

Butts County School System

February Edition

Date: 2/1/2023

BCSS SNP Programs Offered: Fresh Fruit and Vegetable Program, CEP (System Wide), After School Snack Program

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***New Breakfast Item: Super Star Donut Holes in a Cup: February 3, 2023**Birthday Celebration Day will be February 24, 2023***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, 2023

Valentine's Day Celebration: February 14, 2023



★ **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 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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| • February 1, 2023 - Cereal Bars (2) | February 14, 2023 – Managers Choice |
| • February 2, 2023 - Sausage Biscuit Twins | February 15, 2023 - Pancake Pup |
| • February 3, 2023 - Super Star Mini Donut Holes | February 21, 2023 - Warm Donut |
| • February 6, 2023 - Warm Donut | February 22, 2023 - Fresh Chicken Biscuit |
| • February 7, 2023 - Apple Cinnamon Pancakes | February 23 2023 - French Toast Sticks |
| • February 8, 2023 - Sausage Biscuit Twins | February 24, 2023 - Pop tarts (2) |
| • February 9, 2023 - Managers Choice | February 27, 2023 - Managers Choice |
| • February 10, 2023 - Fresh Chicken Biscuit | February 28, 2023 - Sausage Biscuit Twin |
| • February 13, 2023 - Warm Cini Mini | |

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, 2023 – Manager's Choice or Crispy Chicken Nuggets, Seasoned Lima Beans, Fresh Vegetables with Dip, Fresh Whole Fruit Choice, Chilled Fruit Cup, Warm Roll
- February 2, 2023 – Spicy Nachos or Cheesy Quesadilla, Spicy Salsa, Lettuce and Tomato Salad, Refried Beans, Cinnamon Apples, Fresh Fruit Choice, Celebration Cookie
- February 3, 2023 – Stuffed Crust Pizza or Cheesy Stick w/ Marinara, Fresh Spinach Salad, Glazed Carrots, Whole Fresh Fruit, Icy Sidekicks
- *February 6, 2023 – 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, 2023 – Cheesy Calzones or Crispy Steak Patty, Buttered Mash Potatoes, Seasoned Sweet Peas, Southern Biscuit, Whole Fresh Fruit, Chilled Pears
- *February 8, 2023 – Student's Choice or Homemade Chicken Alfredo, Southern Boiled Cabbage, Southern Black-eyed Peas, Fresh Baked Sugar Cookie, Fresh Fruit Choice, Chilled Fruit Cup - [Featured Harvest of the Month](#)*
- February 9, 2023 - Homemade Tator Tot Casserole or Chicken Bacon Club, Seasoned Green Beans, Caesar Salad, Fresh Whole Fruit, Chilled Fruit Cup, Warm Roll
- February 10, 2023 – Fresh Baked Pan Pizza or Saucy BBQ Pork on Bun, Warm Roll, Oven Roasted Potatoes, Veggie Dippers w/ Ranch, Chilled Fruit Cup, Fresh Cut Apples
- *February 13, 2023 - Crispy Corndog or Cheeseburger on Bun, Baked Sweet Potato Tots, Lettuce/Tomato/ Pickle, Fresh Whole Fruit Choice, Chilled Fruit Cup*
- February 14, 2023- 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 Treat– [Happy Valentine's Day](#)*
- February 15, 2023 - *Cheesy Stuffed Crust Pizza or Student's Choice, Fresh Spinach Salad, Buttered Corn, Fresh Fruit Choice, Chilled Fruit Cup*
- February 21, 2023- Chicken Filet Sandwich or Meatball Sub, Crispy Waffle Fries, Seasoned Green Beans, Frozen Fruit Cup, Fresh Apple Grins
- February 22, 2023 - Manager's Choice, or Breaded Country Fried Steak w/Warm Biscuit, Buttered Mashed Potatoes, Homemade Squash Casserole, Chilled Pears, Frozen Fruit Cup
- February 23, 2023 – Cheeseburger on Bun or Crispy Fish Sticks w/Hushpuppies, Saucy Baked Beans, Homemade Coleslaw, Fresh Whole Fruit Choice, Chilled Fruit Cup
- February 24, 2023 - Cheesy Stuffed Crust Pizza or Homemade Spaghetti w/ Warm Roll, Broccoli w/Cheese Sauce, Seasoned Corn, Fresh Whole Apple, Birthday Cupcake w/Ice-cream – [Birthday Celebration](#)
- February 27, 2023– Homemade Chili w/Warm Roll or Hotdog on Bun, Mini Carrots w/Dip, Fresh Baked Potato, Fresh Whole Fruit Choice, Chilled Fruit Cup

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- February 28, 2023 – Crispy Chicken Nuggets with Warm Roll or Grilled Cheese Sandwich w/Tomato Soup, Fresh Garden Salad, Baked Potato Wedges, Whole Fresh Fruit, Chilled Fruit Cup

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, [Super Star Mini Donut Holes](#), Pop tarts Choice Daily

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| February 1, 2023- Chicken Biscuit | February 15, 2023 - Sausage Biscuit |
| February 2, 2023 - Sausage Biscuit | February 21, 2023 - Pancake Pup |
| February 3, 2023 - Confetti Pancakes | February 22, 2023 - Sausage Biscuit |
| February 6, 2023 - Pancake Pup | February 23, 2023 - Cini Mini |
| February 7, 2023 - Bacon and Cheese Croissant | February 24, 2023 - Steak Biscuit |
| February 8, 2023 - Spicy Chicken Biscuit | February 27, 2023 - Chicken Filet Biscuit |
| February 9, 2023 - Cini Mini | February 28, 2023 - Sausage Biscuit |
| February 10, 2023 - Fresh Buttered Sausage Biscuit | |
| February 13, 2023 - Hadley Bar | |
| February 14, 2023 - Chicken 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, 2023 – Manager's Choice or Crispy Chicken Nuggets, Seasoned Lima Beans, Fresh Vegetables with Dip, Fresh Whole Fruit Choice, Chilled Fruit Cup, Warm Roll
- February 2, 2023 – Spicy Nachos or Cheesy Quesadilla, Spicy Salsa, Lettuce and Tomato Salad, Refried Beans, Cinnamon Apples, Fresh Fruit Choice, Celebration Cookie
- February 3, 2023 – Stuffed Crust Pizza or Cheesy Stick w/ Marinara, Fresh Spinach Salad, Glazed Carrots, Whole Fresh Fruit, Icy Sidekicks
- February 6, 2023 – 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, 2023 – Cheesy Calzones or Crispy Steak Patty, Buttered Mash Potatoes, Seasoned Sweet Peas, Southern Biscuit, Whole Fresh Fruit, Chilled Pears
- February 8, 2023 – Student's Choice or Homemade Chicken Alfredo, Southern Boiled Cabbage, Southern Black-eyed Peas, Fresh Baked Sugar Cookie, Fresh Fruit Choice, Chilled Fruit Cup - [Featured Harvest of the Month](#)*
- February 9, 2023 - Homemade Tator Tot Casserole or Chicken Bacon Club, Seasoned Green Beans, Caesar Salad, Fresh Whole Fruit, Chilled Fruit Cup, Warm Roll
- February 10, 2023 – Fresh Baked Pan Pizza or Saucy BBQ Pork on Bun, Warm Roll, Oven Roasted Potatoes, Veggie Dippers w/ Ranch, Chilled Fruit Cup, Fresh Cut Apples
- February 13, 2023 - Crispy Corndog or Cheeseburger on Bun, Baked Sweet Potato Tots, Lettuce/Tomato/ Pickle, Fresh Whole Fruit Choice, Chilled Fruit Cup*
- February 14, 2023- 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 Treat–[Happy Valentine's Day](#)*
- February 15, 2023 - *Cheesy Stuffed Crust Pizza or Student's Choice, Fresh Spinach Salad, Buttered Corn, Fresh Fruit Choice, Chilled Fruit Cup*
- February 21, 2023- Chicken Filet Sandwich or Meatball Sub, Crispy Waffle Fries, Seasoned Green Beans, Frozen Fruit Cup, Fresh Apple Grins
- February 22, 2023 - Manager's Choice, or Breaded Country Fried Steak w/Warm Biscuit, Buttered Mashed Potatoes, Homemade Squash Casserole, Chilled Pears, Frozen Fruit Cup
- February 23, 2023 – Cheeseburger on Bun or Crispy Fish Sticks w/Hushpuppies, Saucy Baked Beans, Homemade Coleslaw, Fresh Whole Fruit Choice, Chilled Fruit Cup
- February 24, 2023 - Cheesy Stuffed Crust Pizza or Homemade Spaghetti w/ Warm Roll, Broccoli w/Cheese Sauce, Seasoned Corn, Fresh Whole Apple, Birthday Cupcake w/Ice-cream – [Birthday Celebration](#)
- February 27, 2023– Homemade Chili w/Warm Roll or Hotdog on Bun, Mini Carrots w/Dip, Fresh Baked Potato, Fresh Whole Fruit Choice, Chilled Fruit Cup

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- February 28, 2023 – Crispy Chicken Nuggets with Warm Roll or Grilled Cheese Sandwich w/Tomato Soup, Fresh Garden Salad, Baked Potato Wedges, Whole Fresh Fruit, Chilled Fruit Cup

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, [Super Star Mini Donut Holes](#), Pop tarts Choice Daily

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| February 1, 2023 - Chicken Biscuit | February 15, 2023 - Chicken Biscuit |
| February 2, 2023 - Sausage Biscuit | February 21, 2023 - Sausage Biscuit |
| February 3, 2023 - Steak Biscuit | February 22, 2023 - Steak Biscuit |
| February 6, 2023 - Spicy Chicken Biscuit | February 23, 2023 - Spicy Chicken Biscuit |
| February 7, 2023 - Bacon and Cheese Croissant | February 24, 2023 - Sausage Biscuit |
| February 8, 2023 - Chicken Biscuit | February 27, 2023 - Chicken Filet Biscuit |
| February 9, 2023 - Sausage Biscuit | February 28, 2023 - Steak Biscuit |
| February 10, 2023 - Steak Biscuit | |
| February 13, 2023 - Spicy Chicken Biscuit | |
| February 14, 2023 - Sausage 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.

- February 1, 2023 - Juicy Cheeseburger on Bun or Stuffed Crust Pizza, Saucy Baked Beans, Baked Sweet Potato Fries, Chilled Mixed Fruit, Fresh Fruit
- February 2, 2023 - Crispy Chicken Nuggets w/ Honey Mustard or Wild Mike's Pizza, Seasoned Sweet Peas, Crisp Spinach Salad, Fluffy Yellow Rice, Warm Roll, Fresh Whole Fruit Choice, Chilled Fruit Cup
- February 3, 2023 - Manager's Choice or Crispy Pan Pizza, Fresh Broccoli w/Cheese, Glazed Carrots, Warm Fat Cat Brownie, Fresh Fruit Choice, Applesauce Cup
- February 6, 2023 - Stuffed Crust Pizza or BBQ Pork Sandwich, Baked Potato Wedges, Fresh Carrots w/Dip, Chilled Strawberry Cup, Frozen Fruit Treat
- February 7, 2023 - *Student's Choice or Homemade Chicken Alfredo, Southern Boiled Cabbage, Southern Black-eyed Peas, Fresh Sugar Cookie, Fresh Fruit Choice, Chilled Fruit Cup - [Featured Harvest of the Month](#)*
- February 8, 2023 - Homemade Tator Tot Casserole or Stuffed Crust Pizza, Seasoned Lima Beans, Caesar Salad, Fresh Whole Fruit, Chilled Fruit Cup, Warm Roll
- February 9, 2023 - Fresh Baked Pan Pizza or Mama's Homemade Meatloaf, Warm Roll, Buttered Mashed Potatoes, Veggie Dippers w/ Ranch, Whole Fresh Fruit, Chilled Fruit Cup
- February 10, 2023 - Manager's Choice or Wild Mike's Pizza, Baked Sweet Potato Tots, Seasoned Green Beans, Warm Roll, Fresh Whole Fruit Choice, Chilled Fruit Cup, Chocolate Chip Chortles
- February 13, 2023 - Spicy Beef Nacho's or Wild Mike's Pizza, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Seasoned Black Beans, Warm Spiced Apples, Frozen Treat
- February 14, 2023 - Cheesy Pan Pizza or Saucy BBQ Chicken on Bun, Fresh Spinach Salad, Buttered Corn, Valentine's Cookie, Fresh Fruit Choice, Chilled Strawberry Cup, Valentine Treat – [Happy Valentine's Day](#)
- February 15, 2023 - *Crispy Chicken and Waffle or Stuffed Crust Pizza, Oven Fried Potato Triangles, Sliced Tomatoes, Warm Blueberry Muffin, Fresh Whole Fruit, Icy Juice Cup - [Breakfast for Lunch Day](#)*
- February 21, 2023 - Manager's Choice, or Breaded Country Fried Steak w/Warm Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Chilled Peach Cup, Choice Fresh Fruit
- February 22, 2023 - Cheeseburger on Bun or Cheesy Calzones w/Marinara, Baked Potato Tots, Crispy Lettuce and Tomato Salad, Fresh Whole Fruit Choice, Chilled Fruit Choice
- February 23, 2023 - Cheesy Stuffed Crust Pizza or Homemade Lasagna w/ Warm Roll, Fresh Broccoli w/Dip, Seasoned Corn, Fresh Whole Fruit, Chocolate Chip Cookies
- February 24, 2023 - Homemade Chili w/Warm Roll or Wild Mike's Pizza, Mini Carrots w/Dip, Fresh Baked Potato, Fresh Whole Apple, Birthday Cupcake w/Ice-cream – [Birthday Celebration](#)
- February 27, 2023 - Managers Choice or Stuffed Crust Pizza, Crispy Lettuce and Tomato Salad, Saucy Baked Beans, Frozen Fruit Cup, Fresh Fruit Choice

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- **February 28, 2023 – Crispy Chicken Nuggets or Fresh Baked Cheese Stick w/Marinara, Fresh Garden Salad, Baked Waffle Fries, Whole Fresh Fruit, Chilled Fruit Cup**

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