

LUNCH

All lunches served with your choice of assorted fresh fruit, canned or frozen fruit and variety milk. Extras: Pre-Plated Salads and Homemade Peanut Butter & Jelly offered daily. Salad Schedule: Monday: Grilled Chicken, Tuesday: Tuna, Wednesday: Sliced Turkey, Thursday: Chicken Fajita, Friday: Chef Salad, Bottled Water Offered upon Request.

- *April 1, 2021 - Cheesy Hamburger on Bun or Grilled Hotdog with all the fixings, Seasoned French Fries, Fresh lettuce/Tomato/Pickle, Funnel Cake w/Fresh Strawberries, Buttery Popcorn – Take me out to the ballgame.*
- April 12, 2021 - Spicy Nachos or Cheesy Quesadilla, Spicy Salsa, Lettuce and Tomato Salad, Refried Beans, Cinnamon Apples, Warm Easter Cookie
- April 13, 2021 - Stuffed Crust Pizza or Cheesy Stick w/Marinara, Fresh Broccoli and Cheese, Seasoned Corn, Chilled Diced Pears, Frozen Fruit Cup, Chocolate Chip Chortles
- April 14, 2021 - Crispy Chicken Tenders w/Honey Mustard or BBQ Sandwich, Baked Sweet Potato Tots, Saucy Baked Beans, Warm Roll, Fresh Whole Fruit Choice
- April 15, 2021 - Cheesy Calzones or Saucy Sloppy Joes on Bun, Crispy Potato Wedges, Seasoned Sweet Peas, Sweet Applesauce Cup, Chilled Sliced Peaches
- April 16, 2021 - Student's Choice or Homemade Poppy Seed Chicken w/Rice, Seasoned Collard Greens, Southern Black-eyed Peas, Fresh Baked Chocolate Chip Cookie, Chilled Mixed Fruit, Frozen Fruit Treat
- *April 19 2021 - Homemade Tator Tot Casserole w/Roll or Crispy Chicken Fillet Sandwich, Seasoned Green Beans, Homemade Cheesy Squash Casserole, Chilled Strawberries and Applesauce, Featured Harvest of the Month*
- April 20, 2021 - Fresh Baked Pan Pizza or Sliced Turkey Roast w/Gravy, Warm Roll, Buttered Mashed Potatoes, Veggie Dippers w/Ranch, Chilled Fruit Cup, Fresh Apple Grins
- *April 21, 2021 - Chicken and Waffles w/Syrup or Managers Choice Entree, Baked Potato Puffs, Sliced Tomatoes, Whole Fresh Fruit, Warm Breakfast Bread, Breakfast for Lunch Day*
- *April 22, 2021 - Spicy Beef Nacho's or Warm Chicken Fajita Wrap, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Seasoned Black Beans, Warm Spiced Apples, Earth Day: Dirt Pudding*
- April 23, 2021 - Cheesy Stuffed Crust Pizza or Oven Roasted Chicken, Fresh Spinach Salad, Buttered Corn, Homemade Blueberry Crisp, Fresh Whole Fruit
- April 26, 2021- Bacon Chicken Club or Chili Cheese Fries w/Roll, Lettuce and Tomato Salad, Crispy French Fries, Frozen Fruit Cup, Chilled Sliced Peaches
- April 27, 2021 – Stuffed Crust Pizza, or Breaded Country Fried Steak w/Gravy, Warm Biscuit, Buttered Mashed Potatoes, Seasoned Lima Beans, Chilled Pears, Frozen Mixed Berry Fruit Cup
- April 28, 2021 - Cheeseburger on Bun or Crispy Catfish Strips w/Hushpuppies, Saucy Baked Beans, Homemade Coleslaw, Sweet Applesauce Cup, Chilled Fruit Cocktail
- April 29, 2021 – Homemade Spaghetti or Lemon Pepper Chicken, Warm Roll, Broccoli w/Cheese Sauce, Seasoned Corn, Fresh Whole Fruit, *Birthdays Cupcake w/Ice-cream, Monthly Birthday Celebration*
- April 30, 2021 – Crispy Chicken Nuggets or Student Choice, Warm Roll, Seasoned Green Beans, Glazed Carrots, Whole Fresh Fruit Choice.



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HMS TIGER PAW CAFÉ MENU

BREAKFAST

All breakfast WG entrees served with your choice of assorted fresh fruit, 100% fruit juice cup, and flavored milk.

Extras: Breakfast in the Classroom – Cereal Bars, WG Smile Donuts, Pop tarts Choice Daily

- April 1, 2021 – Chicken Filet Biscuit
- April 12, 2021 - Sausage Biscuit
- April 13, 2021 – Steak Biscuit
- April 14 2021 - Pancake Pup
- April 15, 2021 - Apple/Cherry Frudel
- April 16, 2021 - Spicy Chicken Biscuit
- April 19, 2021- New Darlington Pastry Bar
- April 20, 2021 - Fresh Buttered Sausage Biscuit
- April 21, 2021 - Bacon and Cheese Croissant
- April 22, 2021 - Chicken Biscuit
- April 23, 2021- Sausage Biscuit
- April 26, 2021- Pancake Pup
- April 27, 2021 - Bacon and Cheese Croissant
- April 28, 2021 - Warm Cini Minis
- April 29, 2021 - Steak Biscuit
- April 30, 2021 – Spicy Chicken Filet Biscuit

LUNCH

All lunches served with your choice of assorted fresh fruit, canned or frozen fruit and variety milk. **Extras:** Pre-Plated Salads and Homemade Peanut Butter & Jelly offered daily. Salad Schedule: Monday: Grilled Chicken, Tuesday: Tuna, Wednesday: Sliced Turkey, Thursday: Chicken Fajita, Friday: Chef Salad, Bottled Water Offered upon Request. **Introducing Buffalo Chicken Salad Plate featuring Blue Cheese Crumbles.**

- *April 1, 2021 - Cheesy Hamburger on Bun or Grilled Hotdog with all the fixings, Seasoned French Fries, Fresh lettuce/Tomato/Pickle, Funnel Cake w/Fresh Strawberries, Buttery Popcorn – Take me out to the ballgame.*
- April 12, 2021 - Spicy Nachos or Cheesy Quesadilla, Spicy Salsa, Lettuce and Tomato Salad, Refried Beans, Cinnamon Apples, Warm Easter Cookie
- April 13, 2021 - Stuffed Crust Pizza or Cheesy Stick w/Marinara, Fresh Broccoli and Cheese, Seasoned Corn, Chilled Diced Pears, Frozen Fruit Cup, Chocolate Chip Chortles
- April 14, 2021 - Crispy Chicken Tenders w/Honey Mustard or BBQ Sandwich, Baked Sweet Potato Tots, Saucy Baked Beans, Warm Roll, Fresh Whole Fruit Choice
- April 15, 2021 - Cheesy Calzones or Saucy Sloppy Joes on Bun, Crispy Potato Wedges, Seasoned Sweet Peas, Sweet Applesauce Cup, Chilled Sliced Peaches
- April 16, 2021 - Student's Choice or Homemade Poppy Seed Chicken w/Rice, Seasoned Collard Greens, Southern Black-eyed Peas, Fresh Baked Chocolate Chip Cookie, Chilled Mixed Fruit, Frozen Fruit Treat
- *April 19 2021 - Homemade Tator Tot Casserole w/Roll or Crispy Chicken Fillet Sandwich, Seasoned Green Beans, Homemade Cheesy Squash Casserole, Chilled Strawberries and Applesauce, Featured Harvest of the Month*
- April 20, 2021 - Fresh Baked Pan Pizza or Sliced Turkey Roast w/Gravy, Warm Roll, Buttered Mashed Potatoes, Veggie Dippers w/Ranch, Chilled Fruit Cup, Fresh Apple Grins
- *April 21, 2021 - Chicken and Waffles w/Syrup or Managers Choice Entree, Baked Potato Puffs, Sliced Tomatoes, Whole Fresh Fruit, Warm Breakfast Bread, Breakfast for Lunch Day*
- *April 22, 2021 - Spicy Beef Nacho's or Warm Chicken Fajita Wrap, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Seasoned Black Beans, Warm Spiced Apples, Earth Day: Dirt Pudding*
- April 23, 2021 - Cheesy Stuffed Crust Pizza or Oven Roasted Chicken, Fresh Spinach Salad, Buttered Corn, Homemade Blueberry Crisp, Fresh Whole Fruit
- April 26, 2021- Bacon Chicken Club or Chili Cheese Fries w/Roll, Lettuce and Tomato Salad, Crispy French Fries, Frozen Fruit Cup, Chilled Sliced Peaches
- April 27, 2021 – Stuffed Crust Pizza, or Breaded Country Fried Steak w/Gravy, Warm Biscuit, Buttered Mashed Potatoes, Seasoned Lima Beans, Chilled Pears, Frozen Mixed Berry Fruit Cup
- April 28, 2021 - Cheeseburger on Bun or Crispy Catfish Strips w/Hushpuppies, Saucy Baked Beans, Homemade Coleslaw, Sweet Applesauce Cup, Chilled Fruit Cocktail
- April 29, 2021 – Homemade Spaghetti or Lemon Pepper Chicken, Warm Roll, Broccoli w/Cheese Sauce, Seasoned Corn, Fresh Whole Fruit, *BirthDay Cupcake w/Ice-cream, Monthly BirthDay Celebration*
- April 30, 2021 – Crispy Chicken Nuggets or Student Choice, Warm Roll, Seasoned Green Beans, Glazed Carrots, Whole Fresh Fruit Choice.



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JHS BIG RED CAFÉ MENU

BREAKFAST

All breakfast WG entrees served with your choice of assorted fresh fruit, 100% fruit juice cup, and flavored milk.

Extras: Grab and Go Choice - Cereal Bars, WG Smile Donuts, Pop tarts Choice Daily

- April 1, 2021 – Sausage Link Biscuit
- April 12, 2021 - Sausage Biscuit
- April 13, 2021 - Steak Biscuit
- April 14 2021 - Spicy Chicken Biscuit
- April 15, 2021 - Bacon and Cheese Croissant
- April 16, 2021 - Chicken Biscuit
- April 19, 2021 - Sausage Biscuit
- April 20, 2021- Steak Biscuit
- April 21, 2021- Spicy Chicken Biscuit
- April 22, 2021 - Bacon Cheese Croissant
- April 23, 2021- Chicken Biscuit
- April 26, 2021 - Sausage Biscuit
- April 27, 2021 - Steak Biscuit
- April 28, 2021 - Spicy Chicken Biscuit
- April 29, 2021 – Bacon and Cheese Croissant
- April 30, 2021 - Chicken Filet Biscuit

LUNCH

All lunches served with your choice of assorted fresh fruit, canned or frozen fruit, 8oz water (upon request) and variety milk Extras: Homemade Peanut Butter and Jelly Sandwich Tray offered daily. Fresh Salad Bar offered daily.

- April 1, 2021 - *Cheesy Hamburger on Bun or Grilled Hotdog with all the fixings, Seasoned French Fries, Fresh lettuce/Tomato/Pickle, Funnel Cake w/Fresh Strawberries, Buttery Popcorn – Take me out to the ballgame.*
- April 12, 2021 - Crispy Chicken Nuggets w/Homemade Honey Mustard or Cheesy Pepperoni Pizza, Seasoned Green Beans, Crisp Spinach Salad, Fluffy Yellow Rice, Warm Roll, Fresh Whole Fruit Choice
- April 13, 2021 - Manager's Choice or Homemade Spaghetti, Fresh Broccoli w/Cheese, Seasoned Corn, Warm Fat Cat Brownie, Chilled Diced Pears, Applesauce Cup
- April 14, 2021 - *Stuffed Crust Pizza or BBQ Pork Sandwich, Baked Potato Wedges, Fresh Veggie Dippers, Chilled Fresh Strawberry Cup, Frozen Fruit Treat, Featured Harvest of the Month*
- April 15, 2021 - Spicy Beef Nacho's or Wild Mikes Pizza, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Seasoned Black Beans, Warm Spiced Apples, Fresh Whole Fruit
- April 16, 2021 - Homemade Tator Tot Casserole or Stuffed Crust Pizza, Seasoned Green Beans, Crisp Garden Salad, Fresh Whole Fruit, Warm Roll
- April 19, 2021 – Fresh Baked Pan Pizza or Sliced Turkey Roast w/Gravy, Warm Roll, Buttered Mashed Potatoes, Veggie Dippers w/Ranch, Whole Fresh Fruit
- April 20, 2021 - Manager's Choice or Beef Nuggets/BBQ Sauce, Baked Potato Tots, Seasoned Green Beans, Warm Roll, Fresh Whole Fruit Choice, Chocolate Chip Chortles
- April 21, 2021- *Crispy Chicken and Waffle or Stuffed Crust Pizza, Oven Fried Potato Rounds, Sliced Tomatoes, Warm Breakfast Bread, Fresh Whole Fruit, Breakfast for Lunch Day*
- April 22, 2021 - *Cheesy Pan Pizza or Buffalo Ranch Chicken Filet on Bun, Fresh Spinach Salad, Buttered Corn, Fresh Fruit Choice, Earth Day: Dirt Pudding*
- April 23, 2021 -Student's Choice or Homemade Poppy Seed Chicken w/Rice, Homemade Squash Casserole, Southern Black-eyed Peas, Fresh Sugar Cookie, Fresh Fruit Choice
- April 26, 2021 - Manager's Choice, or Breaded Country Fried Steak w/Warm Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Chilled Peach Cup, Frozen Fruit Treat
- April 27, 2021 - Cheeseburger on Bun or Cheesy Pan Pizza, Baked Potato Tots, Crispy Lettuce and Tomato Salad, Fresh Whole Fruit Choice, Chocolate Chip Cookies
- April 28, 2021 - Cheesy Stuffed Crust Pizza or Chili Cheese Fries w/Warm Roll, Broccoli w/Cheese Sauce, Seasoned Corn, Fresh Whole Fruit
- April 29, 2021 – Baked Lemon Pepper Chicken w/Warm Roll or Wild Mike's Pizza, Mini Carrots w/Dip, Oven Roasted Potato, Fresh Whole Fruit, *Birthday Cupcake w/Ice-cream, Monthly Birthday Celebration*
- April 30, 2021 –Managers Choice or Spicy Buffalo Chicken Pizza, Crispy Lettuce and Tomato Salad, Saucy Baked Beans, Frozen Fruit Cup, Fresh Apple Grins



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