

Butts County School System

**March Edition**

Date: 3/1/2023

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

**BCSS NUTRITION GAZETTE**

MARCH FARM TO SCHOOL MONTH  
Georgia Grown Carrots – Featured March 3, 2023

**WHAT'S HAPPENING IN SCHOOL NUTRITION**

**National School Breakfast Week March 6-10, 2023**  
**NSBW Promotional Activity: Dig in to School Breakfast**  
*Birthday Celebration Day will be March 28, 2023*

**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 (phyloquinone), and B6.



“Equipped to Serve: Service Minded, Hunger Focused”

All BCSS Cafes will be closed March 17, 2023

St. Patrick's Day: March 17, 2023



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

**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, 2023 - Cereal Bars (2)           | March 16, 2023 – Mini Donut Holes      |
| • March 2, 2023 - Sausage Biscuit           | March 20, 2023 - Fresh Chicken Biscuit |
| • March 3, 2023 - New Darlington Pastry Bar | March 21, 2023 - French Toast Sticks   |
| • March 6, 2023 - Warm Pull Apart Honey Bun | March 22, 2023 - Pop tarts (2)         |
| • March 7, 2023 - Warm Muffin Top           | March 23, 2023 - Apple/Cherry Frudel   |
| • March 8, 2023 - Mini Donut Holes          | March 24, 2023 - Sausage Biscuit       |
| • March 9, 2023 - Mini Pancakes             | March 27, 2023 - Cereal Bars (2)       |
| • March 10, 2023 - Sausage Biscuit          | March 28, 2023 - Warm Honey Bun        |
| • March 13, 2023 – Fresh Chicken Biscuit    | March 29, 2023 - Warm Muffin Tops      |
| • March 14, 2023 – Pancake Pups             | March 30, 2023 - Mini Confetti Pancake |
| • March 15, 2023 – Sausage Biscuit          | March 31, 2023 - Fresh Chicken 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, 2023 - Cheeseburger on Bun or Saucy BBQ Chicken, Baked Sweet Potato Tots, Saucy Baked Beans, Warm Roll, Fresh Whole Fruit Choice, Mixed Fruit Cup
- March 2, 2023 – Manager's Choice or Dr. Seuss Nuggets w/Roll, Seasoned Collard Greens, Southern Black-eyed Peas, Fresh Baked Chocolate Chip Cookie, Fresh Fruit Choice, Chilled Fruit Cup – Dr. Seuss's Birthday
- March 3, 2023 - Homemade Tator Tot Casserole w/ Roll or Crispy Chicken Sandwich, Seasoned Green Beans, Homemade Candied Carrots, Fresh Whole Fruit, Chilled Applesauce Cup, *Featured Harvest of the Month*
- March 6, 2023 - Fresh Baked Pan Pizza or Manager's Choice w/ Warm Roll, Buttered Mashed Potatoes, Seasoned Lima Beans, Chilled Fruit Cup, Fresh Apple Grins
- March 7, 2023 - *Homemade Spaghetti or Crispy Chicken Sandwich, Seasoned Green Beans, Fresh Garden Salad, Fresh Whole Fruit Choice, Warm Roll, Mixed Fruit Cup*
- March 8, 2023- *Spicy Nachos or Cheesy Quesadilla, Spicy Salsa, Lettuce and Tomato Salad, Refried Beans, Cinnamon Apples, Fresh Fruit Choice, Warm Chocolate Fudge Cookie*
- March 9, 2023 - *Stuffed Crust Pizza or Cheesy Stick w/ Marinara, Fresh Spinach Salad, Seasoned Corn, Whole Fresh Fruit, Frozen Sidekicks Treat*
- March 10, 2023 - *Chicken and Waffles w/Syrup or Cheesy Waffle Eggoji Breakfast Sandwich w/Jelly, Baked Potato Triangles, Whole Fresh Fruit, Chilled Sliced Tomatoes, Fresh Orange Juice, Breakfast for Lunch Day*
- March 13, 2023 - *Cheesy Calzones or Country Fried Steak, Seasoned Mashed Potatoes, Seasoned Sweet Peas, Southern Biscuit, Whole Fresh Fruit, Chilled Peas*
- March 14, 2023 - Spicy Mexican Pizza or Warm Chicken Fajita Wrap, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Seasoned Black Beans, Whole Fresh Fruit, Chilled Fruit Cup, Warm Celebration Cookie
- March 15, 2023 - Cheesy Stuffed Crust Pizza or Student's Choice, Fresh Caesar Salad, Buttered Corn, Homemade Pear Crisp, Fresh Whole Apple
- March 16, 2023- Chicken Filet Sandwich or Meatloaf w/Warm Roll, Lettuce and Tomato Salad, Oven Roasted Potatoes, Frozen Fruit Cup, Fresh Whole Fruit
- March 20, 2023 - Manager's Choice or Lemon Pepper Chicken, Warm Biscuit, Candied Sweet Potatoes, Seasoned Lima Beans, Fresh Fruit Choice, Frozen Fruit Cup
- March 21, 2023 - Cheeseburger on Bun or Crispy Fish Sticks w/Hushpuppies, Saucy Baked Beans, Homemade Coleslaw, Fresh Whole Fruit Choice, Sidekicks Frozen Fruit Cup
- March 22, 2023 - Cheesy Stuffed Crust Pizza or Homemade Chicken Alfredo w/Warm Roll, Broccoli w/Cheese Sauce, Seasoned Corn, Fresh Whole Fruit, Chilled Fruit Cup
- March 23, 2023 - Homemade Chili Cheese Fries or Hotdog on Bun, Fresh Mini Carrots w/Dip, Crispy Waffle Fries, Fresh Whole Fruit Choice, Fresh Cinnamon Roll
- March 24, 2023- Crispy Chicken Nuggets w/Warm Roll or Crispy Steak Sliders, Fresh Garden Salad, Baked Potato Puffs, Whole Fresh Fruit, Chilled Peaches
- March 27, 2023 – Spicy Nachos or Cheesy Quesadilla, Spicy Salsa, Lettuce and Tomato Salad, Refried Beans, Cinnamon Apples, Fresh Fruit Choice, Chocolate Chip Chortles
- March 28, 2023 – *Homemade Meatball Sub or Stuffed Crust Pizza, Crispy French Fries, Fresh Carrots w/Dip, Birthday Cookie w/Ice-cream, Fresh Whole Apple, Monthly Birthday Celebration*
- March 29, 2023 – *Homemade Poppy Seed Chicken W/Rice or Student Choice, Warm Roll, Fresh Spinach Salad, Homemade Squash Casserole, Whole Fresh Fruit, Frozen Fruit Cup*
- March 30, 2023– *Homemade Chili w/Warm Roll or Hotdog on Bun, Fresh Broccoli w/Dip, Fresh Baked Potato, Fresh Whole Fruit Choice, Chilled Fruit Cup*
- March 31, 2023 – *Crispy Chicken Nuggets with Warm Roll or Homemade Mac and Cheese W/Little Smokies, Fresh Garden Salad, Seasoned Green Beans, Whole Fresh Fruit, Chilled Fruit Cup*

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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 16, 2021 - Steak Biscuit               |
| • March 2, 2021 - Sausage Biscuit                 | March 20, 2021 - Pancake Pup                 |
| • March 3, 2021 - Steak Biscuit                   | March 21, 2021 - Warm Blueberry Muffin       |
| • March 6 2021 - Pancake Pup                      | March 22, 2021 - Warm Confetti Pancakes      |
| • March 7, 2021 - Apple/Cherry Frudel             | March 23, 2021 - Steak Biscuit               |
| • March 8, 2021 - Spicy Chicken Biscuit           | March 24, 2021 - Spicy Chicken Filet Biscuit |
| • March 9, 2021 - New Darlington Pastry Bar       | March 27, 2021 - Steak Biscuit               |
| • March 10, 2021 - Fresh Buttered Sausage Biscuit | March 28, 2021 - Pancake Pup                 |
| • March 13, 2021 - Bacon and Cheese Croissant     | March 29, 2021 - Chicken Filet Biscuit       |
| • March 14, 2021 - Chicken Filet Biscuit          | March 30, 2021 - Sausage Biscuit             |
| • March 15, 2021 - Sausage Biscuit                | March 31, 2021 - Spicy Chicken Filet 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, 2023 - Cheeseburger on Bun or Saucy BBQ Chicken, Baked Sweet Potato Tots, Saucy Baked Beans, Warm Roll, Fresh Whole Fruit Choice, Mixed Fruit Cup
- March 2, 2023 - Manager's Choice or Dr. Seuss Nuggets w/ Roll, Seasoned Collard Greens, Southern Black-eyed Peas, Fresh Baked Chocolate Chip Cookie, Fresh Fruit Choice, Chilled Fruit Cup – Dr. Seuss's Birthday
- March 3, 2023 - Homemade Tator Tot Casserole w/ Roll or Crispy Chicken Sandwich, Seasoned Green Beans, Homemade Candied Carrots Fresh Whole Fruit, Chilled Applesauce Cup, [Featured Harvest of the Month](#)
- March 6, 2023 - Fresh Baked Pan Pizza or Manager's Choice w/ Warm Roll, Buttered Mashed Potatoes, Seasoned Lima Beans, Chilled Fruit Cup, Fresh Apple Grins
- March 7, 2023 - *Homemade Spaghetti or Crispy Spicy Chicken Sandwich, Seasoned Green Beans, Fresh Garden Salad, Fresh Whole Fruit Choice, Warm Roll, Mixed Fruit Cup*
- March 8, 2023 - *Spicy Nachos or Cheesy Quesadilla, Spicy Salsa, Lettuce and Tomato Salad, Refried Beans, Cinnamon Apples, Fresh Fruit Choice, Warm Chocolate Fudge Cookie*
- March 9, 2023 - *Stuffed Crust Pizza or Cheesy Stick w/ Marinara, Fresh Spinach Salad, Seasoned Corn, Whole Fresh Fruit, Frozen Sidekicks Treat*
- March 10, 2023 - *Chicken and Waffles w/ Syrup or Cheesy Waffle Eggoji Breakfast Sandwich w/ Jelly, Baked Potato Triangles, Whole Fresh Fruit, Chilled Sliced Tomatoes, Fresh Orange Juice, Breakfast for Lunch Day*
- March 13, 2023 - *Cheesy Calzones or Country Fried Steak, Seasoned Mashed Potatoes, Seasoned Sweet Peas, Southern Biscuit, Whole Fresh Fruit, Chilled Pears*
- March 14, 2023 - Spicy Mexican Pizza or Warm Chicken Fajita Wrap, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Seasoned Black Beans, Whole Fresh Fruit, Chilled Fruit Cup, Warm Celebration Cookie
- March 15, 2023 - Cheesy Stuffed Crust Pizza or Student's Choice, Fresh Caesar Salad, Buttered Corn, Homemade Pear Crisp, Fresh Whole Apple
- March 16, 2023 - Chicken Filet Sandwich or Meatloaf w/ Warm Roll, Lettuce and Tomato Salad, Oven Roasted Potatoes, Frozen Fruit Cup, Fresh Whole Fruit
- March 20, 2023 - Manager's Choice, or Lemon Pepper Chicken, Warm Biscuit, Candied Sweet Potatoes, Seasoned Lima Beans, Fresh Fruit Choice, Frozen Fruit Cup
- March 21, 2023 - Cheeseburger on Bun or Crispy Fish Sticks w/ Hushpuppies, Saucy Baked Beans, Homemade Coleslaw, Fresh Whole Fruit Choice, Sidekicks Frozen Fruit Cup
- March 22, 2023 - Cheesy Stuffed Crust Pizza or Homemade Chicken Alfredo w/ Warm Roll, Broccoli w/ Cheese Sauce, Seasoned Corn, Fresh Whole Fruit, Chilled Fruit Cup
- March 23, 2023 - Homemade Chili Cheese Fries or Hotdog on Bun, Fresh Mini Carrots w/ Dip, Crispy Waffle Fries, Fresh Whole Fruit Choice, Fresh Cinnamon Roll
- March 24, 2023 - Crispy Chicken Nuggets w/ Warm Roll or Crispy Steak Sliders, Fresh Garden Salad, Baked Potato Puffs, Whole Fresh Fruit, Chilled Peaches
- March 27, 2023 - Spicy Nachos or Cheesy Quesadilla, Spicy Salsa, Lettuce and Tomato Salad, Refried Beans, Cinnamon Apples, Fresh Fruit Choice, Chocolate Chip Chortles
- March 28, 2023 - *Cheesy Stuffed Crust Pizza or Saucy Meatball Sub, Crispy French Fries, Fresh Carrots w/ Dip, Birthday Cookie w/ Ice-cream, Fresh Whole Apple, Monthly Birthday Celebration*
- March 29, 2023 - Homemade Poppy Seed Chicken w/ Rice or Student Choice, Fresh Spinach Salad, Homemade Squash Casserole, Warm Roll, Whole Fresh Fruit, Frozen Fruit Cup
- March 30, 2023 - Homemade Chili w/ Warm Roll or Hotdog on Bun, Fresh Broccoli w/ Dip, Fresh Baked Potato, Fresh Whole Fruit Choice, Chilled Fruit Cup
- March 31, 2023 - Crispy Chicken Nuggets with Warm Roll or Homemade Mac and Cheese W/ Little Smokies, Fresh Garden Salad, Seasoned Green Beans, Whole Fresh Fruit, Chilled 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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|---|--|
| • March 1, 2023 - Chicken Filet Biscuit                       | March 16, 2023- Chicken Filet Biscuit        |
| • March 2, 2023 - Sausage Biscuit                             | March 20, 2023 - Sausage Biscuit             |
| • March 3, 2023 - Steak Biscuit                               | March 21, 2023 - Steak Biscuit               |
| • March 6, 2023 - Spicy Chicken Filet Biscuit                 | March 22, 2023 - Spicy Chicken Filet Biscuit |
| • <a href="#">March 7, 2023 – Maple Pancake Pups</a>          | March 23, 2023 - Sausage Biscuit             |
| • <a href="#">March 8, 2023 - Chicken Filet Biscuit</a>       | March 24, 2023 - Chicken Filet Biscuit       |
| • <a href="#">March 9, 2023 - Sausage Biscuit</a>             | March 27, 2023 - Steak Biscuit               |
| • <a href="#">March 10, 2023- Steak Biscuit</a>               | March 28, 2023 - Sausage Biscuit             |
| • <a href="#">March 13, 2023- Spicy Chicken Filet Biscuit</a> | March 29, 2023 - Bacon Cheese Croissant      |
| • March 14, 2023- Confetti Pancakes                           | March 30, 2023 – Chicken Filet Biscuit       |
| • March 15, 2023 – Breakfast Pizza                            | March 31, 2023 – Bacon 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.

- March 1, 2023 - Fresh Wild Mikes Pizza or Saucy BBQ Chicken, Baked Sweet Potato Tots, Saucy Baked Beans, Warm Roll, Fresh Whole Fruit Choice, Mixed Fruit Cup
- [March 2, 2023 – Manager's Choice or Crispy Chicken Nuggets w/ Roll, Seasoned Collard Greens, Southern Black-eyed Peas, Fresh Baked Chocolate Chip Cookie, Fresh Fruit Choice, Chilled Fruit Cup – Dr. Seuss's Birthday](#)
- March 3, 2023 - Homemade Tator Tot Casserole w/ Roll or Cheesy Stuffed Crust Pizza, Seasoned Green Beans, Homemade Candied Carrots Fresh Whole Fruit, Chilled Applesauce Cup, [Featured Harvest of the Month](#)
- March 6, 2023 - Fresh Baked Pan Pizza or Manager's Choice w/ Warm Roll, Buttered Mashed Potatoes, Seasoned Lima Beans, Chilled Fruit Cup, Fresh Apple Grins
- [March 7, 2023 - Cheesy Stuffed Crust Pizza or Crispy Spicy Chicken Sandwich, Seasoned Green Beans, Fresh Garden Salad, Fresh Whole Fruit Choice, Warm Roll, Mixed Fruit Cup](#)
- [March 8, 2023- Spicy Nachos or Buffalo Chicken Pizza, Spicy Salsa, Lettuce and Tomato Salad, Refried Beans, Cinnamon Apples, Fresh Fruit Choice, Warm Chocolate Fudge Cookie](#)
- [March 9, 2023 - Stuffed Crust Pizza or Cheesy Stick w/ Marinara, Fresh Spinach Salad, Seasoned Corn, Whole Fresh Fruit, Frozen Sidekicks Treat](#)
- [March 10, 2023 - Chicken and Waffles w/ Syrup or Cheesy Waffle Eggoji Breakfast Sandwich w/ Jelly, Baked Potato Triangles, Whole Fresh Fruit, Chilled Sliced Tomatoes, Fresh Orange Juice, Breakfast for Lunch Day](#)
- [March 13, 2023 - Cheesy Calzones or Country Fried Steak, Seasoned Mashed Potatoes, Seasoned Sweet Peas, Southern Biscuit, Whole Fresh Fruit, Chilled Pears](#)
- March 14, 2023 - Spicy Mexican Pizza or Warm Chicken Fajita Wrap, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Seasoned Black Beans, Whole Fresh Fruit, Chilled Fruit Cup, Warm Celebration Cookie
- March 15, 2023 - Cheesy Stuffed Crust Pizza or Student's Choice, Fresh Caesar Salad, Buttered Corn, Homemade Pear Crisp, Fresh Whole Apple
- March 16, 2023- Spicy Chicken Filet Sandwich or Cheesy Pan Pizza, Lettuce and Tomato Salad, Oven Roasted Potatoes, Frozen Fruit Cup, Fresh Whole Fruit
- March 20, 2023 - Manager's Choice, or Lemon Pepper Chicken, Warm Biscuit, Candied Sweet Potatoes, Seasoned Lima Beans, Chilled Pears, Frozen Fruit Cup
- March 21, 2023 – Cheesy Hamburger Pizza or Oven Grilled Hotdog on Bun, Saucy Baked Beans, Homemade Coleslaw, Fresh Whole Fruit Choice, Sidekicks Frozen Fruit Cup
- March 22, 2023 - Cheesy Stuffed Crust Pizza or Homemade Chicken Alfredo w/ Warm Roll, Broccoli w/ Cheese Sauce, Seasoned Corn, Fresh Choice, Chilled Fruit Cup
- March 23, 2023 - Homemade Chili Cheese Fries or Cheesy Pan Pizza, Fresh Mini Carrots w/ Dip, Crispy Waffle Fries, Fresh Whole Fruit Choice, Fresh Cinnamon Roll
- March 24, 2023- Crispy Chicken Nuggets w/ Warm Roll or Wild Mike's Pizza, Fresh Garden Salad, Baked Potato Puffs, Whole Fresh Fruit, Chilled Peaches
- March 27, 2023 – Spicy Nachos or Cheesy Buffalo Chicken Pizza, Spicy Salsa, Lettuce and Tomato Salad, Refried Beans, Cinnamon Apples, Fresh Fruit Choice, Chocolate Chip Chortles
- [March 28, 2023 – Personal Pan Pizza or Saucy Meatball Sub, Crispy French Fries, Fresh Carrots w/ Dip, Birthday Cookie w/ Ice-cream, Fresh Whole Apple, Monthly Birthday Celebration](#)
- March 29, 2023 – Homemade Poppy Seed Chicken w/ Rice or Student Choice, Fresh Spinach Salad, Homemade Squash Casserole, Warm Roll, Whole Fresh Fruit, Frozen Fruit Cup
- March 30, 2023– Homemade Chili w/ Warm Roll or Cheesy Wild Mike's Pizza, Fresh Broccoli w/ Dip, Fresh Baked Potato, Fresh Whole Fruit Choice, Chilled Fruit Cup
- March 31, 2023 – Crispy Chicken Nuggets with Warm Roll or Homemade Mac and Cheese W/ Little Smokies, Fresh Garden Salad, Seasoned Green Beans, Whole Fresh Fruit, Chilled Fruit Cup

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