

Butts County School System

August Edition

Date: August 1, 2022

BCSS SNP Programs Offered: Fresh Fruit and Vegetable Program (ES), Afterschool Snacks (ES), CEP (System Wide)

BCSS NUTRITION GAZETTE**AUGUST FARM TO SCHOOL MONTH - WATERMELON****NEW MENU ITEMS FEATURED THIS MONTH: TACO PIE AND BUFFALO CHICKEN WRAP****WHAT'S HAPPENING IN SCHOOL NUTRITION****Promotional Dates for August**

Throw Back Thursday will be August 17, 2022
Birthday Celebration Day will be August 30, 2022



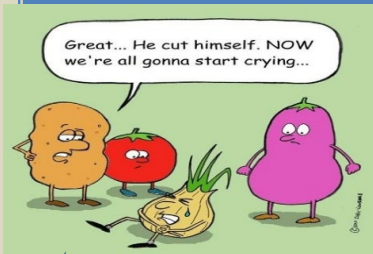
Nutrition Nugget: One cup of diced watermelon (152 grams) contains: 1. 43 calories 2. 0 grams of fat 3. 2 milligrams of sodium 4. 11 grams of carbohydrate (including 9 grams of sugar) 5. 1 gram of fiber. One cup of watermelon will provide the following percentage of daily vitamins: 1. 17 percent of vitamin A 2. 21 percent of vitamin C 3. 2 percent of iron 4. 1 percent of calcium. Watermelon also contains thiamine, riboflavin, niacin, vitamin B-6, folate, pantothenic acid, magnesium.

[Back to School Celebration – August 4, 2022](#)



“Equipped to Serve: Service Minded, Hunger Focused”

Chilled Sliced Watermelon Featured August 4, 2022



Georgia/Local items served this month: Milk, Chicken Tenders, Nuggets, Pork Chops, Frozen Corn, Blueberries, Cucumbers, Cherry Tomatoes, and Watermelon

Watermelon Sorbet

Ingredients
 2 cups Watermelon Cubed
 ½ Cup Lime Juice

Directions

1. Dice your watermelon, and place the pieces in the freezer overnight. After several hours in the freezer, you can proceed, but if the watermelon isn't completely frozen, the sorbet will have more of a slushy texture rather than be a solid sorbet.
2. Place your diced, frozen watermelon into the food processor and add some lime juice. I used 2-3 cups of watermelon for each half lime, but it's a good idea to just add a little at the beginning and add more, to taste, later on. Don't add too much liquid at the beginning or it will tend to fly out of your food processor. (Don't ask me how I know that!) Start with just a few drops, and slowly add in more as you process your sorbet.
3. Continue to process your watermelon and lime juice in your food processor until you get a sorbet-like texture. You can add a little more lime juice as needed for taste and texture.
4. If you want a sweeter sorbet, you can add in a little honey or another sweetener of your choice. I usually just leave it plain as I prefer it without. I have tried adding honey, and it works OK, but there were a few places where the honey froze up into small drops within the sorbet. It didn't really bother me, but it's something to consider before adding it because it does change the texture somewhat. Adding liquid stevia extract doesn't usually change the texture, but I don't like the flavor as much.

This Institution is an equal opportunity provider.

All meals are served at no charge to all students.

JES PANDA DEN, DES COLTS, SES EAGLES CAFÉ

BREAKFAST

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

- August 3, 2022- Chicken Filet Biscuit
- August 4, 2022 -Sausage Biscuit Twins
- August 5, 2022- Muffin Tops
- August 8, 2022 -Smile Donuts
- August 9, 2022 - Warm Cinnamon Roll
- August 10, 2022 -Sausage Biscuit Twins
- August 11, 2022 -Warm Strawberry Pop tarts
- August 12, 2022 -Chicken Filet Biscuit
- August 15, 2022- Apple/Cherry Frudel
- August 16, 2022 - Sausage Biscuit Twins
- August 17, 2022- Mini Cini
- August 18, 2022- Pancake Pup
- August 19, 2022 - Chicken Biscuit
- August 22, 2022 - Smile Donuts
- August 23, 2022 - French Toast Minis
- August 24, 2022 - Warm Fudge Pop tarts (2)
- August 25, 2022- Mini Pancakes
- August 26, 2022 - Sausage Biscuit Twins
- August 29, 2022 - Smile Donuts
- August 30, 2022 - Chicken Filet Biscuit
- August 31, 2022 - Warm Blueberry Muffin

LUNCH

All lunches served with your choice of assorted fresh fruit, canned or frozen fruit and a variety of milk choices. Pre-Plated Salads and Peanut Butter & Jelly/Cheese Stick/Snack Crackers offered daily

Salad Schedule: Monday: Grilled Chicken, Tuesday: Chicken Salad, Wednesday: Sliced Turkey, Thursday: Chicken Fajita, Friday Chef Salad

- August 3, 2022 - Cheeseburger on Bun or Crunchy Corndog, Nacho Dorito Chips, Fresh Lettuce/Tomato Salad, Chilled Pickle Spears, Saucy Baked Beans, Fresh Whole Fruit, Chilled Fruit Cup, Celebration Cookie
- August 4, 2022 - Saucy Chicken Wings (BBQ or Hot), Fresh Celery w/ Ranch, Warm Roll, Crispy Waffle Fries, Fresh Sliced Watermelon, Frozen Fruit Treat– [Back to School Celebration and Harvest of the Month](#)
- August 5, 2022 - Manager's Choice or Mama's Homemade Meatloaf, Carrots w/Ranch, Warm Roll, Fluffy Yellow Rice, Fresh Broccoli w/Cheese, Chilled Mixed Fruit Cup, Fresh Fruit
- August 8, 2022 – Cheesy Stuffed Crust Pizza or Cheesy Ravioli w/Warm Roll, Fresh Garden Salad, Seasoned Corn, Fudge Brownie, Fresh Whole Fruit, Chilled Fruit Cup
- August 9, 2022 - Hotdog on Bun or Saucy Sloppy Joe on Bun, Crispy Coleslaw, Oven Roasted Potatoes, Fresh Apple Grins, Icy Peach Cup
- August 10, 2022 - Warm Cheese Sticks w/Marinara or Homemade Poppy Seed Chicken w/ Fluffy Brown Rice/Warm Roll, Fresh Spinach Salad, Glazed Carrots, Fresh Whole Fruit, Warm Chocolate Chip Cookie, Chilled Applesauce
- August 11, 2022- Old Time Square Pizza or Ham and Cheese Toaster, Seasoned Potato Wedges, Perfect Green Beans, Chilled Pineapple, Fresh Whole Fruit, Scooby Doo Cookies– [Throw Back Thursday](#)
- August 12, 2022 – Homemade Tator Tot Casserole w/Warm Roll or Student's Choice Entree, Seasoned Black-eyed Peas, Fresh Veggie Dippers w/ Ranch, Fresh Fruit Choice, Chilled Diced Pears
- August 15, 2022 - Homemade Spaghetti or Crispy Beef Nuggets w/BBQ, Warm Roll, Fresh Caesar Salad, Crispy Onion Rings, Fresh Cut Fruit Cup, Sour Raisins Treat
- August 16, 2022 - Spicy Taco Pie or Cheese Quesadilla, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Cheesy Refried Beans, Spiced Cinnamon Apples, Chocolate Chip Chortles, Fresh Whole Fruit
- August 17, 2022 - Cheesy Pan Pizza or Homemade Meatball Sub, Fresh Spinach Salad, Buttered Kernel Corn, Homemade Peach Crisp, Whole Fresh Apples
- August 18, 2022 - Crispy Chicken and Waffle or Spicy Sausage and Cheese Biscuit, Seasoned Potatoes Triangles, Fresh Sliced Tomatoes, Chilled Juice Cup, Fresh Fruit, Warm Cinnamon Roll
- August 19, 2022 - Manager's Choice, or Crunchy Country Fried Steak w/Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Fresh Fruit Choice, Chilled Fruit Cup
- August 22, 2022 – Cheesy Calzones w/Marinara or New Spicy Buffalo Chicken Wrap, Chilled Coleslaw, Seasoned French Fries, Chilled Mixed Fruit, Fresh Fruit Choice, Celebration Cookie
- August 23, 2022 - Homemade Mac-n-Cheese w/Sausage Links or Crispy Chicken Sandwich, Seasoned Black-eyed Peas, Seasoned Collard Greens, Warm Cornbread Star, Fresh Whole Fruit, Chilled Applesauce
- August 24, 2022 - Cheesy Pan Pizza or Saucy BBQ Chicken w/ Warm Roll, Fresh Garden Salad, Saucy Baked Beans, Chilled Fruit, Frozen Fruit Treat
- August 25, 2022 - Manager's Choice or Homemade Lasagna w/Warm Roll, Homemade Squash Casserole, Orange Glazed Carrots, Warm Chocolate Fudge Cookie, Fresh Whole Fruit
- August 26, 2022- Spicy Chili Cheese Fries or Crispy Chicken Nuggets, Warm Roll, Fresh Kale Salad, Seasoned Corn, Frozen Fruit Cup, Fresh Orange Wedges
- August 29, 2022 - All-star Hotdog or Cheeseburger with all the fixing, Seasoned Waffle Fries, Fresh Lettuce/Tomato/Pickle, Fresh Whole Apple, Delicious Birthday Cupcake w/Ice-cream Cup - [Happy Birthday Celebration Day](#)
- August 30, 2022 - Crunchy Hard Taco or Cheesy Quesadilla, Seasoned Black Beans, Fresh Shredded Lettuce/Tomato/Cheese, Spicy Salsa Cup, Fresh Fruit, Warm Cinnamon Apples, Warm Fudge Brownie
- August 31, 2022 – Managers Choice w/Warm Roll or Cheesy Pan Pizza, Crispy Potato Tots, Fresh Broccoli Salad, Whole Fresh Fruit Choice, Chilled Fruit Cup

This Institution is an equal opportunity provider.

All meals are served at no charge to all students.

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

- August 3, 2022 - Chicken Filet Biscuit
- August 4, 2022 - Sausage Biscuit
- August 5, 2022 - Steak Biscuit
- August 8, 2022- Cini Minis
- August 9, 2022 - Spicy Chicken Biscuit
- August 10, 2022- Sausage Biscuit
- August 11, 2022- Steak Biscuit
- August 12, 2022- Apple/Cherry Fruitable
- August 15, 2022- Bacon Cheese Croissant
- August 16, 2022- Spicy Chicken Filet Biscuit
- August 17, 2022- Pancake Pup
- August 18, 2022 - Sausage Biscuit
- August 19, 2022 - Steak Biscuit
- August 22, 2022 - Bacon Cheese Croissant
- August 23, 2022 - Cinnamon Hadley Bars
- August 24, 2022- Spicy Chicken Biscuit
- August 25, 2022 - Sausage Biscuit
- August 26, 2022 - Steak Biscuit
- August 29, 2022 - Chicken Filet Biscuit
- August 30, 2022 - Bacon Cheese Croissant
- August 31, 2022 - Sausage Biscuit

LUNCH

All lunches served with your choice of assorted fresh fruit, canned or frozen fruit and a variety of milk choices. Pre-Plated Salads and Homemade Peanut Butter and Jelly Sandwich offered daily

Salad Schedule: Monday: Grilled Chicken, Tuesday: Chicken Salad, Wednesday: Sliced Turkey, Thursday: Chicken Fajita, Friday Chef Salad

- August 3, 2022 - Cheeseburger on Bun or Crunchy Corndog, Nacho Dorito Chips, Fresh Lettuce/Tomato Salad, Chilled Pickle Spears, Saucy Baked Beans, Fresh Whole Fruit, Chilled Fruit Cup, Celebration Cookie
- August 4, 2022 - Saucy Chicken Wings (BBQ or Hot), Fresh Celery w/ Ranch, Warm Roll, Crispy Waffle Fries, Fresh Sliced Watermelon, Frozen Fruit Treat– [Back to School Celebration and Harvest of the Month](#)
- August 5, 2022 - Manager's Choice or Mama's Homemade Meatloaf, Carrots w/Ranch, Warm Roll, Fluffy Yellow Rice, Fresh Broccoli w/Cheese, Chilled Mixed Fruit Cup, Fresh Fruit
- August 8, 2022 – Cheesy Stuffed Crust Pizza or Cheesy Ravioli w/Warm Roll, Fresh Garden Salad, Seasoned Corn, Fudge Brownie, Fresh Whole Fruit, Chilled Fruit Cup
- August 9, 2022 - Hotdog on Bun or Saucy Sloppy Joe on Bun, Crispy Coleslaw, Oven Roasted Potatoes, Fresh Apple Grins, Icy Peach Cup
- August 10, 2022 - Warm Cheese Sticks w/Marinara or Homemade Poppy Seed Chicken w/ Fluffy Brown Rice/Warm Roll, Fresh Spinach Salad, Glazed Carrots, Fresh Whole Fruit, Warm Chocolate Chip Cookie, Chilled Applesauce
- August 11, 2022- Old Time Square Pizza or Ham and Cheese Toaster, Seasoned Potato Wedges, Perfect Green Beans, Chilled Pineapple, Fresh Whole Fruit, Scooby Doo Cookies– [Throw Back Thursday](#)
- August 12, 2022 – Homemade Tator Tot Casserole w/Warm Roll or Student's Choice Entree, Seasoned Black-eyed Peas, Fresh Veggie Dippers w/ Ranch, Fresh Fruit Choice, Chilled Diced Pears
- August 15, 2022 - Homemade Spaghetti or Crispy Beef Nuggets w/BBQ, Warm Roll, Fresh Caesar Salad, Crispy Onion Rings, Fresh Cut Fruit Cup, Sour Raisins Treat
- August 16, 2022 - Spicy Taco Pie or Cheese Quesadilla, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Cheesy Refried Beans, Spiced Cinnamon Apples, Chocolate Chip Chortles, Fresh Whole Fruit
- August 17, 2022 - Cheesy Pan Pizza or Homemade Meatball Sub, Fresh Spinach Salad, Buttered Kernel Corn, Homemade Peach Crisp, Whole Fresh Apples
- August 18, 2022 - Crispy Chicken and Waffle or Spicy Sausage and Cheese Biscuit, Seasoned Potatoes Triangles, Fresh Sliced Tomatoes, Chilled Juice Cup, Fresh Fruit, Warm Cinnamon Roll
- August 19, 2022 - Manager's Choice, or Crunchy Country Fried Steak w/Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Fresh Fruit Choice, Chilled Fruit Cup
- August 22, 2022 – Cheesy Calzones w/Marinara or New Spicy Buffalo Chicken Wrap, Chilled Coleslaw, Seasoned French Fries, Chilled Mixed Fruit, Fresh Fruit Choice, Celebration Cookie
- August 23, 2022 - Homemade Mac-n-Cheese w/Sausage Links or Crispy Chicken Sandwich, Seasoned Black-eyed Peas, Seasoned Collard Greens, Warm Cornbread Star, Fresh Whole Fruit, Chilled Applesauce
- August 24, 2022 - Cheesy Pan Pizza or Saucy BBQ Chicken w/ Warm Roll, Fresh Garden Salad, Saucy Baked Beans, Chilled Fruit, Frozen Fruit Treat
- August 25, 2022 - Manager's Choice or Homemade Lasagna w/Warm Roll, Homemade Squash Casserole, Orange Glazed Carrots, Warm Chocolate Fudge Cookie, Fresh Whole Fruit
- August 26, 2022- Spicy Chili Cheese Fries or Crispy Chicken Nuggets, Warm Roll, Fresh Kale Salad, Seasoned Corn, Frozen Fruit Cup, Fresh Orange Wedges
- August 29, 2022 - All-star Hotdog or Cheeseburger with all the fixing, Seasoned Waffle Fries, Fresh Lettuce/Tomato/Pickle, Fresh Whole Apple, Delicious Birthday Cupcake w/Ice-cream Cup - [Happy Birthday Celebration Day](#)
- August 30, 2022 - Crunchy Hard Taco or Cheesy Quesadilla, Seasoned Black Beans, Fresh Shredded Lettuce/Tomato/Cheese, Spicy Salsa Cup, Fresh Fruit, Warm Cinnamon Apples, Warm Fudge Brownie
- August 31, 2022 – Managers Choice w/Warm Roll or Cheesy Pan Pizza, Crispy Potato Tots, Fresh Broccoli Salad, Whole Fresh Fruit Choice, Chilled Fruit Cup

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All meals are served at no charge to all students.

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

- August 3, 2022- Chicken Filet Biscuit
- August 4, 2022 - Sausage Biscuit
- August 5, 2022 - Steak Biscuit
- August 8, 2022 - Biscuit w/Sausage links
- August 9, 2022 - Spicy Chicken Biscuit
- August 10, 2022- Sausage Biscuit
- August 11, 2022- Steak Biscuit
- August 12, 2022- Chicken Filet Biscuit
- August 15, 2022- Bacon Cheese Croissant
- August 16, 2022- Spicy Chicken Filet Biscuit
- August 17, 2022- Pancake Pup
- August 18, 2022 - Sausage Biscuit
- August 19, 2022 - Steak Biscuit
- August 22, 2022 - Bacon Cheese Croissant
- August 23, 2022 - Biscuit w/Sausage Links
- August 24, 2022- Spicy Chicken Biscuit
- August 25, 2022 - Sausage Biscuit
- August 26, 2022 - Steak Biscuit
- August 27, 2022 - Chicken Filet Biscuit
- August 30, 2022 - Bacon Cheese Croissant
- August 31, 2022 - Sausage Biscuit

LUNCH

All lunches served with your choice of assorted fresh fruit, canned or frozen fruit and variety of milk choices. Choice. Extras: Salad Bar Choice and Peanut Butter & Jelly Uncrustables Plates offered daily

- August 3, 2022 - Cheeseburger on Bun or Cheesy Wild Mike's Pizza, Fresh Lettuce/Tomato Salad, Chilled Pickle Spears, Saucy Baked Beans, Fresh Whole Fruit, Chilled Fruit Cup, Celebration Cookie
- August 4, 2022 - Saucy Chicken Wings (BBQ or Hot) or Fresh Pan Pizza, Fresh Celery w/ Ranch, Warm Roll, Crispy Waffle Fries, Fresh Sliced Watermelon, Frozen Fruit Treat– [Back to School Celebration and Harvest of the Month](#)
- August 5, 2022 - Seasoned Chicken Nuggets or Fresh Stuffed Crust Pizza, Carrots w/Ranch, Warm Roll, Fluffy Yellow Rice, Fresh Broccoli w/Cheese, Chilled Mixed Fruit Cup, Fresh Fruit Choice
- August 8, 2022 – Cheesy Stuffed Pizza Sticks w/Marinara or Homemade Lasagna, Fresh Garden Salad, Seasoned Corn, Fat Cat Brownie, Fresh Whole Fruit. Chilled Diced Pears
- August 9, 2022 - Baked Cheesy Calzones w/Marinara or Homemade Lemon Pepper Chicken w/Warm Roll, Crispy Coleslaw, Oven Roasted Potatoes, Fresh Apple Grins, Icy Peach Cup
- August 10, 2022 - Fresh Pan Pizza or Homemade Poppy Seed Chicken w/ Fluffy Brown Rice, Fresh Garden Salad, Glazed Carrots, Fresh Whole Fruit, Warm Chocolate Chip Cookie, Mixed Berry Cup
- August 11, 2022-Cheesy Stuffed Crust Pizza or Managers Choice, Seasoned Potato Wedges, Perfect Green Beans, Chilled Pear Slices, Warm Cinnamon Rolls, Fresh Whole Fruit – [Throw Back Thursday](#)
- August 12, 2022 – Homemade Tator Tot Casserole w/Warm Roll or Student's Choice Entree, Seasoned Black-eyed Peas, Buttered Corn, Fresh Fruit Choice, Chilled Diced Peaches
- August 15, 2022 - Homemade Spaghetti w/Garlic Cheese Biscuit or Fresh Wild Mike's Pizza, Fresh Caesar Salad, Crispy Fried Okra, Fresh Fruit, Chilled Applesauce Cup
- August 16, 2022 – Spicy Taco Pie w/Scoops or Cheesy Stuffed Crust Pizza, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Cheesy Refried Beans, Spiced Cinnamon Apples, Chocolate Chip Chortles, Fresh Fruit
- August 17, 2022 – Fresh Pan Pizza or Homemade Meatball Sub, Fresh Spinach Salad, Buttered Kernel Corn, Homemade Peach Crisp, Whole Fresh Apple
- August 18, 2022 - Crispy Chicken and Waffle or Fresh Wild Mike's Pizza, Seasoned Potatoes Triangles, Fresh Sliced Tomatoes, Chilled Juice Cup, Fresh Fruit, Warm Muffin
- August 19, 2022 - Manager's Choice, or Crunchy County Fried Steak w/Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Fresh Fruit Choice, Chilled Fruit Cup
- August 22, 2022 - Crispy Chicken Sandwich or Warm Cheese Sticks w/Marinara, Fresh Broccoli w/Dip, Seasoned French Fries, Warm Celebration Cookie, Chilled Mixed Fruit, Fresh Fruit
- August 23, 2022 - Homemade Mac-n-Cheese w/Sausage Links or Cheesy Wild Mike's Pizza, Seasoned Black-eyed Peas, Seasoned Collard Greens, Warm Cornbread Stars, Fresh Whole Fruit, Chilled Fruit Cup
- August 24, 2022 - Cheesy Pan Pizza or Saucy BBQ Chicken w/ Roll, Chilled Pickle Spears, Shredded Lettuce and Tomato, Saucy Baked Beans, Chilled Pasta Salad, Whole Fresh Fruit, Frozen Fruit Treat
- August 25, 2022 - Manager's Choice or Cheesy Ravioli w/Cheese, Warm Roll, Homemade Squash Casserole, Seasoned Green Beans, Warm Chocolate Fudge Cookie, Fresh Whole Fruit, Sour Raisins
- August 26, 2022- Spicy Chili Cheese Fries w/ Warm Roll or Fresh Wild Mike's Pizza, Fresh Kale Salad, Seasoned Corn, Frozen Fruit Cup, Fresh Apple Grins
- August 29, 2022 – Cheesy Stuffed Crust Pizza or Cheeseburger with all the fixing, Seasoned Waffle Fries, Fresh Lettuce/Tomato/Pickle, Fresh Whole Apple, Delicious Birthday Cupcake w/Ice-cream Cup - [Happy Birthday Celebration Day](#)
- August 30, 2022 - Crunchy Beef Nachos or Cheesy Pan Pizza, Seasoned Black Beans, Fresh Shredded Lettuce/Tomato/Cheese, Spicy Salsa Cup, Fresh Fruit, Warm Cinnamon Apples, Warm Fudge Brownie
- August 31, 2022 – Wild Mike's Pizza or Spicy Buffalo Chicken Wrap, Crispy Sweet Potato Tots, Homemade Coleslaw, Whole Fresh Fruit Choice, Chilled Fruit Cup

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