

Butts County School System

February Edition

Date: 2/1/2022

BCSS SNP Programs Offered: Fresh Fruit and Vegetable Program, CEP (System Wide), SSO Breakfast/Lunch

BCSS NUTRITION GAZETTE

FEBRUARY FARM TO SCHOOL MONTH
Georgia Grown Green Cabbage

WHAT'S HAPPENING IN SCHOOL NUTRITION
Promotional Dates for February – Happy Valentine's Day
Celebrating Black History Month

Birthday Celebration Day will be February 24, 2022**Nutrition Nugget (Green Cabbage): Vitamins and Minerals**

Cabbage is a good source of potassium, folate, and vitamin K. Cabbage also provides some calcium, iron, vitamin A, and vitamin C.



“Equipped to Serve: Service Minded, Hunger Focused”

Sautéed Cabbage featured February 8, 2022

Valentine's Day Celebration: February 14, 2022

*Happy
Valentine's
Day*

Georgia/Local items served this month: Milk, Chicken Tenders, Chicken Nuggets, Frozen Corn, Blueberries, Cucumbers, Cherry Tomatoes, Sweet Potatoes, Cabbage and Kale
***All BCSS Cafés will be closed February 18-22, 2022 for Winter Break.**

Southern Boiled Cabbage**Ingredients**

- 1 head of cabbage
- 2 Tablespoons butter
- 2 Tablespoons olive oil
- ½ teaspoon salt
- ½ teaspoon of seasoning salt (or season to taste)
- Fresh black pepper
- 1½- 2 cups chicken broth (can also use water but chicken broth makes it taste so delish!)

Directions

1. Cut Cabbage into quarters, removing the hard stem. Slice each quarter into 1-inch wide strips.
2. In a large pot, add butter, olive oil, salt, pepper, & cabbage.
3. Add in chicken broth and toss.
4. Bring to a boil over medium-high heat. Cover and reduce heat to medium low.
5. Simmer for 12-15 minutes, stirring occasionally until cabbage is tender. Do not overcook.

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

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

- February 1, 2022 - Cereal Bars (2)
- February 2, 2022 - Sausage Biscuit Twins
- February 3, 2022 - Muffin/Cheese Stick
- February 4, 2022 - Warm Donut
- February 7, 2022 - Apple Cinnamon Pancakes
- February 8, 2022 - Sausage Biscuit Twins
- February 9, 2022 – Managers Choice
- February 10, 2022 - Fresh Chicken Biscuit
- February 11, 2022 – Warm Cini Mini
- February 14, 2022- Coco Puffs Soft Filled Bar
- February 15, 2022- Pancake Pup
- February 16, 2022 - Warm Donut
- February 17, 2022 - Fresh Chicken Biscuit
- February 23 2022 - French Toast Sticks
- February 24, 2022 - Pop tarts (2)
- February 25, 2022 - Managers Choice
- February 28, 2022 - Sausage Biscuit Twin

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 upon Request.

- February 1, 2022 – Homemade Spaghetti or Crispy Chicken Nuggets, Seasoned Lima Beans, Fresh Vegetables with Dip, Fresh Whole Fruit Choice, Chilled Fruit Cup, Warm Roll
- February 2, 2022 – Spicy Nachos or Cheesy Quesadilla, Spicy Salsa, Lettuce and Tomato Salad, Refried Beans, Cinnamon Apples, Fresh Fruit Choice, Celebration Cookie
- February 3, 2022 – Stuffed Crust Pizza or Cheesy Stick w/ Marinara, Fresh Spinach Salad, Seasoned Corn, Whole Fresh Fruit, Icy Sidekicks
- *February 4, 2022 – Chicken and Waffles or Sausage/Cheese Biscuit, Baked Potato Puffs, Sliced Tomatoes, Chilled Juice Whole Fresh Fruit, Warm Blueberry Muffin, [Breakfast for Lunch Day](#)*
- February 7, 2022 – Cheesy Calzones or Crispy Steak Patty, Buttered Mash Potatoes, Seasoned Sweet Peas, Southern Biscuit, Whole Fresh Fruit, Chilled Pears
- *February 8, 2022 – Student's Choice or Homemade Poppy Seed Chicken w/ Rice, Southern Boiled Cabbage, Southern Black-eyed Peas, Fresh Baked Sugar Cookie, Fresh Fruit Choice, [Featured Harvest of the Month](#)*
- February 9, 2022 - Homemade Tator Tot Casserole or Chicken Bacon Club, Seasoned Green Beans, Garden Salad, Fresh Whole Fruit, Chilled Fruit Cup, Warm Roll
- February 10, 2022 – Fresh Baked Pan Pizza or Sliced Pork Roast w/Gravy, Warm Roll, Oven Roasted Potatoes, Veggie Dippers w/ Ranch, Chilled Fruit Cup, Fresh Cut Apples
- *February 11, 2022 - Crispy Corndog or Cheeseburger on Bun, Baked Sweet Potato Tots, Lettuce/Tomato Salad, Pickle Spears, Fresh Whole Fruit Choice, Chilled Fruit Cup – [Hank Aaron/Jackie Robinson Day](#)*
- February 14, 2022- Spicy Beef Nacho's or Warm Chicken Fajita Wrap, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Seasoned Black Beans, Warm Spiced Apples, Chilled Strawberry Cups, *Valentine Cookies– [Happy Valentine's Day](#)*
- February 15, 2022 - *Cheesy Stuffed Crust Pizza or Student's Choice, Fresh Spinach Salad, Buttered Corn, Fresh Fruit Choice, Chilled Fruit Cup*
- February 16, 2022- Chicken Filet Sandwich or Meatball Sub, Crispy Waffle Fries, [Saucy Baked Beans](#), Frozen Fruit Cup, Fresh Sliced Apples
- February 17, 2022 - Manager's Choice, or Breaded Country Fried Steak w/Warm Biscuit, Buttered Mashed Potatoes, Seasoned Green Beans, Chilled Pears, Frozen Fruit Cup
- February 23, 2022 – Cheeseburger on Bun or Crispy Fish Sticks w/Hushpuppies, Baked Tator Tots, Homemade Coleslaw, Fresh Whole Fruit Choice, Chilled Fruit Cup
- February 24, 2022 - Cheesy Stuffed Crust Pizza or Homemade Lasagna w/ Cheese Biscuit, Broccoli w/Cheese Sauce, Seasoned Corn, Fresh Whole Fruit, Birthday Cupcake w/Ice-cream – [Birthday Celebration](#)
- February 25, 2022 – Homemade Chili w/Warm Roll or Hotdog on Bun, Mini Carrots w/Dip, Fresh Baked Potato, Fresh Whole Fruit Choice, Chilled Fruit Cup
- February 28, 2022 – Crispy Chicken Nuggets with Warm Roll or Grilled Cheese Sandwich, Fresh Garden Salad, Baked Potato Wedges, Whole Fresh Fruit, Chilled 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

- February 1, 2022 - Chicken Biscuit
- February 2, 2022 - Sausage Biscuit
- February 3, 2022 – Warm Cinnamon Roll
- February 4 2022 - Pancake Pup
- February 7, 2022 - Bacon and Cheese Croissant
- February 8, 2022 - Spicy Chicken Biscuit
- February 9, 2022 – Cini Mini
- February 10, 2022 - Fresh Buttered Sausage Biscuit
- February 11, 2022 – Hadley Bar
- February 14, 2022 - Chicken Biscuit
- February 15, 2022- Sausage Biscuit
- February 16, 2022- Pancake Pup
- February 17, 2022 - Bacon and Cheese Croissant
- February 23, 2022 – Cini Mini
- February 24, 2022 – Steak Biscuit
- February 25, 2022 - Chicken Filet Biscuit
- February 28, 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: Tuna, Wednesday: Sliced Turkey, Thursday: Chicken Fajita, Friday: Chef Salad, Bottled Water Offered upon Request.

- February 1, 2022 – Homemade Spaghetti or Crispy Chicken Nuggets, Seasoned Lima Beans, Fresh Vegetables with Dip, Fresh Whole Fruit Choice, Chilled Fruit Cup, Warm Roll
- February 2, 2022 – Spicy Nachos or Cheesy Quesadilla, Spicy Salsa, Lettuce and Tomato Salad, Refried Beans, Cinnamon Apples, Fresh Fruit Choice, Celebration Cookie
- February 3, 2022 – Stuffed Crust Pizza or Cheesy Stick w/ Marinara, Fresh Spinach Salad, Seasoned Corn, Whole Fresh Fruit, Icy Sidekicks
- *February 4, 2022 – Chicken and Waffles or Sausage/Cheese Biscuit, Baked Potato Puffs, Sliced Tomatoes, Chilled Juice Whole Fresh Fruit, Warm Blueberry Muffin, [Breakfast for Lunch Day](#)*
- February 7, 2022 – Cheesy Calzones or Crispy Steak Patty, Buttered Mash Potatoes, Seasoned Sweet Peas, Southern Biscuit, Whole Fresh Fruit, Chilled Pears
- *February 8, 2022 – Student's Choice or Homemade Poppy Seed Chicken w/ Rice, Southern Boiled Cabbage, Southern Black-eyed Peas, Fresh Baked Sugar Cookie, Fresh Fruit Choice, [Featured Harvest of the Month](#)*
- February 9, 2022 - Homemade Tator Tot Casserole or Chicken Bacon Club, Seasoned Green Beans, Garden Salad, Fresh Whole Fruit, Chilled Fruit Cup, Warm Roll
- February 10, 2022 – Fresh Baked Pan Pizza or Sliced Pork Roast w/Gravy, Warm Roll, Oven Roasted Potatoes, Veggie Dippers w/ Ranch, Chilled Fruit Cup, Fresh Cut Apples
- *February 11, 2022 - Crispy Corndog or Cheeseburger on Bun, Baked Sweet Potato Tots, Lettuce/Tomato Salad, Pickle Spears, Fresh Whole Fruit Choice, Chilled Fruit Cup – [Hank Aaron/Jackie Robinson Day](#)*
- February 14, 2022- Spicy Beef Nacho's or Warm Chicken Fajita Wrap, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Seasoned Black Beans, Warm Spiced Apples, Chilled Strawberry Cups, *Valentine Cookies– [Happy Valentine's Day](#)*
- February 15, 2022 - *Cheesy Stuffed Crust Pizza or Student's Choice, Fresh Spinach Salad, Buttered Corn, Fresh Fruit Choice, Chilled Fruit Cup*
- February 16, 2022- Chicken Filet Sandwich or Meatball Sub, Crispy Waffle Fries, [Saucy Baked Beans](#), Frozen Fruit Cup, Fresh Sliced Apples
- February 17, 2022 - Manager's Choice, or Breaded Country Fried Steak w/Warm Biscuit, Buttered Mashed Potatoes, Seasoned Green Beans, Chilled Pears, Frozen Fruit Cup
- February 23, 2022 – Cheeseburger on Bun or Crispy Fish Sticks w/Hushpuppies, Baked Tator Tots, Homemade Coleslaw, Fresh Whole Fruit Choice, Chilled Fruit Cup
- February 24, 2022 - Cheesy Stuffed Crust Pizza or Homemade Lasagna w/ Cheese Biscuit, Broccoli w/Cheese Sauce, Seasoned Corn, Fresh Whole Fruit, Birthday Cupcake w/Ice-cream – [Birthday Celebration](#)
- February 25, 2022 – Homemade Chili w/Warm Roll or Hotdog on Bun, Mini Carrots w/Dip, Fresh Baked Potato, Fresh Whole Fruit Choice, Chilled Fruit Cup
- February 28, 2022 – Crispy Chicken Nuggets with Warm Roll or Grilled Cheese Sandwich, Fresh Garden Salad, Baked Potato Wedges, Whole Fresh Fruit, 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, WG Smile Donuts, Pop tarts Choice Daily

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| • February 1, 2022 – Chicken Biscuit | February 15, 2022- Chicken Biscuit |
| • February 2, 2022 - Sausage Biscuit | February 16, 2022- Sausage Biscuit |
| • February 3, 2022 - Steak Biscuit | February 17, 2022 - Steak Biscuit |
| • February 4, 2022 - Spicy Chicken Biscuit | February 23, 2022 - Spicy Chicken Biscuit |
| • February 7, 2022 - Bacon and Cheese Croissant | February 24, 2022 - Sausage Biscuit |
| • February 8, 2022 - Chicken Biscuit | February 25, 2022 - Chicken Filet Biscuit |
| • February 9, 2022- Sausage Biscuit | February 28, 2022 – Steak Biscuit |
| • February 10, 2022- Steak Biscuit | |
| • February 11, 2022- Spicy Chicken Biscuit | |
| • February 14, 2022 – Bacon Cheese Croissant | |

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.

- February 1, 2022 - Juicy Cheeseburger on Bun or Pan Pizza, Saucy Baked Beans, Baked Sweet Potato Fries, Chilled Mixed Fruit, Fresh Fruit
- February 2, 2022 - Crispy Chicken Nuggets w/ Homemade Honey Mustard or Wild Mike's Pizza, Seasoned Sweet Peas, Crisp Spinach Salad, Fluffy Yellow Rice, Warm Roll, Fresh Whole Fruit Choice
- February 3, 2022 - Manager's Choice or Homemade Spaghetti, Fresh Broccoli w/Cheese, Seasoned Corn, Warm Fat Cat Brownie, Chilled Diced Pears, Applesauce Cup
- February 4, 2022 - Stuffed Crust Pizza or BBQ Pork Sandwich, Baked Potato Wedges, Fresh Carrots w/Dip, Chilled Strawberry Cup, Frozen Fruit Treat
- *February 7, 2022 - Student's Choice or Homemade Poppy Seed Chicken w/ Rice, Southern Boiled Cabbage, Southern Black-eyed Peas, Fresh Sugar Cookie, Fresh Fruit Choice, [Featured Harvest of the Month](#)*
- February 8, 2022 - Homemade Tator Tot Casserole or Stuffed Crust Pizza, Seasoned Lima Beans, Garden Salad, Fresh Whole Fruit, Chilled Fruit Cup, Warm Roll
- February 9, 2022 – Fresh Baked Pan Pizza or Sliced Pork Roast w/Gravy, Warm Roll, Buttered Mashed Potatoes, Veggie Dippers w/ Ranch, Whole Fresh Fruit, Chilled Fruit Cup
- February 10, 2022 - Manager's Choice or Wild Mike's Pizza, Baked Potato Tots, Seasoned Green Beans, Warm Roll, Fresh Whole Fruit Choice, Chocolate Chip Chortles
- February 11, 2022- Spicy Beef Nacho's or Wild Mikes Pizza, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Seasoned Black Beans, Warm Spiced Apples, Frozen Treat – *[Hank Aaron/Jackie Robinson Day](#)*
- February 14, 2022 - Cheesy Pan Pizza or Saucy BBQ Chicken on Bun, Fresh Spinach Salad, Buttered Corn, Valentine's Cookie, Fresh Fruit Choice – *[Happy Valentine's Day](#)*
- *February 15, 2022 - Crispy Chicken and Waffle or Stuffed Crust Pizza, Oven Fried Potato Rounds, Sliced Tomatoes, Warm Blueberry Muffin, Fresh Whole Fruit, [Breakfast for Lunch Day](#)*
- February 16, 2022 - Manager's Choice, or Breaded Country Fried Steak w/Warm Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Chilled Peach Cup, Choice Fresh Fruit
- February 17, 2022 - Cheeseburger on Bun or Cheesy Pan Pizza, Baked Potato Tots, Crispy Lettuce and Tomato Salad, Fresh Whole Fruit Choice
- February 23, 2022 - Cheesy Stuffed Crust Pizza or Homemade Lasagna w/ Warm Roll, Fresh Broccoli w/Dip, Seasoned Corn, Fresh Whole Fruit, Chocolate Chip Cookies
- February 24, 2022 - Homemade Chili w/Warm Roll or Wild Mike's Pizza, Mini Carrots w/Dip, Fresh Baked Potato, Fresh Whole Fruit Choice, Birthday Cupcake w/Ice-cream – *[Birthday Celebration](#)*
- February 25, 2022 –Managers Choice or Stuffed Crust Pizza, Crispy Lettuce and Tomato Salad, Saucy Baked Beans, Frozen Fruit Cup, Fresh Fruit
- February 28, 2022 – Crispy Chicken Nuggets or Fresh Baked Cheese Stick w/Marinara, Fresh Garden Salad, Baked Waffle Fries, Whole Fresh Fruit

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