


Butts County School System

October Edition

Date: 10/1/2020

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

BCSS NUTRITION GAZETTE

OCTOBER FARM TO SCHOOL MONTH 
 Summer, Winter and Pumpkin - Squash

WHAT'S HAPPENING IN SCHOOL NUTRITION

Promotional Dates for October – NSLW October 12-16, 2020

Fall Festival Celebration September 29, 2020
Birthday Celebration Day will be September 28, 2020



Nutrition Nugget: One medium **yellow squash** contains 39 calories, 2 grams of protein, zero grams of fat, 8 carbs, 4 grams of **fiber**, and 4 grams of sugar. In addition, you'll find ample amounts of calcium, iron, and vitamins C, A, and B, as well as beta-carotene and lutein.




“Equipped to Serve: Service Minded, Hunger Focused”



Squash Casserole Recipe on October 16, 2020



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

Squash Casserole

Ingredients	
• Squash, Summer Cooked, Drained	12LB
• Egg	6 Large
• Cheese Blend	3 LB
• Margarine	1 LB
• Onions, Fresh	1 LB
• Bread, Crumbs Dry	1.5 LBS
• Salt	¼ tsp
• Pepper, Black	¼ tsp
Instructions	
1. Drain squash well, break into pieces.	
2. Add Eggs, Cheese, Black Pepper, Salt and Onion.	
3. Melt Butter, add half and half of bread crumbs to casserole mixture.	
4. Sprinkle remaining bread crumbs and butter evenly on top of casserole.	
5. Bake at 350 degrees for 45 minutes.	
	Yield: 50 – ½ cup servings

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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| • October 1, 2020 - Fresh Buttered Biscuit | October 20, 2020- Coco Puffs Soft Filled Bar |
| • October 2, 2020 - Sausage Biscuit Twins | October 21, 2020- Pancake Pup |
| • October 5, 2020 - Muffin Tops | October 22, 2020 - Smile Donut |
| • October 6, 2020 - Smile Donuts | October 23, 2020 - Fresh Chicken Biscuit |
| • October 7, 2020 - Apple Cinnamon Pancakes | October 26, 2020 - French Toast Sticks |
| • October 8, 2020 - Sausage Biscuit Twins | October 27, 2020 - Pop tarts (2) |
| • October 14, 2020 - Smile Donuts | October 28, 2020- Mini Pancakes |
| • October 15, 2020 - Fresh Chicken Biscuit | October 29, 2020 - Sausage Biscuit Twins |
| • October 16, 2020 - Apple/Cherry Frudel | October 30, 2020 - Cini Minis |

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 on Request.

- October 1, 2020 – Stuffed Crust Pizza or Student's Choice, Crisp Garden Salad, Seasoned Potato Triangles, Chilled Watermelon Chunks
- October 2, 2020 – Juicy Hamburger on Bun or Cheesy Pigs in a Blanket, Lettuce/Tomato/Pickle, Baked Sweet Potato Fries, Mixed Fruit
- October 5, 2020 - Crispy Chicken Nuggets w/ Homemade Honey Mustard or Mama's Meatloaf, Seasoned Green Beans, Fluffy Yellow Rice, Warm Roll, Fresh Fruit Choice
- October 6, 2020 - Manager's Choice or Homemade Chili Mac, Fresh Broccoli w/Cheese, Seasoned Corn, Warm Fat Cat Brownie, Chilled Diced Pears
- October 7, 2020 - Crispy Corndog or Oven Fried Chicken w/Cornbread, Baked Potato Wedges, Saucy Baked Beans, Fresh Whole Apple
- October 8, 2020 – Student's Choice or Homemade Poppy Seed Chicken w/ Rice, Fresh Garden Salad, Glazed Carrots, Fresh Baked Chocolate Chip Cookies, Fresh Fruit Choice
- *October 14, 2020 - Homemade Tator Tot Casserole w/Roll or Student Choice Entree, Buttered Corn, Caesar Salad, Fresh Whole Fruit, Menu Starring: Your School's Student Choice Entree*
- *October 15, 2020 - Old Time Square Pizza or Crispy Grilled Cheese, Baked Potato Tots, Baby Carrots w/ Ranch, Fresh Pear Salad, Warm Cinnamon Rolls, Chilled Mixed Fruit, Menu Starring: A Blast from the Past, Square Pizza*
- *October 16, 2020 - Homemade Spaghetti or Crispy Chicken Nuggets, Cheesy Squash Casserole, Seasoned Green Beans, Homemade Cheese Biscuit, Fresh Fruit Choice, Menu Starring: October Harvest of the Month, Yellow Squash*
- October 20, 2020- Spicy Beef Nacho's or Warm Cheese Quesadilla, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Cheesy Refried Beans, Warm Spiced Apples
- October 21, 2020 - Cheesy Stuffed Crust Pizza or Teacher's Choice, Fresh Spinach Salad, Buttered Corn, Homemade Pear Crisp, Fresh Fruit Choice
- *October 22, 2020 - Crispy Chicken and Waffle or Buttered Sausage Biscuit w/ Scrambled Eggs, Oven Roasted Potato Tots, Warm Donut Holes, Fresh Whole Fruit, Breakfast for Lunch Day*
- October 23, 2020 - Manager's Choice, or Breaded Country Fried Steak w/Warm Biscuit, Buttered Mashed Potatoes, Seasoned Green Beans, Chilled Diced Pears
- October 26, 2020 – Cheeseburger on Bun or Crispy Fish Sticks w/Hushpuppies, Baked French Fries, Fresh Fruit Choice
- October 27, 2020 - Mac-n-Cheese w/Sausage Links or Crispy Beef Nuggets w/BBQ Sauce, Whole Kernel Corn, Seasoned Black-eyed Peas, Fluffy Biscuit, Whole Fresh Fruit
- October 28, 2020 - Cheesy Stuffed Crust Pizza or Warm Chicken Club, Crisp Fresh Shredded Lettuce and Tomato, Saucy Baked Beans, Fresh Whole Fruit, Chocolate Birthday Cupcake/Frozen Ice-cream Cup– Happy Birthday Celebration Day
- October 29, 2020- BBQ or Hot Bat Wings w/Roll, Broom Sticks w/ Dip (Carrot/Celery with Ranch), Mummy Fries, Pears w/Eyeballs, Eeek! Frozen Treat
- October 30, 2020 - Manager's Choice or Cheesy Crispito, Seasoned Black Turtle Beans, Fresh Shredded Lettuce/Tomato/Cheese, Warm Spiced Apples

This Institution is an equal opportunity provider.

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

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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| • October 1, 2020 – Chicken Biscuit | October 21, 2020- Warm Cinnamon Roll |
| • October 2, 2020 - Sausage Biscuit Twins | October 22, 2020- Pancake Pup |
| • October 5, 2020 – Cini Mini | October 23, 2020 - Coco Puffs Soft Filled Bar |
| • October 6, 2020 - Pancake Pup | October 26, 2020 – Warm Blueberry Muffin |
| • October 7, 2020 - Apple Cinnamon Pancakes | October 27, 2020 - French Toast Sticks |
| • October 8, 2020- Chicken Biscuit | October 28, 2020 - Chicken Filet Biscuit |
| • October 14, 2020- Warm Banana Muffin | October 29, 2020 - Mini Pancakes |
| • October 15, 2020- Fresh Buttered Sausage Biscuit | October 30, 2020 - Sausage Biscuit Twins |
| • October 16, 2020- Apple/Cherry Frudel | |
| • October 20, 2020 - Fresh 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 on Request.

- October 1, 2020 – Stuffed Crust Pizza or Student's Choice, Crisp Garden Salad, Seasoned Potato Triangles, Chilled Watermelon Chunks
- October 2, 2020 – Juicy Hamburger on Bun or Cheesy Pigs in a Blanket, Lettuce/Tomato/Pickle, Baked Sweet Potato Fries, Mixed Fruit
- October 5, 2020 - Crispy Chicken Nuggets w/ Homemade Honey Mustard or Mama's Meatloaf, Seasoned Green Beans, Fluffy Yellow Rice, Warm Roll, Fresh Fruit Choice
- October 6, 2020 - Manager's Choice or Homemade Chili Mac, Fresh Broccoli w/Cheese, Seasoned Corn, Warm Fat Cat Brownie, Chilled Diced Pears
- October 7, 2020 - Crispy Corndog or Oven Fried Chicken w/Cornbread, Baked Potato Wedges, Saucy Baked Beans, Fresh Whole Apple
- October 8, 2020 – Student's Choice or Homemade Poppy Seed Chicken w/ Rice, Fresh Garden Salad, Glazed Carrots, Fresh Baked Chocolate Chip Cookies, Fresh Fruit Choice
- *October 14, 2020 - Homemade Tator Tot Casserole w/Roll or Student Choice Entree, Buttered Corn, Caesar Salad, Fresh Whole Fruit, Menu Starring: Your School's Student Choice Entree*
- *October 15, 2020 - Old Time Square Pizza or Crispy Grilled Cheese, Baked Potato Tots, Baby Carrots w/ Ranch, Fresh Pear Salad, Warm Cinnamon Rolls, Chilled Mixed Fruit, Menu Starring: A Blast from the Past, Square Pizza*
- *October 16, 2020 - Homemade Spaghetti or Crispy Chicken Nuggets, Cheesy Squash Casserole, Seasoned Green Beans, Homemade Cheese Biscuit, Fresh Fruit Choice, Menu Starring: October Harvest of the Month, Yellow Squash*
- October 20, 2020- Spicy Beef Nacho's or Warm Cheese Quesadilla, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Cheesy Refried Beans, Warm Spiced Apples
- October 21, 2020 - Cheesy Stuffed Crust Pizza or Teacher's Choice, Fresh Spinach Salad, Buttered Corn, Homemade Pear Crisp, Fresh Fruit Choice
- *October 22, 2020 - Crispy Chicken and Waffle or Buttered Sausage Biscuit w/ Scrambled Eggs, Oven Roasted Potato Tots, Warm Donut Holes, Fresh Whole Fruit, Breakfast for Lunch Day*
- October 23, 2020 - Manager's Choice, or Breaded Country Fried Steak w/Warm Biscuit, Buttered Mashed Potatoes, Seasoned Green Beans, Chilled Diced Pears
- October 26, 2020 - Cheesy Patty Melt or Crispy Fish Sticks w/Hushpuppies, Baked French Fries, Fresh Fruit Choice
- October 27, 2020 - Mac-n-Cheese w/Sausage Links or Crispy Beef Nuggets w/BBQ Sauce, Whole Kernel Corn, Seasoned Black-eyed Peas, Fluffy Biscuit, Whole Fresh Fruit
- October 28, 2020 - Cheesy Stuffed Crust Pizza or Warm Chicken Club, Crisp Fresh Shredded Lettuce and Tomato, Saucy Baked Beans, Fresh Whole Fruit, Chocolate Birthday Cupcake/Frozen Ice-cream Cup– Happy Birthday Celebration Day
- October 29, 2020- BBQ or Hot Bat Wings w/Roll, Broom Sticks w/ Dip (Carrot/Celery with Ranch), Mummy Fries, Pears w/Eyeballs, Eeek! Frozen Treat
- October 30, 2020 - Manager's Choice or Cheesy Crispito, Seasoned Black Turtle Beans, Fresh Shredded Lettuce/Tomato/Cheese, Warm Spiced Apples

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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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| • October 1, 2020 - Chicken Filet Biscuit | October 21, 2020- Pancake Pup |
| • October 2, 2020 - Bacon Cheese Croissant | October 22, 2020- Spicy Chicken Filet Biscuit |
| • October 5, 2020 - Steak Biscuit | October 23, 2020 - Sausage Biscuit |
| • October 6, 2020 - Dutch Waffles w/Strawberries | October 26, 2020 - Steak Biscuit |
| • October 7, 2020 - Breakfast Pizza | October 27, 2020 - French Toast Sticks |
| • October 8, 2020- Sausage Biscuit | October 28, 2020 - Bacon Cheese Croissant |
| • October 14, 2020- Steak Biscuit | October 29, 2020 - Pancakes w/Syrup |
| • October 15, 2020- Chicken Filet Biscuit | October 30, 2020 - Sausage Biscuit |
| • October 16, 2020- French Toast Sticks w/Syrup | |
| • October 20, 2020 - 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.

- October 1, 2020 – Homemade Meatloaf w/ Roll or Student's Choice, Crisp Caesar Salad, Seasoned Potato Triangles, Chilled Watermelon Chunks, Frozen Fruit Cup
- October 2, 2020 – Cheeseburger on Bun or Cheesy Pan Pizza, Lettuce/Tomato Salad, Baked Sweet Potato Fries, Mixed Fruit
- October 5, 2020 - Crispy Chicken Nuggets w/ Homemade Honey Mustard (2), Seasoned Green Beans, Fluffy Yellow Rice, Warm Roll, Fresh Cut Garden Salad, Whole Fruit Choice
- October 6, 2020 - Manager's Choice or Homemade Lasagna w/ Cheesy Garlic Biscuit, Fresh Broccoli w/Cheese, Seasoned Corn, Warm Fat Cat Brownie, Chilled Diced Pears
- October 7, 2020 - Crispy Corndog or Oven Fried Chicken w/Cornbread, Baked Potato Wedges, Saucy Baked Beans, Fresh Apple
- October 8, 2020 – Student's Choice or Homemade Poppy Seed Chicken w/ Rice, Fresh Garden Salad, Glazed Carrots, Fresh Baked Chocolate Chip Cookies, Chilled Sliced Peaches
- *October 14, 2020 - Homemade Tator Tot Casserole w/Roll or Student Choice Entree, Buttered Corn, Caesar Salad, Fresh Whole Fruit, Menu Starring: Your School's Student Choice Entree*
- *October 15, 2020 – Wild Mike's Pizza or Crispy Grilled Cheese, Baked Potato Tots, Baby Carrots w/ Ranch, Fresh Pear Salad, Warm Cinnamon Rolls, Chilled Mixed Fruit, Menu Starring: A Blast from the Past, Homemade Grilled Cheese Sandwich*
- *October 16, 2020 - Crispy Chicken Nuggets (2), Cheesy Squash Casserole, Seasoned Green Beans, Warm Roll, Fresh Cut Fruit Cup, Menu Starring: October Harvest of the Month, Yellow Squash*
- October 20, 2020- Spicy Beef Nacho's w/Spicy Salsa Cup or Pan Pizza, Fresh Lettuce/Tomato Salad, Cheesy Refried Beans, Warm Spiced Apples
- October 21, 2020 - Cheesy Wild Mike's Pizza or Manager's Choice, Fresh Spinach Salad, Buttered Corn, Homemade Pear Crisp
- *October 22, 2020 - Crispy Chicken and Waffle (2), Oven Roasted Potato Tots, Sliced Tomatoes, Warm Donut Holes, Fresh Whole Fruit, Orange Juice, Breakfast for Lunch Day*
- October 23, 2020 – Student's Choice, or Breaded Country Fried Steak w/Warm Biscuit, Buttered Mashed Potatoes, Seasoned Green Beans, Chilled Diced Pears
- October 26, 2020 – Cheeseburger on Bun or Spicy Buffalo Chicken Pizza, Baked Waffle Fries, Fresh Cut Garden Salad, Frozen Fruit Cup
- October 27, 2020 - Mac-n-Cheese w/Sausage Links or Crispy Beef Nuggets w/BBQ Sauce, Whole Kernel Corn, Seasoned Black-eyed Peas, Fluffy Biscuit, Whole Fresh Fruit
- October 28, 2020 - Cheesy Stuffed Crust Pizza or Warm Chicken Club, Crisp Fresh Shredded Lettuce and Tomato, Saucy Baked Beans, Fresh Whole Fruit, Chocolate Birthday Cupcake w/Ice-cream – Happy Birthday Celebration Day
- October 29, 2020- BBQ or Hot Bat Wings w/Roll, Broom Sticks w/ Dip (Carrot/Celery with Ranch), Mummy Fries, Pears w/Eyeballs, Eek! Frozen Treat
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