

Butts County School System

**February Edition**

Date: 2/1/2021

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

**\*BCSS SNP Virtual Students are encouraged to pick-up a meal kit on Monday and Wednesdays at JES****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***Birthday Celebration Day will be February 24, 2021***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 5<sup>th</sup> and 8<sup>th</sup>.

Valentine's Day Celebration: February 11, 2021

*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 12-16, 2021 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

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|--|---|
| • February 1, 2021 – Cereal Bars (2)         | February 17, 2021- Coco Puffs Soft Filled Bar |
| • February 2, 2021 - Sausage Biscuit Twins   | February 18, 2021- Pancake Pup                |
| • February 3, 2021 - Muffin Tops             | February 19, 2021 - Smile Donut               |
| • February 4, 2021 - Smile Donuts            | February 22, 2021 - Fresh Chicken Biscuit     |
| • February 5, 2021 - Apple Cinnamon Pancakes | February 23 2021 - French Toast Sticks        |
| • February 8, 2021 - Sausage Biscuit Twins   | February 24, 2021 - Pop tarts (2)             |
| • February 9, 2021 - Smile Donuts            | February 25, 2021 – New Darlington Pastry Bar |
| • February 10, 2021 - Fresh Chicken Biscuit  | February 26, 2021 – Sausage Biscuit Twin      |
| • February 11, 2021 - Apple/Cherry Frudel    |   |

### 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, 2021 – Homemade Spaghetti or Crispy Chicken Nuggets, Seasoned Green Beans, Fresh Garden Salad, Fresh Whole Fruit Choice, Warm Roll
- February 2, 2021 – Spicy Nachos or Cheesy Quesadilla, Spicy Salsa, Lettuce and Tomato Salad, Refried Beans, Cinnamon Apples Fresh Fruit Choice
- February 3, 2021 – Stuffed Crust Pizza or Cheesy Stick w/ Marinara, Fresh Spinach Salad, Seasoned Corn, Whole Fresh Fruit, Icy Sidekicks
- *February 4, 2021 – Chicken and Waffles or Sausage Biscuit, Baked Potato Puffs, Sliced Tomatoes, Cheesy Scrambled Eggs, Whole Fresh Fruit, Warm Blueberry Muffin [Breakfast for Lunch Day](#)*
- February 5, 2021 – Cheesy Calzones or Crispy Steak Patty, Buttered Mash Potatoes, Seasoned Sweet Peas, Southern Biscuit, Whole Fresh Fruit, Chilled Pears
- *February 8, 2021 – 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, 2021 - Homemade Tator Tot Casserole or Chicken Bacon Club, Seasoned Green Beans, Garden Salad, Fresh Whole Fruit, Warm Roll
- February 10, 2021 – Fresh Baked Pan Pizza or Sliced Pork Roast w/Gravy, Warm Roll, Buttered Mashed Potatoes, Veggie Dippers w/ Ranch, Chilled Fruit Cup, Fresh Cut Apples
- February 11, 2021 - Manager's Choice or Beef Nuggets/BBQ Sauce, Baked Sweet Potato Tots, Seasoned Sweet Peas, Warm Roll, Fresh Whole Fruit Choice, Valentines Frozen Treat
- February 17, 2021- 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
- February 18, 2021 - Cheesy Stuffed Crust Pizza or Student's Choice, Fresh Spinach Salad, Buttered Corn, Homemade Pear Crisp, Fresh Fruit Choice
- February 19, 2021- Chicken Filet Sandwich or Meatball Sub, Crispy Lettuce and Tomato Salad, Saucy Baked Beans, Frozen Fruit Cup, Fresh Sliced Apples
- February 22, 2021 - Manager's Choice, or Breaded Country Fried Steak w/Warm Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Chilled Pears, Frozen Mixed Berry Fruit Cup
- February 23, 2021 – Cheeseburger on Bun or Crispy Catfish Strips w/Hushpuppies, Baked Sweet Potato Tots, Homemade Coleslaw, Fresh Whole Fruit Choice
- February 24, 2021 - Cheesy Stuffed Crust Pizza or Homemade Lasagna w/ Cheese Biscuit, Broccoli w/Cheese Sauce, Seasoned Corn, Fresh Whole Fruit, Birthday Cupcake w/Ice-cream
- February 25, 2021 – Homemade Chili w/Crackers or Hotdog on Bun, Mini Carrots w/Dip, Fresh Baked Potato, Fresh Whole Fruit Choice
- February 26, 2021 – Crispy Chicken Nuggets or Grilled Cheese Sandwich, Fresh Garden Salad, Baked Waffle Fries, Whole Fresh Fruit

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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, 2021 – Chicken Biscuit
- February 2, 2021 - Sausage Biscuit
- February 3, 2021 – Cini Mini
- February 4 2021 - Pancake Pup
- February 5, 2021 – Bacon and Cheese Croissant
- February 8, 2021- Spicy Chicken Biscuit
- February 9, 2021- Warm Banana Muffin
- February 10, 2021- Fresh Buttered Sausage Biscuit
- February 11, 2021- Apple/Cherry Frudel
- February 17, 2021 - Chicken Biscuit
- February 18, 2021- Sausage Biscuit
- February 19, 2021- Pancake Pup
- February 22, 2021 - Bacon and Cheese Croissant
- February 23, 2021 – Warm Blueberry Muffin
- February 24, 2021 – Steak Biscuit
- February 25, 2021 - Chicken Filet Biscuit
- February 26, 2021 – 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, 2021 – Homemade Spaghetti or Crispy Chicken Nuggets, Seasoned Green Beans, Fresh Garden Salad, Fresh Whole Fruit Choice, Warm Roll
- February 2, 2021 – Spicy Nachos or Cheesy Quesadilla, Spicy Salsa, Lettuce and Tomato Salad, Refried Beans, Cinnamon Apples Fresh Fruit Choice
- February 3, 2021 – Stuffed Crust Pizza or Cheesy Stick w/ Marinara, Fresh Spinach Salad, Seasoned Corn, Whole Fresh Fruit, Icy Sidekicks
- *February 4, 2021 – Chicken and Waffles or Sausage Biscuit, Baked Potato Puffs, Sliced Tomatoes, Cheesy Scrambled Eggs, Whole Fresh Fruit, Warm Blueberry Muffin [Breakfast for Lunch Day](#)*
- February 5, 2021 – Cheesy Calzones or Crispy Steak Patty, Buttered Mash Potatoes, Seasoned Sweet Peas, Southern Biscuit, Whole Fresh Fruit, Chilled Pears
- *February 8, 2021 – 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, 2021 - Homemade Tator Tot Casserole or Chicken Bacon Club, Seasoned Green Beans, Garden Salad, Fresh Whole Fruit, Warm Roll
- February 10, 2021 – Fresh Baked Pan Pizza or Sliced Pork Roast w/Gravy, Warm Roll, Buttered Mashed Potatoes, Veggie Dippers w/ Ranch, Chilled Fruit Cup, Fresh Cut Apples
- February 11, 2021 - Manager's Choice or Beef Nuggets/BBQ Sauce, Baked Sweet Potato Tots, Seasoned Sweet Peas, Warm Roll, Fresh Whole Fruit Choice, Valentines Frozen Treat
- February 17, 2021- 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
- February 18, 2021 - Cheesy Stuffed Crust Pizza or Student's Choice, Fresh Spinach Salad, Buttered Corn, Homemade Pear Crisp, Fresh Fruit Choice
- February 19, 2021- Chicken Filet Sandwich or Meatball Sub, Crispy Lettuce and Tomato Salad, Saucy Baked Beans, Frozen Fruit Cup, Fresh Sliced Apples
- February 22, 2021 - Manager's Choice, or Breaded Country Fried Steak w/Warm Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Chilled Pears, Frozen Mixed Berry Fruit Cup
- February 23, 2021 – Cheeseburger on Bun or Crispy Catfish Strips w/Hushpuppies, Baked Sweet Potato Tots, Homemade Coleslaw, Fresh Whole Fruit Choice
- February 24, 2021 - Cheesy Stuffed Crust Pizza or Homemade Lasagna w/ Cheese Biscuit, Broccoli w/Cheese Sauce, Seasoned Corn, Fresh Whole Fruit, Birthday Cupcake w/Ice-cream
- February 25, 2021 – Homemade Chili w/Crackers or Hotdog on Bun, Mini Carrots w/Dip, Fresh Baked Potato, Fresh Whole Fruit Choice
- February 26, 2021 – Crispy Chicken Nuggets or Grilled Cheese Sandwich, Fresh Garden Salad, Baked Waffle Fries, Whole Fresh Fruit

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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, 2021 – Chicken Biscuit            | February 18, 2021 - Chicken Biscuit       |
| • February 2, 2021 - Sausage Biscuit            | February 19, 2021 - Sausage Biscuit       |
| • February 3, 2021 - Steak Biscuit              | February 22, 2021 - Steak Biscuit         |
| • February 4, 2021 - Spicy Chicken Biscuit      | February 23, 2021 - Spicy Chicken Biscuit |
| • February 5, 2021 - Bacon and Cheese Croissant | February 24, 2021 - Sausage Biscuit       |
| • February 8, 2021 - Chicken Biscuit            | February 25, 2021 - Chicken Filet Biscuit |
| • February 9, 2021- Sausage Biscuit             | February 26, 2021 – Steak Biscuit         |
| • February 10, 2021- Steak Biscuit              |   |
| • February 11, 2021- Spicy Chicken Biscuit      |   |
| • February 17, 2021 – 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, 2021 - Juicy Cheeseburger on Bun or Buffalo Chicken Pizza, Saucy Baked Beans, Baked Sweet Potato Fries, Chilled Mixed Fruit, Chilled Berry Cup
- February 2, 2021 - Crispy Chicken Nuggets w/ Homemade Honey Mustard or Mama's Meatloaf, Seasoned Sweet Peas, Crisp Spinach Salad, Fluffy Yellow Rice, Warm Roll, Fresh Whole Fruit Choice
- February 3, 2021 - Manager's Choice or Homemade Spaghetti, Fresh Broccoli w/Cheese, Seasoned Corn, Warm Fat Cat Brownie, Chilled Diced Pears, Applesauce Cup
- February 4, 2021 - Stuffed Crust Pizza or BBQ Pork Sandwich, Baked Potato Wedges, Fresh Carrots w/Dip, Chilled Strawberry Cup, Frozen Fruit Treat
- *February 5, 2021 - 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, 2021 - Homemade Tator Tot Casserole or Stuffed Crust Pizza, Seasoned Green Beans, Garden Salad, Fresh Whole Fruit, Warm Roll
- February 9, 2021 – Fresh Baked Pan Pizza or Sliced Pork Roast w/Gravy, Warm Roll, Buttered Mashed Potatoes, Vегgie Dippers w/ Ranch, Whole Fresh Fruit
- February 10, 2021 - Manager's Choice or Beef Nuggets/BBQ Sauce, Baked Potato Tots, Seasoned Green Beans, Warm Roll, Fresh Whole Fruit Choice, Chocolate Chip Chortles
- February 11, 2021- Spicy Beef Nacho's or Wild Mikes Pizza, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Seasoned Black Beans, Warm Spiced Apples, Valentines Frozen Treat
- February 17, 2021 - Cheesy Pan Pizza or BBQ Chicken Filet w/Roll, Fresh Spinach Salad, Buttered Corn, Homemade Pear Crisp, Fresh Fruit Choice
- *February 18, 2021 - 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 19, 2021 - Manager's Choice, or Breaded Country Fried Steak w/Warm Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Chilled Peach Cup, Frozen Fruit Treat
- February 22, 2021 - Cheeseburger on Bun or Cheesy Pan Pizza, Baked Potato Tots, Crispy Lettuce and Tomato Salad, Fresh Whole Fruit Choice
- February 23, 2021 - Cheesy Stuffed Crust Pizza or Homemade Lasagna w/ Warm Roll, Broccoli w/Cheese Sauce, Seasoned Corn, Fresh Whole Fruit, Chocolate Chip Cookies
- February 24, 2021 - Homemade Chili w/Crackers or Wild Mike's Pizza, Mini Carrots w/Dip, Fresh Baked Potato, Fresh Whole Fruit Choice, Birthday Cupcake w/Ice-cream
- February 25, 2021 –Managers Choice or Spicy Buffalo Chicken Pizza, Crispy Lettuce and Tomato Salad, Saucy Baked Beans, Frozen Fruit Cup, Fresh Sliced Apples
- February 26, 2021 – Crispy Chicken Nuggets (2) or Fresh Baked Cheese Stick w/Marinara, Fresh Garden Salad, Baked Waffle Fries, Whole Fresh Fruit

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