

Butts County School System

December Edition

Date: December 1, 2022

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 19, 2022**Harvest of the Month Featured December 16, 2022**System Wide Christmas Luncheon December 8, 2022***BCSS Café's Closed December 22 thru January 6, 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

**New Items Featured in December: Chicken Alfredo and BBQ Rib Sandwich
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!

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, 2022 - Cereal Bars/Cheese Stick
- December 2, 2022 - Fresh Chicken Biscuit
- December 5, 2022 - Muffin Tops
- December 6, 2022 - Smile Donuts
- December 7, 2022 - Warm Cinnamon Roll
- December 8, 2022 - Warm Mini Waffles
- December 9, 2022 - Managers Choice
- December 12, 2022 - Chicken Filet Biscuit
- December 13, 2022 - Apple/Cherry Frudel
- December 14, 2022 - Sausage Biscuit Twins
- December 15, 2022 - Mini Cini
- December 16, 2022 - Pancake Pup
- December 19, 2022 - Chicken Filet Biscuit
- December 20, 2022 - Warm Confetti Pancakes
- December 21, 2022 - Warm Strawberry Pop Tarts

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. **All Menu Choices subject to change due to Supply Chain and Staffing.**

- December 1, 2022 - Homemade Chili w/Crackers or Hotdog on Bun, Baked Potato w/Fixings, Cheesy Broccoli, Fresh Fruit Choice, Chilled Mixed Berry Cup, Warm Chocolate Chip Cookie
- December 2, 2022 - Cheesy Mini Calzones w/Marinara or **Chicken Alfredo** w/Roll, Fresh Garden Salad, Orange Glazed Carrots, Whole Fresh Fruit, Chilled Fruit Cup
- December 5, 2022 - **BBQ Rib Sandwich** or Homemade Lemon Pepper Chicken w/Warm Biscuit, Seasoned Lima Beans Oven Roasted Potatoes, Fresh Apple Grins, Icy Peach Cup
- December 6, 2022 - Seasoned Chicken Nuggets or Mama's Homemade Meatloaf, Seasoned Field Peas, Warm Roll, Fluffy Yellow Rice, Fresh Broccoli w/Dip, Chilled Mixed Fruit Cup, Fresh Fruit Choice
- December 7, 2022 - Warm Cheese Sticks w/Marinara or Saucy Meatball Sub, Fresh Caesar Salad, Buttered Corn, Warm Sugar Cookie, Fresh Fruit Choice, Icy Fruit Treat
- **December 8, 2022 - Christmas Sliced Ham or Managers Choice, Buttered Mashed Potatoes, Seasoned Green Beans, Holiday Cookie, Warm Roll, Chilled Fruit Salad, Fresh Fruit Choice - Christmas Dinner**
- December 9, 2022 - Wild Mike's Pizza or Grilled Cheese Toaster w/Tomato Soup, Fresh Carrots w/ Ranch, Crispy Waffle Fries, Fresh Fruit Choice, Chilled Fruit Cup
- December 12, 2022 - Catfish Strips w/Hushpuppies or Corndog, Chilled Coleslaw, Seasoned Sweet Potato Fries, Fresh Fruit Choice, Chilled Fruit Cup
- December 13, 2022 - Homemade Tator Tot Casserole w/Warm Roll or Cheesy Stuffed Crust Pizza, Fresh Garden Salad, Seasoned Sweet Peas, Fresh Fruit Choice, Chilled Mixed Berry Cup, Warm Chocolate Chip Cookie
- December 14, 2022 - Crispy Chicken and Waffle or Spicy Sausage and Cheese Biscuit, Seasoned Potato Triangles, Fresh Sliced Tomatoes, Chilled Juice Cup, Fresh Fruit Choice
- December 15, 2022 - Spicy Beef Nachos or Cheese Quesadilla, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Spicy Black Beans, Fresh Fruit Choice, Spiced Cinnamon Apples, Chocolate Chip Chortles
- December 16, 2022 - Cheesy Mini Calzones w/Marinara or Student's Choice, Fresh Leaf Lettuce Salad, Buttered Kernel Corn, Whole Fresh Fruit, Chilled Fruit Cup - **Harvest of the Month**
- December 19, 2022 - Spicy BBQ Pork Sandwich or Homemade Brunswick Stew W/Crackers, Saucy Baked Beans, Seasoned Sweet Potato Fries, Birthday Celebration Cookie, Vanilla Ice Cream, Fresh Whole Apple - **Happy Birthday Celebration**
- December 20, 2022 - Cheesy Pan Pizza or Crunchy Country Fried Steak w/Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Fresh Fruit Choice, Frozen Fruit Cup
- **December 21, 2022 - Basket Lunch: Crispy Chicken Sandwich, Seasoned Waffle Fries, Fresh Veggie Dippers, Fresh Whole Fruit Choice, Chilled Fruit Cup**

This Institution is an equal opportunity provider.

All meals are served at no charge to all students.



Water Available Upon Request

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, 2022 – Mini Pancakes
- December 2, 2022 - Sausage Biscuit
- December 5, 2022 – Hadley Honey Bun
- December 6, 2022- Cini Minis
- December 7, 2022 - Chicken Filet Biscuit
- December 8, 2022- Sausage Biscuit
- December 9, 2022- Apple/Cherry Fruitable
- December 12, 2022- Bacon Cheese Croissant
- December 13, 2022- Spicy Chicken Filet Biscuit
- December 14, 2022- Pancake Pup
- December 15, 2022 - Cini Mini
- December 16, 2022 - Steak Biscuit
- December 19, 2022 - Bacon Cheese Croissant
- December 20, 2022 – Sausage Biscuit
- December 21, 2022 – Warm French Toast Minis

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. **All Menu Choices subject to change due to Supply Chain and Staffing.**

- December 1, 2022 - Homemade Chili w/Crackers or Hotdog on Bun, Baked Potato w/Fixings, Cheesy Broccoli, Fresh Fruit Choice, Chilled Mixed Berry Cup, Warm Chocolate Chip Cookie
- December 2, 2022 - Cheesy Mini Calzones w/Marinara or **Chicken Alfredo** w/Roll, Fresh Garden Salad, Orange Glazed Carrots, Whole Fresh Fruit, Chilled Fruit Cup
- December 5, 2022 – **BBQ Rib Sandwich** or Spicy Buffalo Chicken Pizza, Seasoned Lima Beans Oven Roasted Potatoes, Fresh Apple Grins, Icy Peach Cup
- December 6, 2022 - Seasoned Chicken Nuggets or Mama's Homemade Meatloaf, Seasoned Field Peas, Warm Roll, Fluffy Yellow Rice, Fresh Broccoli w/Dip, Chilled Mixed Fruit Cup, Fresh Fruit Choice
- December 7, 2022 - Warm Cheese Sticks w/Marinara or Saucy Meatball Sub, Fresh Caesar Salad, Buttered Corn, Warm Sugar Cookie, Fresh Fruit Choice, Icy Fruit Treat
- **December 8, 2022 - Christmas Sliced Ham or Managers Choice, Buttered Mashed Potatoes, Seasoned Green Beans, Holiday Cookie, Warm Roll, Chilled Fruit Salad, Fresh Fruit Choice – Christmas Dinner**
- December 9, 2022 – Wild Mike's Pizza or Grilled Cheese Toaster w/Tomato Soup, Fresh Carrots w/ Ranch, Crispy Waffle Fries, Fresh Fruit Choice, Chilled Fruit Cup
- December 12, 2022- Catfish Strips w/Hushpuppies or Corndog, Chilled Coleslaw, Seasoned Sweet Potato Fries, Fresh Fruit Choice, Chilled Fruit Cup
- December 13, 2022 - Homemade Tator Tot Casserole w/Warm Roll or Cheesy Stuffed Crust Pizza, Fresh Garden Salad, Seasoned Sweet Peas, Fresh Fruit Choice, Chilled Mixed Berry Cup, Warm Chocolate Chip Cookie
- December 14, 2022 - Crispy Chicken and Waffle or Spicy Sausage and Cheese Biscuit, Seasoned Potato Triangles, Fresh Sliced Tomatoes, Chilled Juice Cup, Fresh Fruit Choice
- December 15, 2022 - Spicy Beef Nachos or Cheese Quesadilla, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Spicy Black Beans, Fresh Fruit Choice, Spiced Cinnamon Apples, Chocolate Chip Chortles
- December 16, 2022 - Cheesy Mini Calzones w/Marinara or Student's Choice, Fresh Leaf Lettuce Salad, Buttered Kernel Corn, Whole Fresh Fruit, Chilled Fruit Cup– **Harvest of the Month**
- December 19, 2022 – Spicy BBQ Pork Sandwich or Homemade Brunswick Stew W/Crackers, Saucy Baked Beans, Seasoned Sweet Potato Fries, Birthday Celebration Cookie, Vanilla Ice Cream, Fresh Whole Apple – **Happy Birthday Celebration**
- December 20, 2022 - Cheesy Pan Pizza or Crunchy Country Fried Steak w/Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Fresh Fruit Choice, Frozen Fruit Cup
- December 21, 2022 - **Basket Lunch: Crispy Chicken Sandwich, Seasoned Waffle Fries, Fresh Veggie Dippers, Fresh Whole 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, 2022 - Chicken Filet Biscuit
- December 2, 2022 - Bacon Cheese Biscuit
- December 5, 2022 - Steak Biscuit
- December 6, 2022 - Biscuit w/Sausage links
- December 7, 2022 - Spicy Chicken Filet Biscuit
- December 8, 2022- Sausage Biscuit
- December 9, 2022- Steak Biscuit
- December 12, 2022- Chicken Filet Biscuit
- December 13, 2022- Bacon Cheese Croissant
- December 14, 2022- Spicy Chicken Filet Biscuit
- December 15, 2022- Pancake Pup
- December 16, 2022 - Sausage Biscuit
- December 19, 2022 - Steak Biscuit
- December 20, 2022 - Chicken Filet Biscuit
- December 21, 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. **All Menu Choices subject to change due to Supply Chain and Staffing.**

- December 1, 2022 - Homemade Chili w/Crackers or Stuffed Crust Pizza, Baked Potato w/Fixings, Cheesy Broccoli, Fresh Fruit Choice, Chilled Mixed Berry Cup, Warm Chocolate Chip Cookie
- December 2, 2022 - Cheesy Mini Calzones w/Marinara or **Chicken Alfredo** w/Roll, Fresh Garden Salad, Orange Glazed Carrots, Whole Fresh Fruit, Chilled Fruit Cup
- December 5, 2022 – **BBQ Rib Sandwich** or Cheesy Wild Mike's Pizza, Seasoned Lima Beans Oven Roasted Potatoes, Fresh Apple Grins, Icy Peach Cup
- December 6, 2022 - Seasoned Chicken Nuggets or Crispy Personal Pan Pizza, Seasoned Field Peas, Warm Roll, Fluffy Yellow Rice, Fresh Broccoli w/Dip, Chilled Mixed Fruit Cup, Fresh Fruit Choice
- December 7, 2022 - Warm Cheese Sticks w/Marinara or Saucy Meatball Sub, Fresh Caesar Salad, Buttered Corn, Warm Sugar Cookie, Fresh Fruit Choice, Icy Fruit Treat
- **December 8, 2022 - Christmas Sliced Ham or Managers Choice, Buttered Mashed Potatoes, Seasoned Green Beans, Holiday Cookie, Warm Roll, Chilled Fruit Salad, Fresh Fruit Choice – Christmas Dinner**
- December 9, 2022 - Wild Mike's Pizza or Grilled Cheese Toaster w/Tomato Soup, Fresh Carrots w/ Ranch, Crispy Waffle Fries, Fresh Fruit Choice, Chilled Fruit Cup
- December 12, 2022- Catfish Strips w/Hushpuppies or Stuffed Crust Pizza, Chilled Coleslaw, Seasoned Sweet Potato Fries, Fresh Fruit Choice, Chilled Fruit Cup
- December 13, 2022 - Homemade Tator Tot Casserole w/Warm Roll or Wild Mike's Pizza, Fresh Garden Salad, Seasoned Sweet Peas, Fresh Fruit Choice, Chilled Mixed Berry Cup, Warm Chocolate Chip Cookie
- December 14, 2022 - Crispy Chicken and Waffle or Cheesy Personal Pan Pizza, Seasoned Potato Triangles, Fresh Sliced Tomatoes, Chilled Juice Cup, Fresh Fruit Choice
- December 15, 2022 - Spicy Beef Nachos or Cheesy Quesadilla Pizza, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Spicy Black Beans, Fresh Fruit Choice, Spiced Cinnamon Apples, Chocolate Chip Chortles
- December 16, 2022 - Cheesy Mini Calzones w/Marinara or Student's Choice, Fresh Leaf Lettuce Salad, Buttered Kernel Corn, Whole Fresh Fruit, Chilled Fruit Cup– **Harvest of the Month**
- **December 19, 2021 - Basket Lunch: Cheesy Pan Pizza, Fresh Carrots and Broccoli w/Dip, Crispy Potato Tots, Chilled Fruit Cup, Fresh Fruit Choice**
- **December 20, 2021 - Basket Lunch: Warm Cheeseburger on Bun, Fresh Lettuce/Tomato/Pickle Cup, Saucy Baked Beans, Fresh Whole Apple, Birthday Celebration Cookie w/Ice-cream - Happy Birthday Celebration Day**
- **December 21, 2021 - Basket Lunch: Crispy Chicken Sandwich, Fresh Lettuce/Tomato Salad, Waffle Fries, Fresh Fruit Choice, Chilled Fruit Cup**

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