

Butts County School System

April Edition

Date: 4/1/2022

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 15, 2022

WHAT'S HAPPENING IN SCHOOL NUTRITION
Birthday Celebration Day will be April 28, 20212

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 1-8, 2022

Easter: April 17, 2022

Celebrating Earth Day: April 22, 2022



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 11, 2022 - Cini Mini | April 25, 2021- Pancake Pups |
| • April 12, 2022 - Assorted Pop tarts (2) | April 26, 2021- Sausage Biscuit Twins |
| • April 13, 2022 - New Darlington Pastry Bar | April 27, 2021 - Smile Donut |
| • April 14, 2022 - Smile Donuts | April 28, 2021 - Fresh Chicken Biscuit |
| • April 15, 2022 - Chicken Biscuit | April 29, 2021 - French Toast Sticks |
| • April 18, 2022 - Warm Muffin Top | |
| • April 19, 2022 - Mini Chocolate Donut | |
| • April 20, 2022 - Mini Pancakes | |
| • April 21, 2022 - Sausage Biscuit Twin | |
| • April 22, 2022 - Chicken Biscuit | |

LUNCH

All lunches served with your choice of assorted fresh fruit, canned or frozen fruit and variety 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 11, 2022 - Hot Ham and Cheese Sandwich or Cheeseburger on Bun, Baked Sweet Potato Fries, Saucy Baked Beans, Fresh Whole Fruit Choice, Mixed Fruit Cup
- April 12, 2022 - Student's Choice or Beef Nuggets w/BBQ Sauce and Warm Biscuit, Seasoned Collard Greens, Southern Black-eyed Peas, Fresh Baked Chocolate Chip Cookie, Fresh Fruit Choice, Chilled Fruit Cup
- April 13, 2022 - Homemade Tator Tot Casserole w/ Roll or Crispy Chicken Sandwich, Fresh Lettuce and Tomato Salad, Homemade Squash Casserole, Fresh Whole Fruit, Chilled Applesauce Cup
- April 14, 2022 - Homemade Chicken Tetrazzini w/Roll or Crispy Corndog w/Chips, Fresh Garden Salad, Fresh Broccoli w/Cheese, Whole Fresh Fruit, Chilled Peaches
- April 15, 2022- Fresh Baked Pan Pizza or Sliced Turkey Roast w/Gravy, Warm Roll, Buttered Mashed Potatoes, Seasoned Lima Beans, Chilled Fruit Cup, Fresh Strawberries w/Whipping Topping, [Featured Harvest of the Month](#)
- April 18, 2022 - Homemade Spaghetti or Crispy Chicken Nuggets, Seasoned Green Beans, Fresh Garden Salad, Fresh Whole Fruit Choice, Warm Roll, Mixed Fruit Cup
- April 19, 2022 - Spicy Nachos or Cheesy Quesadilla, Spicy Salsa, Lettuce and Tomato Salad, Refried Beans, Cinnamon Apples, Fresh Fruit Choice
- April 20, 2022 - Stuffed Crust Pizza or Cheesy Stick w/ Marinara, Fresh Spinach Salad, Seasoned Corn, Whole Fresh Fruit, Frozen Sidekicks Treat
- April 21, 2022 - Chicken and Waffles w/Syrup or Cheesy Sausage Biscuit w/Jelly, Baked Potato Triangles, Whole Fresh Fruit, Chilled Sliced Tomatoes, Fresh Orange Juice, Breakfast for Lunch Day
- April 22, 2022 - Cheesy Calzones or Country Fried Steak, Seasoned Mashed Potatoes, Seasoned Sweet Peas, Southern Biscuit, Whole Fresh Fruit, Chilled Pears – [Earth Day Celebration](#)
- April 25, 2022 - Spicy Mexican Pizza or Warm Chicken Fajita Wrap, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Seasoned Black Beans, Whole Fresh Fruit, Chilled Fruit Cup
- April 26, 2022 - Cheesy Stuffed Crust Pizza or Student's Choice, Fresh Spinach Salad, Buttered Corn, Homemade Pear Crisp, Fresh Whole Apple
- April 27, 2022- Chicken Filet Sandwich or Meatloaf w/Warm Roll, Fresh Garden Salad, Oven Roasted Potatoes, Frozen Fruit Cup, Fresh Whole Fruit
- April 28, 2022 - Manager's Choice, or Roasted Pork Roast w/ Gravy, Warm Biscuit, Buttered Mashed Potatoes, Seasoned Green Beans, Whole Fresh Fruit, Chilled Fruit Cup, Celebration Birthday Cookie w/Ice-cream – [Birthday Celebration Day](#)
- April 29, 2022 – Hotdog on Bun or Crispy Fish Sticks w/Hushpuppies, Saucy Baked Beans, Homemade Coleslaw, Fresh Whole Fruit Choice, Sidekicks Frozen 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

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| • April 11, 2022 – Chicken Filet Biscuit | April 25, 2022- Chicken Biscuit |
| • April 12, 2022 - Sausage Biscuit | April 26, 2022- Pancake Pup |
| • April 13, 2022 – Steak Biscuit | April 27, 2022 - Bacon and Cheese Croissant |
| • April 14 2022 - Pancake Pup | April 28, 2022 - Warm Cini Minis |
| • April 15, 2022 - Warm Honey Bun | April 29, 2022 - Steak Biscuit |
| • April 18, 2022 – Apple/Cherry Frudel | |
| • April 19, 2022- Spicy Chicken Biscuit | |
| • April 20, 2022 – Bacon and Cheese Croissant | |
| • April 21, 2022 - New Darlington Pastry Bar | |
| • April 22, 2022 – Sausage 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: Chicken Salad, Wednesday: Sliced Turkey, Thursday: Chicken Fajita, Friday: Chef Salad, Bottled water offered upon request.

- April 11, 2022 - Hot Ham and Cheese Sandwich or Cheeseburger on Bun, Baked Sweet Potato Fries, Saucy Baked Beans, Fresh Whole Fruit Choice, Mixed Fruit Cup
- April 12, 2022 - Student's Choice or Beef Nuggets w/BBQ Sauce and Warm Biscuit, Seasoned Collard Greens, Southern Black-eyed Peas, Fresh Baked Chocolate Chip Cookie, Fresh Fruit Choice, Chilled Fruit Cup
- April 13, 2022 - Homemade Tator Tot Casserole w/ Roll or Crispy Chicken Sandwich, Fresh Lettuce and Tomato Salad, Homemade Squash Casserole, Fresh Whole Fruit, Chilled Applesauce Cup
- April 14, 2022 - Homemade Chicken Tetrazzini w/Roll or Crispy Corndog w/Chips, Fresh Garden Salad, Fresh Broccoli w/Cheese, Whole Fresh Fruit, Chilled Peaches
- April 15, 2022 - Fresh Baked Pan Pizza or Sliced Turkey Roast w/Gravy, Warm Roll, Buttered Mashed Potatoes, Seasoned Lima Beans, Chilled Fruit Cup, Fresh Strawberries w/Whipping Topping, [Featured Harvest of the Month](#)
- April 18, 2022 - Homemade Spaghetti or Crispy Chicken Nuggets w/Roll, Seasoned Green Beans, Fresh Garden Salad, Fresh Whole Fruit Choice, Warm Roll, Mixed Fruit Cup
- April 19, 2022 - Chicken and Waffles w/Syrup or Cheesy Sausage Biscuit w/Jelly, Baked Potato Triangles, Whole Fresh Fruit, Chilled Sliced Tomatoes, Fresh Orange Juice, Breakfast for Lunch Day
- April 20, 2022 - Cheesy Calzones or Country Fried Steak, Seasoned Mashed Potatoes, Seasoned Sweet Peas, Southern Biscuit, Whole Fresh Fruit, Chilled Pears
- April 21, 2022 - Spicy Nachos or Cheesy Quesadilla, Spicy Salsa, Lettuce and Tomato Salad, Refried Beans, Cinnamon Apples, Fresh Fruit Choice
- April 22, 2022 - Stuffed Crust Pizza or Cheesy Stick w/ Marinara, Fresh Spinach Salad, Seasoned Corn, Whole Fresh Fruit, Frozen Sidekicks Treat– [Earth Day Celebration](#)
- April 25, 2022 - Spicy Mexican Pizza or Warm Chicken Fajita Wrap, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Seasoned Black Beans, Whole Fresh Fruit, Chilled Fruit Cup
- April 26, 2022 - Cheesy Stuffed Crust Pizza or Student's Choice, Fresh Spinach Salad, Buttered Corn, Homemade Pear Crisp, Fresh Whole Apple
- April 27, 2022- Chicken Filet Sandwich or Meatloaf w/Warm Roll, Fresh Garden Salad, Oven Roasted Potatoes, Frozen Fruit Cup, Fresh Whole Fruit
- April 28, 2022 - Manager's Choice, or Roasted Pork Roast w/ Gravy, Warm Biscuit, Buttered Mashed Potatoes, Seasoned Green Beans, Whole Fresh Fruit, Chilled Fruit Cup, Celebration Birthday Cookie w/Ice-cream – [Birthday Celebration Day](#)
- April 29, 2022 – Hotdog on Bun or Crispy Fish Sticks w/Hushpuppies, Saucy Baked Beans, Homemade Coleslaw, Fresh Whole Fruit Choice, Sidekicks Frozen 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 11, 2022 - Sausage Link Biscuit | April 25, 2022- Sausage Biscuit |
| • April 12, 2022 - Chicken Biscuit | April 26, 2022 - Chicken Biscuit |
| • April 13, 2022 - Bacon and Cheese Croissant | April 27, 2022 - Steak Biscuit |
| • April 14 2022 - Spicy Chicken Biscuit | April 28, 2022 - Spicy Chicken Biscuit |
| • April 15, 2022 - Steak Biscuit | April 29, 2022 - Bacon and Cheese Croissant |
| • April 18, 2022 - Chicken Biscuit | |
| • April 19, 2022 - Bacon and Cheese Croissant | |
| • April 20, 2022 - Sausage Biscuit | |
| • April 21, 2022 - Steak Biscuit | |
| • April 22, 2022 - Spicy Chicken 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. Bottled water offered upon request

- April 11, 2022 - Cheeseburger on Bun or Cheesy Stuffed Crust Pizza, Baked Sweet Potato Fries, Saucy Baked Beans, Fresh Whole Fruit Choice, Mixed Fruit Cup
- April 12, 2022 - Student's Choice or Hot Ham and Cheese Sandwich, Seasoned Collard Greens, Southern Black-eyed Peas, Fresh Baked Chocolate Chip Cookie, Fresh Fruit Choice, Chilled Fruit Cup
- April 13, 2022 - Cheesy Pepperoni Pizza or Crispy Chicken Sandwich, Fresh Lettuce and Tomato Salad, Homemade Squash Casserole, Fresh Whole Fruit, Chilled Applesauce Cup
- April 14, 2022 - Homemade Tator Tot Casserole w/Roll or Wild Mike's Pizza, Fresh Carrots w/Ranch, Fresh Broccoli w/Cheese, Whole Fresh Fruit, Chilled Peaches
- April 15, 2022 - Fresh Baked Pan Pizza or Sliced Turkey Roast w/Gravy, Warm Roll, Buttered Mashed Potatoes, Seasoned Lima Beans, Chilled Fruit Cup, Fresh Strawberries w/Whipped Topping, [Featured Harvest of the Month](#)
- April 18, 2022 - Cheesy Stuffed Crust Pizza or Crispy Chicken Nuggets w/Roll, Seasoned Green Beans, Fresh Garden Salad, Fresh Whole Fruit Choice, Warm Roll
- April 19, 2022 - Spicy Nachos or Wild Mike's Pizza, Spicy Salsa, Lettuce and Tomato Salad, Refried Beans, Cinnamon Apples, Fresh Fruit Choice, Warm Chocolate Chip Cookie
- April 20, 2022 - Stuffed Crust Pizza or Warm Cheesy Stick w/ Marinara, Fresh Spinach Salad, Seasoned Corn, Whole Fresh Fruit, Frozen Sidekicks Treat
- April 21, 2022 - Chicken and Waffles w/Syrup or Cheesy Pan Pizza, Baked Potato Triangles, Whole Fresh Fruit, Chilled Sliced Tomatoes, Fresh Orange Juice, Breakfast for Lunch Day
- April 22, 2022 - Cheesy Calzones or Country Fried Steak, Seasoned Mashed Potatoes, Seasoned Sweet Peas, Southern Biscuit, Whole Fresh Fruit, Chilled Pears - [Earth Day Celebration](#)
- April 25, 2022 - Cheesy Wild Mike's Pizza or Warm Chicken Fajita Wrap, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Seasoned Black Beans, Whole Fresh Fruit, Chilled Fruit Cup
- April 26, 2022 - Saucy BBQ Chicken w/Roll or Cheesy Pan Pizza, Saucy Baked Beans, Crispy Waffle Fries, Fresh Whole Fruit Choice, Sidekicks Frozen Fruit Cup
- April 27, 2022- Cheesy Stuffed Crust Pizza or Meatloaf w/Warm Roll, Lettuce and Tomato Salad, Oven Roasted Potatoes, Frozen Fruit Cup, Fresh Whole Fruit
- April 28, 2022 Manager's Choice or Roasted Pork Roast w/ Gravy, Warm Biscuit, Buttered Mashed Potatoes, Seasoned Green Beans, Fresh Whole Apple, Celebration Birthday Cookie w/Ice-cream - [Birthday Celebration Day](#)
- April 29, 2022 - Warm Cheese Sticks w/Marinara or Saucy Meatball Sandwich, Fresh Caesar Salad, Buttered Corn, Homemade Pear Crisp, Fresh Granny Smith Apple



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