

Butts County School System

January Edition

Date: 1/1/2021

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

***BCSS SNP Virtual Students are encouraged to pick-up a meal kit on Monday and Wednesdays at JES**

BCSS NUTRITION GAZETTE

JANUARY FARM TO SCHOOL MONTH Collard Greens

WHAT'S HAPPENING IN SCHOOL NUTRITION

Promotional Dates for January 18, 2021 – Martin Luther King Birthday

Birthday Celebration Day will be January 28, 2021



Nutrition Nugget (Collard Greens): This food is low in Saturated Fat, and very low in Cholesterol. It is also a good source of Protein, Vitamin E (Alpha Tocopherol), Thiamin, Niacin, Magnesium, Phosphorus and Potassium, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Riboflavin, Vitamin B6, Folate, Calcium, Iron and Manganese.



“Equipped to Serve: Service Minded, Hunger Focused”

Sautéed Collard Greens on January 13, 2021



 Georgia/Local items served this month: Milk, Chicken Tenders, Chicken Nuggets, Frozen Corn, Blueberries, Cucumbers, Cherry Tomatoes, Sweet Potatoes and Kale

Kickin' Collard Greens

Ingredients

- 1 tablespoon olive oil
- 3 slices bacon
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 pinch red pepper flakes
- 2 cloves garlic, minced
- 1 teaspoon salt
- 1 teaspoon pepper
- 3 cups chicken broth

Directions

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.

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. 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

- January 7, 2021 - Sausage Biscuit Twins
- January 8, 2021 - Muffin Tops
- January 11, 2021 - Smile Donuts
- January 12, 2021 - Apple Cinnamon Pancakes
- January 13, 2021 - Sausage Biscuit Twins
- January 14, 2021 - Assorted Cereal Bars (2)
- January 15, 2021 - Fresh Chicken Biscuit
- January 19, 2021 - Apple/Cherry Frudel
- January 20, 2021- Coco Puffs Soft Filled Bar
- January 21, 2021- Pancake Pup
- January 22, 2021 - Smile Donut
- January 25, 2021 - Fresh Chicken Biscuit
- January 26, 2021 - French Toast Sticks
- January 27, 2021 - Pop tarts (2)
- January 28, 2021 - New Darlington Pastry Bar
- January 29, 2021 - Breakfast Pizza Bagel

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 on Request.

- January 7, 2021 - Juicy Hamburger on Bun or Cheesy Pigs in a Blanket, Saucy Baked Beans, Baked Sweet Potato Fries, Chilled Mixed Fruit, Chilled Strawberry Cup
- January 8, 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
- January 11, 2021 - Manager's Choice or Homemade Beef-A-Roni, Fresh Broccoli w/Cheese, Seasoned Corn, Warm Fat Cat Brownie, Chilled Diced Pears (1 cup)
- January 12, 2021 - Crispy Corndog or BBQ Pork Sandwich, Baked Potato Wedges, Saucy Baked Beans, Chilled Strawberry Cup, Frozen Fruit Treat
- *January 13, 2021 – Student's Choice or Homemade Poppy Seed Chicken w/ Rice, Seasoned Collard Greens, Southern Black-eyed Peas, Fresh Baked Sugar Cookie, Fresh Fruit Choice, [Featured Harvest of the Month](#)*
- January 14, 2021 - Homemade Tator Tot Casserole or Chicken Bacon Club, Seasoned Green Beans, Garden Salad, Fresh Whole Fruit, Warm Roll
- January 15, 2021 - Fresh Baked Pan Pizza or Sliced Pork Roast w/Gravy, Warm Roll, Buttered Mashed Potatoes, Veggie Dippers w/ Ranch, Warm Spiced Apples (1 cup)
- January 19, 2021 - Manager's Choice or Beef Nuggets/BBQ Sauce, Baked Sweet Potato Tots, Seasoned Green Beans, Warm Roll, Fresh Whole Fruit Choice, Seasonal Cookie
- January 20, 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
- January 21, 2021 - Cheesy Stuffed Crust Pizza or BBQ Chicken Filet, Fresh Spinach Salad, Buttered Corn, Homemade Pear Crisp, Fresh Fruit Choice
- *January 22, 2021- Crispy Chicken and Waffle or Buttered Sausage Biscuit w/ Scrambled Eggs, Oven Fried Potato Rounds, Sliced Tomatoes, Warm Donut Holes, Fresh Whole Fruit, [Breakfast for Lunch Day](#)*
- January 25, 2021 - Manager's Choice, or Breaded Country Fried Steak w/Warm Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Chilled Peach Cup, Frozen Fruit Treat
- January 26, 2021 - Cheeseburger on Bun or Crispy Catfish Strips w/Hushpuppies, Baked Sweet Potato Tots, Homemade Coleslaw, Fresh Whole Fruit Choice
- January 27, 2021 - Cheesy Stuffed Crust Pizza or Homemade Spaghetti w/ Warm Roll, Broccoli w/Cheese Sauce, Seasoned Corn, Fresh Whole Fruit, Chocolate Chip Cookies, Chilled Strawberry Cups
- January 28, 2021 - Homemade Chili w/Crackers or Hotdog on Bun, Mini Carrots w/Dip, Fresh Baked Potato, Fresh Whole Fruit Choice, Birthday Cupcake w/Ice-cream
- January 29, 2021 - Chicken Filet Sandwich or Meatball Sub, Crispy Lettuce and Tomato Salad, Saucy Baked Beans, Frozen Fruit Cup, Fresh Sliced Apples

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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

- January 7, 2021 - Sausage Biscuit
- January 8, 2021 - Cini Mini
- January 11, 2021 - Pancake Pup
- January 12, 2021 - Bacon and Cheese Croissant
- January 13, 2021 - Spicy Chicken Biscuit
- January 14, 2021 - Warm Banana Muffin
- January 15, 2021 - Fresh Buttered Sausage Biscuit
- January 19, 2021 - Apple/Cherry Frudel
- January 20, 2021 - Chicken Biscuit
- January 21, 2021 - Sausage Biscuit
- January 22, 2021 - Pancake Pup
- January 25, 2021 - Bacon and Cheese Croissant
- January 26, 2021 - Warm Blueberry Muffin
- January 27, 2021 - Steak Biscuit
- January 28, 2021 - Chicken Filet Biscuit
- January 29, 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 on Request.

- January 7, 2021 - Juicy Hamburger on Bun or Cheesy Pigs in a Blanket, Saucy Baked Beans, Baked Sweet Potato Fries, Chilled Mixed Fruit, Chilled Strawberry Cup
- January 8, 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
- January 11, 2021 - Manager's Choice or Homemade Beef-A-Roni, Fresh Broccoli w/Cheese, Seasoned Corn, Warm Fat Cat Brownie, Chilled Diced Pears (1 cup)
- January 12, 2021 - Crispy Corndog or BBQ Pork Sandwich, Baked Potato Wedges, Saucy Baked Beans, Chilled Strawberry Cup, Frozen Fruit Treat
- *January 13, 2021 - Student's Choice or Homemade Poppy Seed Chicken w/ Rice, Seasoned Collard Greens, Southern Black-eyed Peas, Fresh Baked Sugar Cookie, Fresh Fruit Choice, [Featured Harvest of the Month](#)*
- January 14, 2021 - Homemade Tator Tot Casserole or Chicken Bacon Club, Seasoned Green Beans, Garden Salad, Fresh Whole Fruit, Warm Roll
- January 15, 2021 - Fresh Baked Pan Pizza or Sliced Pork Roast w/Gravy, Warm Roll, Buttered Mashed Potatoes, Veggie Dippers w/ Ranch, Warm Spiced Apples, Fresh Fruit Choice
- January 19, 2021 - Manager's Choice or Beef Nuggets/BBQ Sauce, Baked Sweet Potato Tots, Seasoned Green Beans, Warm Roll, Fresh Whole Fruit Choice, Seasonal Cookie
- January 20, 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
- January 21, 2021 - Cheesy Stuffed Crust Pizza or BBQ Chicken Filet, Fresh Spinach Salad, Buttered Corn, Homemade Pear Crisp, Fresh Fruit Choice
- *January 22, 2021 - Crispy Chicken and Waffle or Buttered Sausage Biscuit w/ Scrambled Eggs, Oven Fried Potato Rounds, Sliced Tomatoes, Warm Donut Holes, Fresh Whole Fruit, [Breakfast for Lunch Day](#)*
- January 25, 2021 - Manager's Choice, or Breaded Country Fried Steak w/Warm Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Chilled Peach Cup, Frozen Fruit Treat
- January 26, 2021 - Cheeseburger on Bun or Crispy Catfish Strips w/Hushpuppies, Crispy French Fries, Homemade Coleslaw, Fresh Whole Fruit Choice
- January 27, 2021 - Cheesy Stuffed Crust Pizza or Homemade Spaghetti w/ Warm Roll, Broccoli w/Cheese Sauce, Seasoned Corn, Fresh Whole Fruit, Chocolate Chip Cookies, Chilled Strawberry Cups
- January 28, 2021 - Homemade Chili w/Crackers or Hotdog on Bun, Mini Carrots w/Dip, Fresh Baked Potato, Fresh Whole Fruit Choice, Birthday Cupcake w/Ice-cream
- January 29, 2021 - Chicken Filet Sandwich or Meatball Sub, Crispy Lettuce and Tomato Salad, Saucy Baked Beans, Frozen Fruit Cup, Fresh Sliced Apples

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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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| • January 7, 2021 - Sausage Biscuit | January 22, 2021 - Sausage Biscuit |
| • January 8, 2021 - Steak Biscuit | January 25, 2021 - Steak Biscuit |
| • January 11, 2021 - Spicy Chicken Biscuit | January 26, 2021 - Spicy Chicken Biscuit |
| • January 12, 2021 - Bacon and Cheese Croissant | January 27, 2021 - Sausage Biscuit |
| • January 13, 2021 - Chicken Biscuit | January 28, 2021 - Chicken Filet Biscuit |
| • January 14, 2021- Sausage Biscuit | January 29, 2021 - Steak Biscuit |
| • January 15, 2021- Steak Biscuit | |
| • January 19, 2021- Spicy Chicken Biscuit | |
| • January 20, 2021 - Bacon Cheese Croissant | |
| • January 21, 2021 - Chicken 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.

- January 7, 2021 - Juicy Cheeseburger on Bun or Buffalo Chicken Pizza, Saucy Baked Beans, Baked Sweet Potato Fries, Chilled Mixed Fruit, Chilled Strawberry Cup
- January 8, 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
- January 11, 2021 - Manager's Choice or Homemade Spaghetti, Fresh Broccoli w/Cheese, Seasoned Corn, Warm Fat Cat Brownie, Chilled Diced Pears (1 cup)
- January 12, 2021 - Stuffed Crust Pizza or BBQ Pork Sandwich, Baked Potato Wedges, Fresh Carrots w/Dip, Chilled Strawberry Cup, Frozen Fruit Treat
- *January 13, 2021 - Student's Choice or Homemade Poppy Seed Chicken w/ Rice, Seasoned Collard Greens, Southern Black-eyed Peas, Fresh Sugar Cookie, Fresh Fruit Choice, [Featured Harvest of the Month](#)*
- January 14, 2021 - Homemade Tator Tot Casserole or Wild Mike's Pizza, Seasoned Green Beans, Garden Salad, Fresh Whole Fruit, Warm Roll
- January 15, 2021 – Fresh Baked Pan Pizza or Sliced Pork Roast w/Gravy, Warm Roll, Buttered Mashed Potatoes, Veggie Dippers w/ Ranch, Whole Fresh Fruit
- January 19, 2021 - Manager's Choice or Beef Nuggets/BBQ Sauce, Baked Potato Tots, Seasoned Green Beans, Warm Roll, Fresh Whole Fruit Choice, Seasonal Cookie
- January 20, 2021- Spicy Beef Nacho's or Wild Mikes Pizza, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Seasoned Black Beans, Warm Spiced Apples, Chilled Strawberry Cups
- January 21, 2021 - Cheesy Pan Pizza or BBQ Chicken Filet w/Roll, Fresh Spinach Salad, Buttered Corn, Homemade Pear Crisp, Fresh Fruit Choice
- *January 22, 2021 - Crispy Chicken and Waffle or Stuffed Crust Pizza, Oven Fried Potato Rounds, Sliced Tomatoes, Warm Donut Holes, Fresh Whole Fruit, [Breakfast for Lunch Day](#)*
- January 25, 2021 - Manager's Choice, or Breaded Country Fried Steak w/Warm Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Chilled Peach Cup, Frozen Fruit Treat
- January 26, 2021 - Cheeseburger on Bun or Cheesy Pan Pizza, Baked Potato Tots, Crispy Lettuce and Tomato Salad, Fresh Whole Fruit Choice
- January 27, 2021 - Cheesy Stuffed Crust Pizza or Homemade Lasagna w/ Warm Roll, Broccoli w/Cheese Sauce, Seasoned Corn, Fresh Whole Fruit, Chocolate Chip Cookies
- January 28, 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
- January 29, 2021 -Chicken Filet Sandwich or Cheesy Pan Pizza, Crispy Lettuce and Tomato Salad, Saucy Baked Beans, Frozen Fruit Cup, Fresh Sliced Apples

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