

Butts County School System

January Edition

Date: January 1, 2023

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 30, 2023**Harvest of the Month featured on January 27, 2023**Martin Luther King Jr. Birthday – January 16, 2023**New Item Featured on January Menu – Dole Fruit Gels*

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.

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 9, 2023 –Confetti Pancakes
- January 10, 2023- Smile Donuts
- January 11, 2023 - Mini Waffles
- January 12,2023- Warm Cinnamon Roll
- January 13, 2023- Pop tarts (2)
- January 17, 2023 - Managers Choice
- January 18, 2023 - Chicken Filet Biscuit
- January 19, 2023 - Apple/Cherry Frudel
- January 20, 2023 - Sausage Biscuit Twins
- January 23, 2023- Mini Cini
- January 24, 2023- Pancake Pup
- January 25, 2023- Chicken Filet Biscuit
- January 26, 2023- Managers Choice
- January 27, 2023 - French Toast Sticks
- January 30, 2023 - Pop tarts (2)
- January 31, 2023- Mini Pancakes

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.](#)

- January 9, 2023 - Manager's Choice Entrée or BBQ Rib Sandwich, Fresh Carrots w/ Ranch, Crispy Waffle Fries, Fresh Fruit Choice, Chilled Fruit Cup, Celebration Cookie
- January 10, 2023 - 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 11, 2023 - Warm Cheese Sticks w/Marinara or Cheesy Chicken Philly, Fresh Garden Salad, Seasoned Corn, Warm Fudge Cookie, Fresh Fruit Choice, Icy Fruit Treat
- January 12, 2023 - 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 13, 2023 - Homemade Tator Tot Casserole w/Warm Roll or Wild Mike's Pizza, Fresh Spinach Salad, Seasoned Lima Beans, Fresh Fruit Choice, Chilled Mixed Berry Cup
- January 17, 2023 - Crispy Chicken and Waffle or Spicy Sausage and Cheese Biscuit, Seasoned Potato Triangles, Fresh Sliced Tomatoes, Chilled Juice Cup, Fresh Fruit Choice, Warm Muffin – [Breakfast for Lunch Day](#)
- January 18, 2023 - Crispy Corndog or Student's Choice Entrée w/Warm Roll, Saucy Baked Beans, Homemade Potato Salad, Fresh Fruit Choice, Chilled Fruit Cup
- January 19, 2023 –Homemade Chicken Tetrizzini or Cheesy Stuffed Crust Pizza, Candied Carrots, Steamed Broccoli w/Cheese, Fresh Juicy Pear, Chilled Fruit Cup, Warm Roll
- January 20, 2023 - Spicy Beef Nachos or Cheese Quesadilla, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Cheesy Refried Beans, Fresh Fruit Choice, Spiced Cinnamon Apples, Mini Chortle Cookies
- January 23, 2023 – 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 24, 2023 - All-Star Hotdog or Cheeseburger with all the fixings, Seasoned Waffle Fries, Fresh Lettuce/Tomato/Pickle, Fresh Whole Fruit Choice, Chilled Sliced Peaches
- January 25, 2023 – Managers Choice or Crunchy Country Fried Steak w/Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Fresh Fruit Choice, [Chilled Strawberry Gel Cup](#)
- January 26, 2023 - 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 27, 2023 - 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 30, 2023 – 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 31, 2023– Saucy Sloppy Joe on Bun or Cheesy Calzones w/Marinara, Seasoned Sweet Potato Tots, Fresh Garden Salad, Fresh Fruit Choice, Chilled Mixed Fruit Cup



Water Available Upon Request

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All meals are served at no charge to all students.

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 9, 2023 – Confetti Pancake
- January 10, 2023 - Steak Biscuit
- January 11, 2023 - Cini Minis
- January 12, 2023 - Chicken Filet Biscuit
- January 13, 2023 - Sausage Biscuit
- January 17, 2023 - Pancake Pup
- January 18, 2023 - Apple/Cherry Fruitable
- January 19, 2023 - Bacon Cheese Croissant
- January 20, 2023- Spicy Chicken Filet Biscuit
- January 23, 2023 - Pancake Pup
- January 24, 2023 - Cini Mini
- January 25, 2023 - Steak Biscuit
- January 26, 2023 - Bacon Cheese Croissant
- January 27, 2023 - Cinnamon Hadley Bars
- January 30, 2023 – Warm French Toast Minis
- January 31, 2023 - Sausage Biscuit

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.](#)

- January 9, 2023 - Manager's Choice Entrée or BBQ Rib Sandwich, Fresh Carrots w/ Ranch, Crispy Curly Fries, Fresh Fruit Choice, Chilled Fruit Cup, Celebration Cookie
- January 10, 2023 - 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 11, 2023 - Warm Cheese Sticks w/Marinara or Cheesy Chicken Philly, Fresh Garden Salad, Seasoned Corn, Warm Fudge Cookie, Fresh Fruit Choice, Icy Fruit Treat
- January 12, 2023 - 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 13, 2023 - Homemade Tator Tot Casserole w/Warm Roll or Wild Mike's Pizza, Fresh Spinach Salad, Seasoned Lima Beans, Fresh Fruit Choice, Chilled Mixed Berry Cup
- January 17, 2023 - Crispy Chicken and Waffle or Spicy Sausage and Cheese Biscuit, Seasoned Potato Triangles, Fresh Sliced Tomatoes, Chilled Juice Cup, Fresh Fruit Choice, Warm Muffin – [Breakfast for Lunch Day](#)
- January 18, 2023 - Crispy Corndog or Student's Choice Entrée w/Warm Roll, Saucy Baked Beans, Homemade Potato Salad, Fresh Fruit Choice, Chilled Fruit Cup
- January 19, 2023 –Homemade Chicken Tetrizzini or Cheesy Stuffed Crust Pizza, Candied Carrots, Steamed Broccoli w/Cheese, Fresh Juicy Pear, Chilled Fruit Cup, Warm Roll
- January 20, 2023 - Spicy Beef Nachos or Cheese Quesadilla, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Cheesy Refried Beans, Fresh Fruit Choice, Spiced Cinnamon Apples, Mini Chortle Cookies
- January 23, 2023 – 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 24, 2023 - All-Star Hotdog or Cheeseburger with all the fixings, Seasoned Waffle Fries, Fresh Lettuce/Tomato/Pickle, Fresh Whole Fruit Choice, Chilled Sliced Peaches
- January 25, 2023 – Managers Choice or Crunchy Country Fried Steak w/Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Fresh Fruit Choice, [Chilled Strawberry Gel Cup](#)
- January 26, 2023 - 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 27, 2023 - 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 30, 2023 – 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 31, 2023– Saucy Sloppy Joe on Bun or Cheesy Calzones w/Marinara, Seasoned Sweet Potato Tots, Fresh Garden Salad, Fresh Fruit Choice, Chilled Mixed Fruit Cup



Water Available Upon Request

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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 9, 2023 – Confetti Pancake
- January 10, 2023 - Steak Biscuit
- January 11, 2023 - Biscuit w/Sausage links
- January 12, 2023 – Bacon Cheese Biscuit
- January 13, 2023 - Sausage Biscuit
- January 17, 2023 - Steak Biscuit
- January 18, 2023 - Chicken Filet Biscuit
- January 19, 2023- Bacon Cheese Croissant
- January 20, 2023 - Spicy Chicken Filet Biscuit
- January 23, 2023 - Pancake Pup
- January 24, 2023 - Sausage Biscuit
- January 25, 2023 - Steak Biscuit
- January 26, 2023 - Bacon Cheese Croissant
- January 27, 2023 - Biscuit w/Sausage Links
- January 30, 2023 - Spicy Chicken Biscuit
- January 31, 2023 - 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.**

- January 9, 2023- Managers Choice Entree or Fresh Pan Pizza, Fresh Carrots w/ Ranch, Crispy Waffle Fries, Fresh Whole Fruit, Frozen Fruit Cup, Chocolate Chip Chortles
- January 10, 2023 - 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 11, 2023 - Cheesy Stuffed Pizza or Lasagna w/Roll, Fresh Caesar Salad, Seasoned Corn, Warm Fudge Cookie, Fresh Whole Fruit, Chilled Sliced Pears
- January 12, 2023- 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 13, 2023 -Cheesy Stuffed Crust Pizza or Homemade Tator Tot Casserole w/Warm Roll, Seasoned Field Peas, Fresh Garden Salad, Chilled Mixed Berry Cup, Fresh Whole Fruit
- January 17, 2023 - Spicy Chicken Sandwich or Fresh Wild Mike's Pizza, Fresh Lettuce and Tomato Salad, Saucy Baked Beans, Fresh Whole Fruit, Chilled Fruit Cup
- January 18, 2023 - Crispy Chicken and Waffle or Fresh Pan Pizza, Seasoned Potatoes Triangles, Fresh Sliced Tomatoes, Chilled Juice Cup, Fresh Fruit, Warm Muffin - [Breakfast for Lunch Day](#)
- January 19, 2023 – Cheesy Chicken Philly or Cheesy Stuffed Wild Mikes Pizza, Crispy Sweet Potato Fries, Seasoned Lima Beans, Fresh Juicy Pear, Chilled Fruit Cup, Warm Sugar Cookie
- January 20, 2023 – 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 23, 2023 - Fresh Pan Pizza or Homemade Meatball Sub, Fresh Spinach Salad, Crispy Tator Tots, Chilled Mixed Fruit Cup, Whole Fresh Fruit
- January 24, 2023 - Spicy Beef Nacho's or Cheesy Stuffed Crust Pizza, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Cheesy Refried Beans, Spiced Cinnamon Apples, Warm Chocolate Chip Cookie, Fresh Fruit Choice
- January 25, 2023 - Manager's Choice, or Crunchy Country Fried Steak w/Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Fresh Fruit Choice, [Chilled Strawberry Gel Cup](#)
- January 26, 2023 - Crispy Chicken Sandwich or Cheesy Pan Pizza, Fresh Lettuce/Tomato Salad, Seasoned Waffle Fries, Chilled Mixed Fruit, Fresh Fruit
- January 27, 2023– Wild Mikes Pizza or Sloppy Joe on Bun, Fresh Carrots w/Dip, Saucy Baked Beans, Baked Chips, Fresh Fruit Choice, Crunchy Apple Grins
- January 30, 2023 – Homemade Spaghetti w/Roll or Cheesy Calzones w/Marinara, Buttered Corn, Fresh Caesar Salad, Chocolate Birthday Cupcake w/Ice-cream, Frozen Fruit Cup, Fresh Whole Fruit - [Happy Birthday Celebration Day](#)
- January 31, 2023 - Cheesy Pan Pizza or Managers Choice Entree, Fresh Garden Salad, Seasoned Corn, Fresh Whole Fruit, Icy Fruit Cup



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