

Butts County School System

# January Edition

Date: January 1, 2022

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

## BCSS NUTRITION GAZETTE

### JANUARY FARM TO SCHOOL MONTH

Harvest of the Month: Collard Greens



#### WHAT'S HAPPENING IN SCHOOL NUTRITION

##### Promotional Dates for January

*Birthday Celebration Day will be January 28, 2022*

*Harvest of the Month featured on January 26, 2022*



**Nutrition Nugget:** Collard greens are nutrient dense and low in calories. They're an excellent source of calcium, folate, and vitamins K, C, and A. Furthermore, they're high in fiber and antioxidants.



“Equipped to Serve: Service Minded, Hunger Focused”



Georgia/Local items served this month: Milk, Chicken Tenders, Nuggets, Pork Chops, Frozen Corn, Blueberries, Cucumbers, Cherry Tomatoes, Collard Greens, Sweet Potatoes and Apples.

#### Kickin' Collard Greens

##### Ingredient

- 1 tablespoon olive oil
- 3 slices bacon
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon salt
- 1 teaspoon pepper
- 3 cups chicken broth
- 1 pinch red pepper flakes
- 1-pound fresh collard greens, cut into 2-inch pieces

##### Directions

- **Step 1**  
Heat oil in a large pot over medium-high heat. Add bacon, and cook until crisp. Remove bacon from pan, crumble and return to the pan. Add onion, and cook until tender, about 5 minutes. Add garlic, and cook until just fragrant. Add collard greens, and fry until they start to wilt.
- **Step 2**  
Pour in chicken broth, and season with salt, pepper, and red pepper flakes. Reduce heat to low, cover, and simmer for 45 minutes, or until greens are tender.

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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 MENU

### BREAKFAST

All breakfast WG entrees served with your choice of assorted fresh fruit, 100% fruit juice cup, and flavored milk.

- January 6, 2022 –Chicken Biscuit
- January 7, 2022- Muffin Tops
- January 10, 2022 - Mini Waffles
- January 11 2022- Warm Cinnamon Roll
- January 12, 2022 - Pop tarts (2)
- January 13, 2022 - Managers Choice
- January 14, 2022 - Chicken Filet Biscuit
- January 18, 2022 - Apple/Cherry Frudel
- January 19, 2022 - Sausage Biscuit Twins
- January 20, 2022- Mini Cini
- January 21, 2022- Pancake Pup
- January 24, 2022 - Chicken Biscuit
- January 25, 2022 - Managers Choice
- January 26, 2022 - French Toast Sticks
- January 27, 2022 - Pop tarts (2)
- January 28, 2022- Mini Pancakes
- January 31, 2022 - Warm Honey Bun

### 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

- January 6, 2021 - Manager's Choice Entrée or Chicken Bacon Club, Fresh Carrots w/ Ranch, Warm Roll, Crispy Waffle Fries, Fresh Fruit Choice, Chilled Fruit Cup, Celebration Cookie
- January 7, 2021 - Seasoned Chicken Nuggets or Mama's Homemade Meatloaf, Seasoned Black-eyed Peas, Warm Roll, Fluffy Yellow Rice, Fresh Broccoli w/Dip, Chilled Mixed Fruit Cup, Fresh Fruit Choice
- January 10, 2021 - Warm Cheese Sticks w/Marinara or Cheesy Chicken Philly, Fresh Garden Salad, Seasoned Corn, Fat Cat Brownie, Fresh Fruit Choice, Icy Fruit Treat
- January 11, 2021 - Cheesy Pigs in a Blanket or Homemade Lemon Pepper Chicken w/Warm Biscuit, Seasoned Green Beans, Oven Roasted Potatoes, Fresh Apple Grins, Icy Peach Cup
- January 12, 2021 - Homemade Tator Tot Casserole w/Warm Roll or Wild Mike's Pizza, Fresh Spinach Salad, Glazed Carrots, Fresh Fruit Choice, Chilled Mixed Berry Cup, Warm Chocolate Chip Cookie
- January 13, 2021 - Crispy Chicken and Waffle or Spicy Sausage and Cheese Biscuit, Seasoned Potato Triangles, Fresh Sliced Tomatoes, Chilled Juice Cup, Fresh Fruit Choice, Warm Muffin
- January 14, 2021 - Crispy Corndog or Student's Choice Entrée w/Warm Roll, Saucy Baked Beans, Homemade Potato Salad, Fresh Fruit Choice, Chilled Fruit Cup
- January 18, 2019 –Homemade Chicken Tetrizzini or Beef Nuggets w/BBQ Sauce, Candied Carrots, Steamed Broccoli w/Cheese, Fresh Juicy Pear, Chilled Fruit Cup, Warm Roll
- January 19, 2021 - Spicy Beef Nachos or Cheese Quesadilla, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Cheesy Refried Beans, Fresh Fruit Choice, Spiced Cinnamon Apples, Warm Cookie
- January 20, 2021 – Homemade Brunswick Stew w/Warm Roll or Student's Choice, Homemade Coleslaw, Saucy Baked Beans, Whole Fresh Fruit, Chilled Fruit Cup, Warm Cinnamon Roll
- January 21, 2021 - All-Star Hotdog or Cheeseburger with all the fixings, Seasoned Waffle Fries, Fresh Lettuce/Tomato/Pickle, Fresh Whole Fruit Choice, Chilled Sliced Peaches
- January 24, 2021 – Managers Choice or Crunchy Country Fried Steak w/Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Fresh Fruit Choice, Frozen Fruit Cup
- January 25, 2021 - Saucy BBQ Chicken w/Warm Roll or Baked Fish Sticks w/Hushpuppies, Fresh Veggie Dippers w/Ranch, Seasoned Sweet Potato Fries, Warm Fat Cat Carnival Cookie, Icy Fruit Treat, Fresh Fruit Choice
- January 26, 2021 - Homemade Mac-n-Cheese w/Sausage Links or Crispy Chicken Tenders, Seasoned Black-eyed Peas, Seasoned Collard Greens, Warm Roll, Fresh Whole Fruit – [Harvest of the Month](#)
- January 27, 2021 – Homemade Spaghetti w/Roll or Cheesy Pan Pizza, Buttered Corn, Seasoned Green Beans, Chocolate Birthday Cupcake w/Ice-cream, Fresh Whole Fruit - [Happy Birthday Celebration Day](#)
- January 28, 2021 – Saucy Sloppy Joe on Bun or Fresh Three Cheese Boat, Seasoned Sweet Potato Tots, Fresh Lettuce and Tomato Salad, Fresh Fruit Choice, Chilled Mixed Fruit Cup
- January 31, 2021 - Cheesy Pan Pizza or Managers Choice Entree, Fresh Garden Salad, Seasoned Green Beans, Fresh Whole Fruit, Icy 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

- January 6, 2022 - Sausage Biscuit
- January 7, 2022 - Steak Biscuit
- January 10, 2022 - Cini Minis
- January 11, 2022 - Chicken Filet Biscuit
- January 12, 2022 - Sausage Biscuit
- January 13, 2022 - Pancake Pup
- January 14, 2022 - Apple/Cherry Fruitable
- January 18, 2022 - Bacon Cheese Croissant
- January 19, 2022- Spicy Chicken Filet Biscuit
- January 20, 2022 - Pancake Pup
- January 21, 2022 - Cini Mini
- January 24, 2022 - Steak Biscuit
- January 25, 2022 - Bacon Cheese Croissant
- January 26, 2022 - Cinnamon Hadley Bars
- January 27, 2022 - Spicy Chicken Biscuit
- January 28, 2022 - Sausage Biscuit
- January 31, 2022 - Warm Honey Bun

## 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

- January 6, 2021 - Manager's Choice Entrée or Chicken Bacon Club, Fresh Carrots w/ Ranch, Warm Roll, Crispy Waffle Fries, Fresh Fruit Choice, Chilled Fruit Cup, Celebration Cookie
- January 7, 2021 - Seasoned Chicken Nuggets or Mama's Homemade Meatloaf, Seasoned Black-eyed Peas, Warm Roll, Fluffy Yellow Rice, Fresh Broccoli w/Dip, Chilled Mixed Fruit Cup, Fresh Fruit Choice
- January 10, 2021 - Warm Cheese Sticks w/Marinara or Cheesy Chicken Philly, Fresh Garden Salad, Seasoned Corn, Fat Cat Brownie, Fresh Fruit Choice, Icy Fruit Treat
- January 11, 2021 - Cheesy Pigs in a Blanket or Homemade Lemon Pepper Chicken w/Warm Biscuit, Seasoned Green Beans, Oven Roasted Potatoes, Fresh Apple Grins, Icy Peach Cup
- January 12, 2021 - Homemade Tator Tot Casserole w/Warm Roll or Wild Mike's Pizza, Fresh Spinach Salad, Glazed Carrots, Fresh Fruit Choice, Chilled Mixed Berry Cup, Warm Chocolate Chip Cookie
- January 13, 2021 - Crispy Chicken and Waffle or Spicy Sausage and Cheese Biscuit, Seasoned Potato Triangles, Fresh Sliced Tomatoes, Chilled Juice Cup, Fresh Fruit Choice, Warm Muffin
- January 14, 2021 - Crispy Corndog or Student's Choice Entrée w/Warm Roll, Saucy Baked Beans, Homemade Potato Salad, Fresh Fruit Choice, Chilled Fruit Cup
- January 18, 2019 -Homemade Chicken Tetrizzini or Beef Nuggets w/BBQ Sauce, Candied Carrots, Steamed Broccoli w/Cheese, Fresh Juicy Pear, Chilled Fruit Cup, Warm Roll
- January 19, 2021 - Spicy Beef Nachos or Cheese Quesadilla, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Cheesy Refried Beans, Fresh Fruit Choice, Spiced Cinnamon Apples, Warm Cookie
- January 20, 2021 - Homemade Brunswick Stew w/Warm Roll or Student's Choice, Homemade Coleslaw, Saucy Baked Beans, Whole Fresh Fruit, Chilled Fruit Cup, Warm Cinnamon Roll
- January 21, 2021 - All-Star Hotdog or Cheeseburger with all the fixings, Seasoned Waffle Fries, Fresh Lettuce/Tomato/Pickle, Fresh Whole Fruit Choice, Chilled Sliced Peaches
- January 24, 2021 - Managers Choice or Crunchy Country Fried Steak w/Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Fresh Fruit Choice, Frozen Fruit Cup
- January 25, 2021 - Saucy BBQ Chicken w/Warm Roll or Baked Fish Sticks w/Hushpuppies, Fresh Veggie Dippers w/Ranch, Seasoned Sweet Potato Fries, Warm Fat Cat Carnival Cookie, Icy Fruit Treat, Fresh Fruit Choice
- January 26, 2021 - Homemade Mac-n-Cheese w/Sausage Links or Crispy Chicken Tenders, Seasoned Black-eyed Peas, Seasoned Collard Greens, Warm Roll, Fresh Whole Fruit, Chilled Fruit Cup - [Harvest of the Month](#)
- January 27, 2021 - Homemade Spaghetti w/Roll or Cheesy Pan Pizza, Buttered Corn, Seasoned Green Beans, Chocolate Birthday Cupcake w/Ice-cream, Fresh Whole Fruit, Chilled Fruit Cup - [Happy Birthday Celebration Day](#)
- January 28, 2021 - Saucy Sloppy Joe on Bun or Fresh Three Cheese Boat, Seasoned Sweet Potato Tots, Fresh Lettuce and Tomato Salad, Fresh Fruit Choice, Chilled Mixed Fruit Cup
- January 31, 2021 - Cheesy Pan Pizza or Managers Choice Entree, Fresh Lettuce/Tomato Salad, Seasoned Green Beans, Fresh Whole Fruit, Icy 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

- January 6, 2022 - Sausage Biscuit
- January 7, 2022 - Steak Biscuit
- January 10, 2022 - Biscuit w/Sausage links
- January 11, 2022 – Bacon Cheese Biscuit
- January 12, 2022 - Sausage Biscuit
- January 13, 2022 - Steak Biscuit
- January 14, 2022 - Chicken Filet Biscuit
- January 18, 2022- Bacon Cheese Croissant
- January 19, 2022 - Spicy Chicken Filet Biscuit
- January 20, 2021 - Pancake Pup
- January 21, 2022 - Sausage Biscuit
- January 24, 2022 - Steak Biscuit
- January 25, 2022 - Bacon Cheese Croissant
- January 26, 2022 - Biscuit w/Sausage Links
- January 27, 2022 - Spicy Chicken Biscuit
- January 28, 2022 - Sausage Biscuit
- January 31, 2022 - 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.

- January 6, 2022 - Chicken Bacon Club or Fresh Pan Pizza, Fresh Carrots w/ Ranch, Crispy Waffle Fries, Fresh Whole Fruit, Frozen Fruit Cup, Chocolate Chip Cookie
- January 7, 2022 - Seasoned Chicken Nuggets (2) or Fresh Wild Mike's Pizza, Seasoned Green Beans, Warm Roll, Fluffy Yellow Rice, Fresh Broccoli w/Dip, Chilled Mixed Fruit Cup, Fresh Whole Fruit
- January 10, 2022 - Cheesy Stuffed Pizza or Lasagna w/Roll, Fresh Caesar Salad, Seasoned Corn, Fat Cat Brownie, Fresh Whole Fruit, Chilled Sliced Pears
- January 11, 2022 - Baked Cheesy Calzones w/Marinara or Homemade Lemon Pepper Chicken w/Warm Roll, Seasoned Green Beans, Oven Roasted Potatoes, Fresh Apple, Icy Peach Cup
- January 12, 2022 - Cheesy Stuffed Crust Pizza or Students Choice, Seasoned Potato Wedges, Fresh Celery w/Dip, Chilled Mixed Berry Cup, Warm Chocolate Fudge Cookie, Fresh Whole Fruit
- January 13, 2022 - Spicy Chicken Sandwich (2) or Fresh Wild Mike's Pizza, Fresh Lettuce and Tomato Salad, Saucy Baked Beans, Fresh Whole Fruit, Chilled Fruit Cup
- January 14, 2022 - Crispy Chicken and Waffle (2) or Fresh Pan Pizza, Seasoned Potatoes Triangles, Fresh Sliced Tomatoes, Chilled Juice Cup, Fresh Fruit– Breakfast for Lunch Day
- January 18, 2022 – Cheesy Chicken Philly or Cheesy Stuffed Wild Mikes Pizza (2), Crispy Sweet Potato Fries, Seasoned Green Beans, Fresh Juicy Pear, Sugar Cookie
- January 19, 2022 – Homemade Macaroni and Cheese w/Sausage Link/Biscuit or Warm Cheese Sticks w/Marinara, Seasoned Black-eyed Peas, Seasoned Collard Greens, Fresh Whole Fruit, Chilled Fruit Cup – **Harvest of the Month**
- January 20, 2022 - Fresh Pan Pizza or Homemade Meatball Sub, Fresh Spinach Salad, Crispy Tator Tots, Chilled Mixed Fruit Cup, Whole Fresh Fruit
- January 21, 2022 - 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
- January 24, 2022 - Manager's Choice, or Crunchy Country Fried Steak w/Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Fresh Fruit Choice, Chilled Mixed Berry Fruit Cup
- January 25, 2022 - Crispy Chicken Sandwich (2) or Cheesy Pan Pizza, Fresh Baby Carrots w/Dip, Seasoned Waffle Fries, Warm Fat Cat Carnival Cookie, Chilled Mixed Fruit, Fresh Fruit
- January 26, 2022 – Wild Mikes Pizza or Sloppy Joe on Bun, Fresh Lettuce and Tomato Salad, Saucy Baked Beans, Baked Chips, Fresh Fruit Choice, Crunchy Apple
- January 27, 2022 – Homemade Spaghetti w/Roll or Three Cheese Boats, Buttered Corn, Fresh Caesar Salad, Chocolate Birthday Cupcake w/Ice-cream, Frozen Fruit Cup, Fresh Whole Fruit - [Happy Birthday Celebration Day](#)
- November 28, 2021 - Homemade Tator Tot Casserole or Cheesy Stuffed Crust Pizza, Warm Roll, Seasoned Green Beans, Fresh Garden Salad, Fresh Fruit, Chilled Diced Pears
- January 31, 2021 - Cheesy Pan Pizza or Managers Choice Entree, Fresh Garden Salad, Seasoned Corn, Fresh Whole Fruit, Icy Fruit Cup



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