

Butts County School System

**December Edition**

Date: December 1, 2021

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

**BCSS NUTRITION GAZETTE****DECEMBER FARM TO SCHOOL MONTH****GREEN LEAFY LETTUCE****WHAT'S HAPPENING IN SCHOOL NUTRITION****Promotional Dates for December**

*Birthday Celebration Day will be December 16, 2021*

*Harvest of the Month Featured December 8, 2021*

*System Wide Christmas Luncheon December 9, 2021*

*\*BCSS Café's Closed December 20 thru January 4, 2022*

Nutrition Nugget: Compared to the most common types, green-leaf lettuce has the most vitamin C and K, and folate, as well as the minerals calcium and manganese.



“Equipped to Serve: Service Minded, Hunger Focused”

*Merry Christmas from our family to yours*

\* Georgia/Local items served this month: Milk, Chicken Tenders, Nuggets, Leaf Lettuce, Frozen Corn, Blueberries, Cucumbers, Cherry Tomatoes, Sweet Potatoes and Apples

**Christmas Salad****Ingredients****FOR THE SALAD**

- mixed greens (green leaf, red leaf or romaine) (only two heads of lettuce needed), chopped and washed
- 2 green pears peeled and sliced
- 2 red pears peeled and sliced
- 2 pomegranates seeded
- 1 pound bacon cooked and crumbled
- 1 cup almonds toasted and candied
- 2 tablespoons sugar for the almonds
- 1 cup parmesan cheese grated

**FOR THE SALAD DRESSING**

- 1/2 cup red wine vinegar
- 3/4 cup oil
- 1/2 cup sugar
- 2 tablespoons dried onion flakes
- 1 teaspoon salt
- 1 teaspoon dried mustard
- 1 teaspoon poppy seeds

**Instructions**

1. In a dry hot pan, toast the sliced almonds until lightly browned and fragrant. Add in the 2 tablespoons of sugar and toss until well coated. Remove the almonds from the pan and let cool. The almonds can be stored at room temp in a covered dish until ready to use.
2. Seed the pomegranates in a bowl of water. The seeds will fall to the bottom and the red and yellow insides will float to the top. Remove the pomegranate seeds from the water and chill in the fridge until ready to use.
3. Make the salad dressing: add all salad dressing ingredients to a bowl and whisk until combined.
4. In a large salad bowl add the greens, sliced pears, pomegranate seeds, crumbled bacon, parmesan cheese and toasted candied almonds.
5. Drizzle and toss the salad with the salad dressing. Serve immediately, and enjoy!

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.

- December 1, 2021 - Cereal Bars/Cheese Stick
- December 2, 2021 - Sausage Biscuit Twins
- December 3, 2021 - Muffin Tops
- December 6, 2021 - Mini Waffles
- December 7, 2021 - Warm Cinnamon Roll
- December 8, 2021 - Sausage Biscuit Twins
- December 9, 2021 - Managers Choice
- December 10, 2021 - Chicken Filet Biscuit
- December 13, 2021 - Apple/Cherry Frudel
- December 14, 2021 - Sausage Biscuit Twins
- December 15, 2021 - Mini Cini
- December 16, 2021 - Pancake Pup
- December 17, 2021 - Chicken 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 Peanut Butter & Jelly/Cheese Stick offered daily

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

- December 1, 2021 - Crispy Fish Sticks w/Hushpuppies or Crunchy Corndog, Fresh Coleslaw, Saucy Baked Beans, Fresh Whole Fruit, Chilled Fruit Cup
- December 2, 2021 - Golden Brown Three Cheese Boat or Chicken Philly Sandwich, Fresh Green Leaf Salad, Crispy Waffle Fries, Fresh Fruit Choice, Icy Fruit Treat - **Harvest of the Month**
- December 3, 2021 - Seasoned Chicken Tenders or Mama's Homemade Meatloaf, Seasoned Field Peas, Warm Roll, Fluffy Yellow Rice, Fresh Veggies w/Dip, Chilled Mixed Fruit Cup, Fresh Fruit Choice
- December 6, 2021 - Warm Cheese Sticks w/Marinara or Homemade Chicken Tetrizzini w/Roll, Fresh Spinach Salad, Seasoned Corn, Fat Cat Brownie, Fresh Fruit Choice, Chilled Fruit Treat
- December 7, 2021 - Cheesy Pigs in a Blanket or Crispy Chicken Nuggets w/Warm Roll, Seasoned Lima Beans, Oven Roasted Potatoes, Fresh Apple Grins, Icy Peach Cup
- December 8, 2021 - Homemade Tator Tot Casserole w/Warm Roll or Cheesy Pan Pizza, Fresh Broccoli w/Cheese, Fresh Carrots w/Dip, Fresh Fruit Choice, Chilled Mixed Berry Cup, Warm Chocolate Chip Cookie
- **December 9, 2019 - Christmas Sliced Ham or Beef Nuggets w/BBQ Sauce, Buttered Mashed Potatoes, Seasoned Green Beans, Holiday Cookie, Warm Roll, Chilled Fruit Salad, Fresh Fruit Choice - Christmas Dinner**
- December 10, 2021 - Students Choice or Homemade Lemon Pepper Chicken w/ Warm Roll, Seasoned Black-eyed Peas, Fresh Garden Salad, Fresh Fruit Choice, Icy Fruit Cup
- December 13, 2019 - Crispy Chicken and Waffle or Spicy Sausage and Cheese Biscuit, Seasoned Potato Triangles, Fresh Sliced Tomatoes, Chilled Juice Cup, Fresh Fruit Choice
- December 14, 2021 - Spicy Beef Nachos or Cheese Quesadilla, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Cheesy Refried Beans, Fresh Fruit Choice, Spiced Cinnamon Apples, Warm Sugar Cookie
- December 15, 2021 - Cheesy Mini Calzones w/Marinara or Spicy Chili w/Crackers, Fresh Spinach Salad, Buttered Baked Potato w/Toppings, Whole Fresh Fruit, Chilled Fruit Cup
- December 16, 2021 - Manager's Choice or Cheesy Pan Pizza, Fresh Vegetable Dippers w/Ranch, Seasoned Green Beans, Chocolate Birthday Cupcake w/Ice-cream, Fresh Whole Fruit - **Happy Birthday Celebration Day**
- December 17, 2021 - Basket Lunch: Crispy Chicken Sandwich, Fresh Lettuce/Tomato/Pickle Cup, Saucy Baked Beans, Baked Chips, Fresh Fruit Choice, Chilled Fruit Cup



*Water Available Upon Request*

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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, Yogurt Cup, Pop tarts Choice Daily

- December 1, 2021 – Pancake Pup
- December 2, 2021 - Sausage Biscuit
- December 3, 2021 – Hadley Honey Bun
- December 6, 2021- Cini Minis
- December 7, 2021 - Chicken Fillet Biscuit
- December 8, 2021- Sausage Biscuit
- December 9, 2021- Apple/Cherry Fruitable
- December 10, 2021- Bacon Cheese Croissant
- December 13, 2021- Spicy Chicken Fillet Biscuit
- December 14, 2021- Pancake Pup
- December 15, 2021 - Cini Mini
- December 16, 2021 - Steak Biscuit
- December 17, 2021 - Bacon Cheese Croissant

### 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 offered daily

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

- December 1, 2021 - Crispy Fish Sticks w/Hushpuppies or Crunchy Corndog, Fresh Coleslaw, Saucy Baked Beans, Fresh Whole Fruit, Chilled Fruit Cup
- December 2, 2021 - Golden Brown Three Cheese Boat or Chicken Philly Sandwich, Fresh Green Leaf Salad, Crispy Waffle Fries, Fresh Fruit Choice, Icy Fruit Treat - **Harvest of the Month**
- December 3, 2021 - Seasoned Chicken Tenders or Mama's Homemade Meatloaf, Seasoned Field Peas, Warm Roll, Fluffy Yellow Rice, Fresh Veggies w/Dip, Chilled Mixed Fruit Cup, Fresh Fruit Choice
- December 6, 2021 - Warm Cheese Sticks w/Marinara or Homemade Chicken Tetrizzini w/Roll, Fresh Spinach Salad, Seasoned Corn, Fat Cat Brownie, Fresh Fruit Choice, Chilled Fruit Treat
- December 7, 2021 - Cheesy Pigs in a Blanket or Crispy Chicken Nuggets w/Warm Roll, Seasoned Lima Beans, Oven Roasted Potatoes, Fresh Apple Grins, Icy Peach Cup
- December 8, 2021 - Homemade Tator Tot Casserole w/Warm Roll or Cheesy Pan Pizza, Fresh Broccoli w/Cheese, Fresh Carrots w/Dip, Fresh Fruit Choice, Chilled Mixed Berry Cup, Warm Chocolate Chip Cookie
- **December 9, 2019 - Christmas Sliced Ham or Beef Nuggets w/BBQ Sauce, Buttered Mashed Potatoes, Seasoned Green Beans, Holiday Cookie, Warm Roll, Chilled Fruit Salad, Fresh Fruit Choice – Christmas Dinner**
- December 10, 2021 - Students Choice or Homemade Lemon Pepper Chicken w/ Warm Roll, Seasoned Black-eyed Peas, Fresh Garden Salad, Fresh Fruit Choice, Icy Fruit Cup
- December 13, 2019 - Crispy Chicken and Waffle or Spicy Sausage and Cheese Biscuit, Seasoned Potato Triangles, Fresh Sliced Tomatoes, Chilled Juice Cup, Fresh Fruit Choice
- December 14, 2021 - Spicy Beef Nachos or Cheese Quesadilla, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Cheesy Refried Beans, Fresh Fruit Choice, Spiced Cinnamon Apples, Warm Sugar Cookie
- December 15, 2021 - Cheesy Mini Calzones w/Marinara or Spicy Chili w/Crackers, Fresh Spinach Salad, Buttered Baked Potato w/Toppings, Whole Fresh Fruit, Chilled Fruit Cup
- December 16, 2021 - Manager's Choice or Cheesy Pan Pizza, Fresh Vegetable Dippers w/Ranch, Seasoned Green Beans, Chocolate Birthday Cupcake w/Ice-cream, Fresh Whole Fruit - **Happy Birthday Celebration Day**
- December 17, 2021 - Basket Lunch: Crispy Chicken Sandwich, Fresh Lettuce/Tomato/Pickle Cup, Saucy Baked Beans, Baked Chips, Fresh Fruit Choice, 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, Yogurt Cup, Pop tarts Choice Daily

- December 1, 2021 - Chicken Filet Biscuit
- December 2, 2021 - Bacon Cheese Biscuit
- December 3, 2021 - Steak Biscuit
- December 6, 2021 - Biscuit w/Sausage links
- December 7, 2021 - Spicy Chicken Fillet Biscuit
- December 8, 2021- Sausage Biscuit
- December 9, 2021- Steak Biscuit
- December 10, 2021- Chicken Filet Biscuit
- December 13, 2021- Bacon Cheese Croissant
- December 14, 2021- Spicy Chicken Filet Biscuit
- December 15, 2021- Pancake Pup
- December 16, 2021 - Sausage Biscuit
- December 17, 2021 - Steak 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.

- December 1, 2021 - Wild Mikes Pizza (2) or Cheeseburger on Bun, Fresh Lettuce/Tomato Salad, Saucy Baked Beans, Fresh Whole Fruit, Icy Fruit Treat
- December 2, 2021 - Chicken Bacon Club or Fresh Pan Pizza, Fresh Carrots w/ Ranch, Crispy Waffle Fries, Fresh Whole Fruit, Frozen Fruit Cup, Chocolate Chip Cookie
- December 3, 2021 - Seasoned Chicken Tenders (2) or Fresh Cheese Sticks w/Marinara, Fresh Green Leaf Salad, Warm Roll, Fluffy Yellow Rice, Fresh Broccoli w/Dip, Chilled Mixed Fruit Cup, Fresh Whole Fruit - **Harvest of the Month**
- December 6, 2021 - Cheesy Stuffed Pizza or Homemade Tator Tot Casserole w/Roll, Fresh Caesar Salad, Seasoned Corn, Fat Cat Brownie, Fresh Whole Fruit, Chilled Sliced Pears
- December 7, 2021 - Baked Cheesy Calzones w/Marinara or Homemade Lemon Pepper Chicken w/Warm Roll, Seasoned Field Peas, Oven Roasted Potatoes, Fresh Apple Grins, Icy Peach Cup
- December 8, 2021- Cheesy Wild Mikes Pizza or Students Choice, Seasoned Waffle Fries, Fresh Veggies w/Dip, Chilled Mixed Berry Cup, Fresh Whole Fruit
- December 9, 2021 - **Christmas Sliced Ham or Fresh Pan Pizza (2), Buttered Mashed Potatoes, Seasoned Green Beans, Holiday Cookie, Warm Roll, Chilled Fruit Salad, Fresh Fruit Choice – Christmas Dinner**
- December 10, 2021 - Crispy Chicken and Waffle (2) or Golden Brown Three Cheese Boats, Seasoned Potatoes Triangles, Fresh Sliced Tomatoes, Chilled Juice Cup, Fresh Fruit
- December 13, 2021 - Spicy Beef Nacho's or Cheesy Stuffed Crust Pizza, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Cheesy Refried Beans, Spiced Cinnamon Apples, Chocolate Chip Chortles, Fresh Fruit Choice
- December 14 2021 - Homemade Chicken Tetrazzini w/Roll or Warm Pan Pizza, Fresh Spinach Salad, Seasoned Green Beans, Fresh Whole Fruit, Chilled Fruit Cup
- December 15, 2021 - **Basket Lunch: Managers Choice, Fresh Carrots w/Dip, Crispy Potato Tots, Chilled Fruit Cup, Whole Fresh Fruit**
- December 16, 2021 - **Basket Lunch: Warm Cheeseburger on Bun, Fresh Lettuce/Tomato/Pickle Cup, Saucy Baked Beans, Baked Chips, Fresh Fruit Choice, Birthday Cupcake w/Ice-cream - Happy Birthday Celebration Day**
- December 17, 2021 - **Basket Lunch: Crispy Chicken Sandwich, Fresh Lettuce/Tomato Salad, Waffle Fries, Fresh Fruit Choice, Chilled Fruit Cup**



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