

Butts County School System

# March Edition

Date: 3/1/2021

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

MARCH FARM TO SCHOOL MONTH  
 Georgia Grown Carrots – Featured March 9 and 18, 2021

WHAT'S HAPPENING IN SCHOOL NUTRITION  
**National School Breakfast Week March 8-12**

**NSBW Promotional Activity: Find a Basketball, Football, or Soccer ball in your Breakfast Bag and Win a Prize. Score Big with School Breakfast!!!!**

*Birthday Celebration Day will be March 30, 2021*



**Nutrition Nugget (Carrots): Vitamins and Minerals**

Carrots are a good source of several vitamins and minerals, especially biotin, potassium, and vitamins A (from beta carotene), K1 (phylloquinone), and B6.



“Equipped to Serve: Service Minded, Hunger Focused”

All BCSS Cafes will be closed March 15-17, 2021

St. Patrick's Day: March 17, 2021



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

### Candied Carrots

**Ingredients**

- 1 lb. carrots peeled and sliced into 1/2 inch pieces
- 2 tablespoons butter
- 3 tablespoons brown sugar
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 tablespoon chopped parsley

**Instructions**

1. Place the carrots in a large pan. Add 1 cup of water to the pan. Bring to a simmer and cook the carrots for 8-10 minutes or until Tender
2. Drain the water from the pan and return the pan to the stove over medium heat. Add the brown sugar, butter, salt and pepper.
3. Cook for 2-3 minutes or until butter and sugar have melted and carrots are coated in the glaze. Sprinkle with parsley and serve.

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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| • March 1, 2021 - Cereal Bars (2)                   | <b>March 12, 2021- Pancake Pups</b>    |
| • March 2, 2021 - Sausage Biscuit Twins             | March 18, 2021- Sausage Biscuit Twins  |
| • March 3, 2021 - New Darlington Pastry Bar         | March 19, 2021 - Smile Donut           |
| • March 4, 2021 - Smile Donuts                      | March 22, 2021 - Fresh Chicken Biscuit |
| • March 5, 2021 - Chicken Biscuit                   | March 23 2021 - French Toast Sticks    |
| • <b>March 8, 2021 - Sausage Biscuit Twins</b>      | March 24, 2021 - Pop tarts (2)         |
| • <b>March 9, 2021 - Smile Donuts</b>               | March 25, 2021 - Apple/Cherry Frudel   |
| • <b>March 10, 2021 - Fresh Chicken Biscuit</b>     | March 26, 2021 - Sausage Biscuit Twin  |
| • <b>March 11, 2021 - New Darlington Pastry Bar</b> | March 29, 2021 - Cereal Bars (2)       |
|   | March 30, 2021 - Sausage Biscuit Twins |
|   | March 31, 2021 - Muffin Tops           |

## 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.

- March 1, 2021 - Homemade Spaghetti or Crispy Chicken Nuggets, Seasoned Green Beans, Fresh Garden Salad, Fresh Whole Fruit Choice, Warm Roll
- March 2, 2021 - Spicy Nachos or Cheesy Quesadilla, Spicy Salsa, Lettuce and Tomato Salad, Refried Beans, Cinnamon Apples, Fresh Fruit Choice
- March 3, 2021 - Stuffed Crust Pizza or Cheesy Stick w/ Marinara, Fresh Broccoli and Cheese, Seasoned Corn, Whole Fresh Fruit, Frozen Fruit Cup, Chocolate Chip Chortles
- March 4, 2021 - Manager's Choice or Beef Nuggets/BBQ Sauce, Baked Sweet Potato Tots, Saucy Baked Beans, Warm Roll, Fresh Whole Fruit Choice
- March 5, 2021 - Cheesy Calzones or Manager's Choice, Crispy Potato Wedges, Seasoned Sweet Peas, Southern Biscuit, Whole Fresh Fruit, Chilled Pears
- March 8, 2021 - Student's Choice or Homemade Poppy Seed Chicken w/ Rice, Seasoned Collard Greens, Southern Black-eyed Peas, Fresh Baked Chocolate Chip Cookie, Fresh Fruit Choice
- *March 9, 2021 - Homemade Tator Tot Casserole w/ Roll or Crispy Grilled Chicken Sandwich, Seasoned Green Beans, Homemade Candied Carrots Fresh Whole Fruit, Chilled Applesauce Cup, **Featured Harvest of the Month***
- March 10, 2021 - Fresh Baked Pan Pizza or Sliced Turkey Roast w/Gravy, Warm Roll, Buttered Mashed Potatoes, Veggie Dippers w/ Ranch, Chilled Fruit Cup, Fresh Apple Grins
- *March 11, 2021 - Chicken and Waffles w/Syrup or Cheesy Sausage Biscuit w/Jelly, Baked Potato Puffs, Whole Fresh Fruit, Warm Breakfast Bread, **Breakfast for Lunch Day***
- March 12, 2021 - Spicy Beef Nacho's or Warm Chicken Fajita Wrap, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Seasoned Black Beans, Warm Spiced Apples, Freshly Baked St. Patrick's Cookie
- March 18, 2021 - Cheesy Stuffed Crust Pizza or Student's Choice, Fresh Spinach Salad, Buttered Corn, Homemade Pear Crisp, Fresh Whole Fruit
- March 19, 2021- Chicken Filet Sandwich or Meatloaf w/Warm Roll, Lettuce and Tomato Salad, Oven Roasted Potatoes, Frozen Fruit Cup, Fresh Whole Fruit
- March 22, 2021 - Manager's Choice, or Breaded Country Fried Steak w/ Gravy, Warm Biscuit, Buttered Mashed Potatoes, Seasoned Lima Beans, Chilled Pears, Frozen Mixed Berry Fruit Cup
- March 23, 2021 - Cheeseburger on Bun or Crispy Catfish Strips w/Hushpuppies, Saucy Baked Beans, Homemade Coleslaw, Fresh Whole Fruit Choice, Sidekicks Frozen Fruit Cup
- March 24, 2021 - Cheesy Stuffed Crust Pizza or Homemade Lasagna w/ Cheese Biscuit, Broccoli w/Cheese Sauce, Seasoned Corn, Fresh Whole Fruit, Chilled Fruit Cup
- March 25, 2021 - Homemade Chili w/Crackers or Hotdog on Bun, Mini Carrots w/Dip, Fresh Baked Potato, Fresh Whole Fruit Choice, Fresh Cinnamon Roll
- March 26, 2021 - Crispy Chicken Nuggets or BBQ Pork Sandwich, Fresh Garden Salad, Baked Waffle Fries, Whole Fresh Fruit, Chilled Peaches
- March 29, 2021 - Crispy Tacos or Cheesy Quesadilla, Spicy Salsa, Lettuce and Tomato Salad, Refried Beans, Cinnamon Apples, Fresh Fruit Choice
- *March 30, 2021 - Homemade Brunswick Stew or BBQ Chicken, Warm Cornbread, Crispy French Fries, Homemade coleslaw, Birthday Cupcake w/Ice-cream, Fresh Whole Fruit **Monthly Birthday Celebration***
- March 31, 2021 - Stuffed Crust Pizza or Student Choice, Fresh Spinach Salad, Seasoned Whole Kernel Corn, Whole Fresh Fruit, Frozen Fruit Cup

This Institution is an equal opportunity provider.

All meals are served at no charge to all students. Menus Subject to Change.

## 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

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| • March 1, 2021 – Chicken Filet Biscuit                           | March 18, 2021- Sausage Biscuit              |
| • March 2, 2021 - Sausage Biscuit                                 | March 19, 2021- Pancake Pup                  |
| • March 3, 2021 – Steak Biscuit                                   | March 22, 2021 - Bacon and Cheese Croissant  |
| • March 4 2021 - Pancake Pup                                      | March 23, 2021 - Warm Blueberry Muffin       |
| • March 5, 2021 - Apple/Cherry Frudel                             | March 24, 2021 - Steak Biscuit               |
| • <a href="#">March 8, 2021 - Spicy Chicken Biscuit</a>           | March 25, 2021 – Spicy Chicken Filet Biscuit |
| • <a href="#">March 9, 2021- New Darlington Pastry Bar</a>        | March 26, 2021 - Sausage Biscuit             |
| • <a href="#">March 10, 2021 - Fresh Buttered Sausage Biscuit</a> | March 29, 2021 - Bacon and Cheese Croissant  |
| • <a href="#">March 11, 2021 - Bacon and Cheese Croissant</a>     | March 30, 2021 - Chicken Filet Biscuit       |
| • <a href="#">March 12, 2021 - Chicken Biscuit</a>                | March 31, 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.

- March 1, 2021 - Homemade Spaghetti or Crispy Chicken Nuggets, Seasoned Green Beans, Fresh Garden Salad, Fresh Whole Fruit Choice, Warm Roll
- March 2, 2021 - Spicy Nachos or Cheesy Quesadilla, Spicy Salsa, Lettuce and Tomato Salad, Refried Beans, Cinnamon Apples, Fresh Fruit Choice
- March 3, 2021 - Stuffed Crust Pizza or Cheesy Stick w/ Marinara, Fresh Broccoli and Cheese, Seasoned Corn, Whole Fresh Fruit, Frozen Fruit Cup, Chocolate Chip Chortles
- March 4, 2021 - Manager's Choice or Beef Nuggets/BBQ Sauce, Baked Sweet Potato Tots, Saucy Baked Beans, Warm Roll, Fresh Whole Fruit Choice
- March 5, 2021 - Cheesy Calzones or Manager's Choice, Crispy Potato Wedges, Seasoned Sweet Peas, Southern Biscuit, Whole Fresh Fruit, Chilled Pears
- March 8, 2021 - Student's Choice or Homemade Poppy Seed Chicken w/ Rice, Seasoned Collard Greens, Southern Black-eyed Peas, Fresh Baked Chocolate Chip Cookie, Fresh Fruit Choice
- *March 9, 2021 - Homemade Tator Tot Casserole w/ Roll or Crispy Grilled Chicken Sandwich, Seasoned Green Beans, Homemade Candied Carrots Fresh Whole Fruit, Chilled Applesauce Cup, [Featured Harvest of the Month](#)*
- March 10, 2021 - Fresh Baked Pan Pizza or Sliced Turkey Roast w/Gravy, Warm Roll, Buttered Mashed Potatoes, Veggie Dippers w/ Ranch, Chilled Fruit Cup, Fresh Apple Grins
- *March 11, 2021 - Chicken and Waffles w/Syrup or Cheesy Sausage Biscuit w/Jelly, Baked Potato Puffs, Whole Fresh Fruit, Warm Breakfast Bread, [Breakfast for Lunch Day](#)*
- March 12, 2021 - Spicy Beef Nacho's or Warm Chicken Fajita Wrap, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Seasoned Black Beans, Warm Spiced Apples, Freshly Baked St. Patrick's Cookie
- March 18, 2021 - Cheesy Stuffed Crust Pizza or Student's Choice, Fresh Spinach Salad, Buttered Corn, Homemade Pear Crisp, Fresh Whole Fruit
- March 19, 2021- Chicken Filet Sandwich or Meatloaf w/Warm Roll, Lettuce and Tomato Salad, Oven Roasted Potatoes, Frozen Fruit Cup, Fresh Whole Fruit
- March 22, 2021 - Manager's Choice, or Breaded Country Fried Steak w/ Gravy, Warm Biscuit, Buttered Mashed Potatoes, Seasoned Lima Beans, Chilled Pears, Frozen Mixed Berry Fruit Cup
- March 23, 2021 - Cheeseburger on Bun or Crispy Catfish Strips w/Hushpuppies, Saucy Baked Beans, Homemade Coleslaw, Fresh Whole Fruit Choice, Sidekicks Frozen Fruit Cup
- March 24, 2021 - Cheesy Stuffed Crust Pizza or Homemade Lasagna w/ Cheese Biscuit, Broccoli w/Cheese Sauce, Seasoned Corn, Fresh Whole Fruit, Chilled Fruit Cup
- March 25, 2021 - Homemade Chili w/Crackers or Hotdog on Bun, Mini Carrots w/Dip, Fresh Baked Potato, Fresh Whole Fruit Choice, Fresh Cinnamon Roll
- March 26, 2021 - Crispy Chicken Nuggets or BBQ Pork Sandwich, Fresh Garden Salad, Baked Waffle Fries, Whole Fresh Fruit, Chilled Peaches
- March 29, 2021 - Crispy Tacos or Cheesy Quesadilla, Spicy Salsa, Lettuce and Tomato Salad, Refried Beans, Cinnamon Apples, Fresh Fruit Choice
- *March 30, 2021 - Homemade Brunswick Stew or BBQ Chicken, Warm Cornbread, Crispy French Fries, Homemade coleslaw, Birthday Cupcake w/Ice-cream, Fresh Whole Fruit [Monthly Birthday Celebration](#)*
- March 31, 2021 - Stuffed Crust Pizza or Student Choice, Fresh Spinach Salad, Seasoned Whole Kernel Corn, Whole Fresh Fruit, Frozen Fruit Cup

This Institution is an equal opportunity provider.

## 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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| <ul style="list-style-type: none"> <li>• March 1, 2021 - Chicken Biscuit</li> <li>• March 2, 2021 - Sausage Biscuit</li> <li>• March 3, 2021 - Steak Biscuit</li> <li>• March 4, 2021 - Spicy Chicken Biscuit</li> <li>• March 5, 2021 - Bacon and Cheese Croissant</li> <li>• <a href="#">March 8, 2021 - Chicken Biscuit</a></li> <li>• <a href="#">March 9, 2021 - Sausage Biscuit</a></li> <li>• <a href="#">March 10, 2021- Steak Biscuit</a></li> <li>• <a href="#">March 11, 2021- Spicy Chicken Biscuit</a></li> <li>• <a href="#">March 12, 2021 - Bacon Cheese Croissant</a></li> </ul> | <ul style="list-style-type: none"> <li>March 18, 2021- Chicken Biscuit</li> <li>March 19, 2021 - Sausage Biscuit</li> <li>March 22, 2021 - Steak Biscuit</li> <li>March 23, 2021 - Spicy Chicken Biscuit</li> <li>March 24, 2021 - Sausage Biscuit</li> <li>March 25, 2021 - Chicken Filet Biscuit</li> <li>March 26, 2021 - Steak Biscuit</li> <li>March 29, 2021 - Sausage Biscuit</li> <li>March 30, 2021 - Bacon Cheese Croissant</li> <li>March 31, 2021 - Chicken Filet Biscuit</li> </ul> |
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### 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.

- March 1, 2021 - Juicy Cheeseburger on Bun or Buffalo Chicken Pizza, Saucy Baked Beans, Baked Sweet Potato Fries, Chilled Mixed Fruit, Chilled Berry Cup
- March 2, 2021 - Crispy Chicken Nuggets w/ Homemade Honey Mustard or Cheesy Pepperoni Pizza, Seasoned Green Beans, Crisp Spinach Salad, Fluffy Yellow Rice, Warm Roll, Fresh Whole Fruit Choice
- March 3, 2021 - Manager's Choice or Homemade Spaghetti, Fresh Broccoli w/Cheese, Seasoned Corn, Warm Fat Cat Brownie, Chilled Diced Pears, Applesauce Cup
- March 4, 2021 - Stuffed Crust Pizza or BBQ Pork Sandwich, Baked Potato Wedges, Fresh Veggie Dippers, Chilled Strawberry Cup, Frozen Fruit Treat
- March 5, 2021 - Spicy Beef Nacho's or Wild Mikes Pizza, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Seasoned Black Beans, Warm Spiced Apples, Fresh Whole Fruit
- March 8, 2021 - Homemade Tator Tot Casserole or Stuffed Crust Pizza, Seasoned Green Beans, Crisp Garden Salad, Fresh Whole Fruit, Warm Roll
- March 9, 2021 - Fresh Baked Pan Pizza or Sliced Turkey Roast w/Gravy, Warm Roll, Buttered Mashed Potatoes, Veggie Dippers w/ Ranch, Whole Fresh Fruit
- March 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
- *March 11, 2021- Crispy Chicken and Waffle or Stuffed Crust Pizza, Oven Fried Potato Rounds, Sliced Tomatoes, Warm Breakfast Bread, Fresh Whole Fruit, [Breakfast for Lunch Day](#)*
- March 12, 2021 - Cheesy Pan Pizza or BBQ Chicken Filet on Bun, Fresh Spinach Salad, Buttered Corn, Homemade Pear Crisp, Fresh Fruit Choice
- *March 18, 2021-Student's Choice or Homemade Poppy Seed Chicken w/ Rice, Candied Carrots, Southern Black-eyed Peas, Fresh Sugar Cookie, Fresh Fruit Choice, [Featured Harvest of the Month](#)*
- March 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
- March 22, 2021 - Cheeseburger on Bun or Cheesy Pan Pizza, Baked Potato Tots, Crispy Lettuce and Tomato Salad, Fresh Whole Fruit Choice, Chocolate Chip Cookies
- March 23, 2021 - Cheesy Stuffed Crust Pizza or Homemade Lasagna w/ Warm Roll, Broccoli w/Cheese Sauce, Seasoned Corn, Fresh Whole Fruit
- March 24, 2021 - Homemade Chili w/Crackers or Wild Mike's Pizza, Mini Carrots w/Dip, Fresh Baked Potato, Fresh Whole Fruit, Warm Cinnamon Roll
- March 25, 2021 - Managers Choice or Spicy Buffalo Chicken Pizza, Crispy Lettuce and Tomato Salad, Saucy Baked Beans, Frozen Fruit Cup, Fresh Apple Grins
- March 26, 2021 - Crispy Chicken Nuggets (2) or Fresh Baked Cheese Stick w/Marinara, Fresh Garden Salad, Baked Waffle Fries, Whole Fresh Fruit
- March 29, 2021 - Juicy Cheeseburger on Bun or Buffalo Chicken Pizza, Saucy Baked Beans, Baked Sweet Potato Fries, Chilled Mixed Fruit, Chilled Berry Cup
- *March 30, 2021 - Stuffed Crust Pizza or BBQ Pork Sandwich, Baked Potato Wedges, Fresh Carrots w/Dip, Fresh Whole Fruit, Birthday Cupcake w/Ice-cream, [Monthly Birthday Celebration](#)*
- March 31, 2021 - Manager's Choice or Homemade Spaghetti, Fresh Broccoli w/Cheese, Seasoned Corn, Chilled Diced Pears, Applesauce Cup

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