

Butts County School System

**April Edition**

Date: 4/1/2023

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

**BCSS NUTRITION GAZETTE****APRIL HARVEST OF THE MONTH**  
**Georgia Grown Strawberries – Featured April 12, 2023****WHAT'S HAPPENING IN SCHOOL NUTRITION**  
***Celebrating the Opening of Baseball Season, Wear Your Favorite Baseball Jersey*****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 3-7, 2023

Easter: April 9, 2023

Celebrating Earth Day: April 24, 2023

Monthly Birthday Celebration Day: March 27, 2023



**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

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| • April 10, 2023 - Cini Mini                 | April 24, 2021 - Pancake Pups          |
| • April 11, 2023 - Assorted Pop tarts (2)    | April 25, 2021 - Mini Waffles          |
| • April 12, 2023 - New Darlington Pastry Bar | April 26, 2021 - Smile Donut           |
| • April 13, 2023 - Powdered Donut holes      | April 27, 2021 - Fresh Chicken Biscuit |
| • April 14, 2023 - Chicken Biscuit           | April 28, 2021 - Mini French Toast     |
| • April 17, 2023 - Warm Muffin Top           |  |
| • April 18, 2023 - Mini Chocolate Donut      |  |
| • April 19, 2023 - Mini Pancakes             |  |
| • April 20, 2023 - Cheery/Apple Frudel       |  |
| • April 21, 2023 - Chicken Biscuit           |  |

## LUNCH

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

- April 10, 2023 - Cheeseburger on Bun or Oven Grilled Hotdog on Bun, Crispy French Fries, Fresh Lettuce/Tomato/Pickle Cup, Fresh Candied Apple Half, Icky Juice Pouch, Buttered Popcorn - [Celebrating the Opening of Baseball Season](#)
- April 11, 2023 - Manager's Choice or Crispy Chicken Nuggets w/Roll, Seasoned Collard Greens, Southern Black-eyed Peas, Fresh Baked Chocolate Chip Cookie, Fresh Fruit Choice, Chilled Fruit Cup
- April 12, 2023 - Homemade Tator Tot Casserole w/ Roll or Crispy Chicken Sandwich, Fresh Lettuce and Tomato Salad, Homemade Candied Carrots, Fresh Strawberries w/Whipped Topping, Chilled Applesauce Cup, [Featured Harvest of the Month](#)
- April 13, 2023 - Fresh Baked Pan Pizza or Roasted Turkey and Gravy w/ Warm Roll, Buttered Mashed Potatoes, Seasoned Lima Beans, Chilled Fruit Cup, Fresh Apple Grins, Mini Chocolate Chortles
- April 14, 2023 - *Homemade Spaghetti or Saucy Meatball Sub, Seasoned Green Beans, Fresh Garden Salad, Fresh Whole Fruit Choice, Warm Roll, Mixed Fruit Cup*
- April 17, 2023 - *Spicy Nachos or Cheesy Chili Crispito, Spicy Salsa, Lettuce and Tomato Salad, Refried Beans, Cinnamon Apples, Fresh Fruit Choice, Warm Chocolate Fudge Cookie*
- April 18, 2023 - *Chicken and Waffles w/Syrup or Cheesy Waffle Eggoji Breakfast Sandwich w/Jelly, Baked Potato Triangles, Whole Fresh Fruit, Chilled Sliced Tomatoes, Fresh Orange Juice, Warm Muffin- [Breakfast for Lunch Day](#)*
- April 19, 2023 - *Stuffed Crust Pizza or Cheesy Stick w/ Marinara, Fresh Spinach Salad, Seasoned Corn, Whole Fresh Fruit, Frozen Sidekicks Treat*
- April 20, 2023 - *Cheesy Calzones or Country Fried Steak, Seasoned Mashed Potatoes, Seasoned Sweet Peas, Southern Biscuit, Whole Fresh Fruit, Chilled Pears*
- April 21, 2023 - Crispy Corndog or Managers Choice, Fresh Mini Carrots w/Dip, Crispy Waffle Fries, Fresh Whole Fruit Choice, Frozen Fruit Cup
- April 24, 2023 - Cheesy Stuffed Crust Pizza or Spicy Buffalo Chicken Wrap, Fresh Caesar Salad, Buttered Corn, Fresh Fruit Choice, Chilled Fruit Gel Cup, Homemade Dirt Pudding - [Earth Day Celebration](#)
- April 25, 2023 - Chicken Filet Sandwich or Meatloaf w/Warm Roll, Lettuce and Tomato Salad, Oven Roasted Potatoes, Frozen Fruit Cup, Fresh Whole Fruit
- April 26, 2023 - Manager's Choice or Homemade Chicken Alfredo w/Warm Roll, Candied Sweet Potatoes, Seasoned Green Beans, Fresh Fruit Choice, Frozen Fruit Cup, Warm Vanilla Cookie
- April 27, 2023 - Cheeseburger on Bun or Oven Grilled Hotdog, Saucy Baked Beans, Homemade Coleslaw, Fresh Whole Apple, Celebration Cookie, Vanilla Ice Cream Cup - [Monthly Birthday Celebration](#)
- April 28, 2023 - Cheesy Stuffed Crust Pizza or Homemade Lemon Pepper Chicken w/ Buttered Biscuit, Broccoli w/Cheese Sauce, Fresh Garden Salad, Fresh Whole Fruit, Chilled Fruit Cup



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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 10, 2023 - Chicken Filet Biscuit
- April 11, 2023 - Sausage Biscuit
- April 12, 2023 – Steak Biscuit
- April 13, 2023 - Pancake Pup
- April 14, 2023 - Warm Honey Bun
- April 17, 2023 - Sausage Biscuit
- April 18, 2023 - Spicy Chicken Biscuit
- April 19, 2023 - Apple/Cherry Frudel
- April 20, 2023 - New Darlington Pastry Bar
- April 21, 2023 - Confetti Pancakes
- April 24, 2023 - Warm French Toast
- April 25, 2023 - Pancake Pup
- April 26, 2023 - Bacon and Cheese Croissant
- April 27, 2023 - Warm Cini Minis
- April 28, 2023 - Steak Biscuit

## LUNCH

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

- April 10, 2023 - Cheeseburger on Bun or Oven Grilled Hotdog on Bun, Crispy French Fries, Fresh Lettuce/Tom/Pickle Cup, Fresh Candied Apple Half, Icy Juice Pouch, Buttered Popcorn - [Celebrating the Opening of Baseball Season](#)
- April 11, 2023 - Manager's Choice or Crispy Chicken Nuggets w/Roll, Seasoned Collard Greens, Southern Black-eyed Peas, Fresh Baked Chocolate Chip Cookie, Fresh Fruit Choice, Chilled Fruit Cup
- April 12, 2023 - Homemade Tator Tot Casserole w/ Roll or Crispy Chicken Sandwich, Fresh Lettuce and Tomato Salad, Homemade Candied Carrots, Fresh Strawberries w/Whipped Topping, Chilled Applesauce Cup, [Featured Harvest of the Month](#)
- April 13, 2023 - Fresh Baked Pan Pizza or Roasted Turkey and Gravy w/ Warm Roll, Buttered Mashed Potatoes, Seasoned Lima Beans, Chilled Fruit Cup, Fresh Apple Grins, Mini Chocolate Chortles
- April 14, 2023 - *Homemade Spaghetti or Saucy Meatball Sub, Seasoned Green Beans, Fresh Garden Salad, Fresh Whole Fruit Choice, Warm Roll, Mixed Fruit Cup*
- April 17, 2023 - *Spicy Nachos or Cheesy Chili Crispito, Spicy Salsa, Lettuce and Tomato Salad, Refried Beans, Cinnamon Apples, Fresh Fruit Choice, Warm Chocolate Fudge Cookie*
- April 18, 2023 - *Chicken and Waffles w/Syrup or Cheesy Waffle Eggoji Breakfast Sandwich w/Jelly, Baked Potato Triangles, Whole Fresh Fruit, Chilled Sliced Tomatoes, Fresh Orange Juice, Warm Muffin- [Breakfast for Lunch Day](#)*
- April 19, 2023 - *Stuffed Crust Pizza or Cheesy Stick w/ Marinara, Fresh Spinach Salad, Seasoned Corn, Whole Fresh Fruit, Frozen Sidekicks Treat*
- April 20, 2023 - *Cheesy Calzones or Country Fried Steak, Seasoned Mashed Potatoes, Seasoned Sweet Peas, Southern Biscuit, Whole Fresh Fruit, Chilled Pears*
- April 21, 2023 - Crispy Corndog or Managers Choice, Fresh Mini Carrots w/Dip, Crispy Waffle Fries, Fresh Whole Fruit Choice, Frozen Fruit Cup
- April 24, 2023 - Cheesy Stuffed Crust Pizza or Spicy Buffalo Chicken Wrap, Fresh Caesar Salad, Buttered Corn, Fresh Fruit Choice, Chilled Fruit Gel Cup, Homemade Dirt Pudding - [Earth Day Celebration](#)
- April 25, 2023 - Chicken Filet Sandwich or Meatloaf w/Warm Roll, Lettuce and Tomato Salad, Oven Roasted Potatoes, Frozen Fruit Cup, Fresh Whole Fruit
- April 26, 2023 - Manager's Choice or Homemade Chicken Alfredo w/Warm Roll, Candied Sweet Potatoes, Seasoned Green Beans, Fresh Fruit Choice, Frozen Fruit Cup, Warm Vanilla Cookie
- April 27, 2023 - Cheeseburger on Bun or Oven Grilled Hotdog, Saucy Baked Beans, Homemade Coleslaw, Fresh Whole Apple, Celebration Cookie, Vanilla Ice Cream Cup – [Monthly Birthday Celebration](#)
- April 28, 2023 - Cheesy Stuffed Crust Pizza or Homemade Lemon Pepper Chicken w/ Buttered Biscuit, Broccoli w/Cheese Sauce, Fresh Garden Salad, Fresh Whole Fruit, Chilled Fruit Cup



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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

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| • April 10, 2023 - Sausage Link Biscuit       | April 24, 2023 - Sausage Biscuit            |
| • April 11, 2023 - Chicken Biscuit            | April 25, 2023 - Chicken Biscuit            |
| • April 12, 2023 - Bacon and Cheese Croissant | April 26, 2023 - Steak Biscuit              |
| • April 13, 2023 - Spicy Chicken Biscuit      | April 27, 2023 - Spicy Chicken Biscuit      |
| • April 14, 2023 - Steak Biscuit              | April 28, 2023 - Bacon and Cheese Croissant |
| • April 17, 2023 - Chicken Biscuit            |   |
| • April 18, 2023 - Bacon and Cheese Croissant |   |
| • April 19, 2023 - Sausage Biscuit            |   |
| • April 20, 2023 - Steak Biscuit              |   |
| • April 21, 2023 - Spicy Chicken Biscuit      |   |

## LUNCH

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

- April 10, 2023 - Cheeseburger on Bun or Oven Grilled Hotdog on Bun, Crispy French Fries, Fresh Lettuce/Tom/Pickle Cup, Fresh Candied Apple Half, Icy Juice Pouch, Buttered Popcorn - [Celebrating the Opening of Baseball Season](#)
- April 11, 2023 - Cheesy Wild Mikes Pizza or Crispy Chicken Nuggets w/Roll, Seasoned Collard Greens, Southern Black-eyed Peas, Fresh Baked Chocolate Chip Cookie, Fresh Fruit Choice, Chilled Fruit Cup
- April 12, 2023 - Homemade Tator Tot Casserole w/ Roll or Crispy Chicken Sandwich, Fresh Lettuce and Tomato Salad, Homemade Candied Carrots, Fresh Strawberries w/Whipped Topping, Chilled Applesauce Cup, [Featured Harvest of the Month](#)
- April 13, 2023 - Fresh Baked Pan Pizza or Manager's Choice w/ Warm Roll, Buttered Mashed Potatoes, Seasoned Lima Beans, Chilled Fruit Cup, Fresh Apple Grins, Mini Chocolate Chortles
- April 14, 2023 - Homemade Spaghetti or Spicy Buffalo Chicken Pizza, Seasoned Green Beans, Fresh Garden Salad, Fresh Whole Fruit Choice, Warm Roll, Mixed Fruit Cup
- April 17, 2023 - *Spicy Nachos or Cheesy Mexican Pizza, Spicy Salsa, Lettuce and Tomato Salad, Refried Beans, Cinnamon Apples, Fresh Fruit Choice, Warm Chocolate Fudge Cookie*
- April 18, 2023 - *Chicken and Waffles w/Syrup or Cheesy Waffle Eggoji Breakfast Sandwich w/Jelly, Baked Potato Triangles, Whole Fresh Fruit, Chilled Sliced Tomatoes, Fresh Orange Juice, Warm Muffin- [Breakfast for Lunch Day](#)*
- April 19, 2023 - *Stuffed Crust Pizza or Cheesy Stick w/ Marinara, Fresh Spinach Salad, Seasoned Corn, Whole Fresh Fruit, Frozen Sidekicks Treat*
- April 20, 2023 - *Cheesy Calzones or Country Fried Steak, Seasoned Mashed Potatoes, Seasoned Sweet Peas, Southern Biscuit, Whole Fresh Fruit, Chilled Pears*
- April 21, 2023 - Crispy Corndog or Managers Choice, Fresh Mini Carrots w/Dip, Crispy Waffle Fries, Fresh Whole Fruit Choice, Frozen Fruit Cup
- April 24, 2023 - Cheesy Stuffed Crust Pizza or Spicy Buffalo Chicken Wrap, Fresh Caesar Salad, Buttered Corn, Fresh Fruit Choice, Chilled Fruit Gel Cup, Homemade Dirt Pudding - [Earth Day Celebration](#)
- April 25, 2023 - Chicken Filet Sandwich or Meatloaf w/Warm Roll, Lettuce and Tomato Salad, Oven Roasted Potatoes, Frozen Fruit Cup, Fresh Whole Fruit
- April 26, 2023 - Manager's Choice or Homemade Chicken Alfredo w/Warm Roll, Candied Sweet Potatoes, Seasoned Green Beans, Fresh Fruit Choice, Frozen Fruit Cup, Warm Vanilla Cookie
- April 27, 2023 - Cheeseburger on Bun or Oven Grilled Hotdog, Saucy Baked Beans, Homemade Coleslaw, Fresh Whole Apple, Celebration Cookie, Vanilla Ice Cream Cup - [Monthly Birthday Celebration](#)
- April 28, 2023 - Cheesy Stuffed Crust Pizza or Homemade Lemon Pepper Chicken w/ Buttered Biscuit, Broccoli w/Cheese Sauce, Fresh Garden Salad, Fresh Whole Fruit, Chilled Fruit Cup



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