

Butts County School System

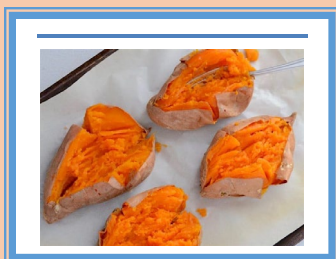
**November Edition**

Date: November 1, 2021

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

**BCSS NUTRITION GAZETTE****NOVEMBER FARM TO SCHOOL MONTH**

Harvest of the Month: Sweet Potatoes

**WHAT'S HAPPENING IN SCHOOL NUTRITION****Promotional Dates for November***Birthday Celebration Day will be November 29, 2021**National Pickle Day: Celebrated November 12, 2021**System Wide Thanksgiving Luncheon November 18, 2021**Find the Turkey Leg and Win a Prize – November 15-19, 2021*

**Nutrition Nugget:** One raw, whole sweet potato (weighing about 100g) has about 86 calories, 1.6g of protein, 0.1g of fat, 20.1g of carbohydrates, 3.0g of fiber, and 4.2g of sugar. Sweet potatoes are a great source of vitamin C, vitamin A, vitamin B6, as well as beta- carotene, iron, potassium, and magnesium.

**“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, Sweet Potatoes and Apples.**

**Sweet Potato Pie****Ingredients**

- 1 (1 pound) sweet potato
- ½ cup butter, softened
- 1 cup white sugar
- ½ cup milk
- 2 eggs
- ½ teaspoon ground nutmeg
- ½ teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 1 (9 inch) unbaked pie crust

**Directions**

- Step 1  
Boil sweet potato whole in skin for 40 to 50 minutes, or until done. Run cold water over the sweet potato, and remove the skin.
- Step 2  
Break apart sweet potato in a bowl. Add butter, and mix well with mixer. Stir in sugar, milk, eggs, nutmeg, cinnamon and vanilla. Beat on medium speed until mixture is smooth. Pour filling into an unbaked pie crust.
- Step 3  
Bake at 350 degrees F (175 degrees C) for 55 to 60 minutes, or until knife inserted in center comes out clean. Pie will puff up like a souffle, and then will sink down as it cools.

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.

- November 1, 2021- Cereal Bars/Cheese Stick
- November 2, 2021 -Sausage Biscuit Twins
- November 3, 2021- Muffin Tops
- November 4, 2021 –Mini Waffles
- November 5, 2021 - Warm Cinnamon Roll
- November 8, 2021 - Sausage Biscuit Twins
- November 9, 2021 - Managers Choice
- November 10, 2021 - Chicken Filet Biscuit
- November 11, 2021 - Apple/Cherry Frudel
- November 12, 2021 - Sausage Biscuit Twins
- November 15, 2021- Mini Cini
- November 16, 2021- Pancake Pup
- November 17, 2021 - Chicken Biscuit
- November 18, 2021 - Managers Choice
- November 19, 2021 - French Toast Sticks
- November 29, 2021 - Pop tarts (2)
- November 30, 2021- 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

- November 1, 2021 - Cheesy Pan Pizza or Crunchy Corndog, Fresh Lettuce/Tomato Salad, Saucy Baked Beans, Fresh Whole Fruit, Icy Fruit Cup
- November 2, 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
- November 3, 2021 - Seasoned Chicken Nuggets or Mama's Homemade Meatloaf, Seasoned Field Peas, Warm Roll, Fluffy Yellow Rice, Fresh Broccoli w/Dip, Chilled Mixed Fruit Cup, Fresh Fruit Choice
- November 4, 2021 - Warm Cheese Sticks w/Marinara or Saucy Meatball Sub, Fresh Garden Salad, Seasoned Corn, Fat Cat Brownie, Fresh Fruit Choice, Icy Fruit Treat
- November 5, 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
- November 8, 2021 - Homemade Tator Tot Casserole w/Warm Roll or Wild Mike's Pizza, Fresh Garden Salad, Glazed Carrots, Fresh Fruit Choice, Chilled Mixed Berry Cup, Warm Chocolate Chip Cookie
- November 9, 2021 - Crispy Chicken and Waffle or Spicy Sausage and Cheese Biscuit, Seasoned Potato Triangles, Fresh Sliced Tomatoes, Chilled Juice Cup, Fresh Fruit Choice
- November 10, 2021 - Crispy Corndog or Student's Choice Entrée w/Warm Roll, Saucy Baked Beans, Crispy Spinach Salad, Fresh Fruit Choice, Chilled Fruit Cup
- November 11, 2019 -Thanksgiving Turkey w/Gravy or Beef Nuggets w/BBQ Sauce, Candied Sweet Potatoes, Homemade Dressing w/Chilled Cranberry Sauce, Seasoned Green Beans, Fresh Juicy Pear, Holiday Cookie, Warm Roll
- November 12, 2021 - Spicy Mexican Pizza or Cheese Quesadilla, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Cheesy Refried Beans, Fresh Fruit Choice, Spiced Cinnamon Apples
- November 15, 2021 - Cheesy Mini Calzones w/Marinara or Student's Choice, Fresh Spinach Salad, Buttered Kernel Corn, Whole Fresh Fruit, Chilled Fruit Cup
- November 16, 2021 - All-Star Hotdog or Cheeseburger with all the fixings, Seasoned Waffle Fries, Fresh Lettuce/Tomato/Pickle, Fresh Whole Fruit Choice, Chilled Sliced Peaches
- November 17, 2021 - Cheesy Pan Pizza or Crunchy Country Fried Steak w/Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Fresh Fruit Choice, Frozen Fruit Cup
- November 18, 2021 - Saucy BBQ Chicken or Baked Catfish Sticks w/Hushpuppies, Chilled Coleslaw, Seasoned Sweet Potato Fries, Warm Fat Cat Carnival Cookie, Icy Fruit Treat, Fresh Fruit Choice - **Harvest of the Month**
- November 19, 2021 - Basket Lunch: Crispy Chicken Sandwich, Fresh Lettuce/Tomato/Pickle Cup, Saucy Baked Beans, Baked Chips, Fresh Fruit Choice, Chilled Fruit Cup
- November 29, 2021 - Manager's Choice or Cheesy Pan Pizza, Buttered Corn, Seasoned Green Beans, Chocolate Birthday Cupcake w/Ice-cream, Frozen Fruit Cup, Fresh Whole Fruit - **Happy Birthday Celebration Day**
- November 30, 2021 - Cheeseburger on Bun or Crispy Chicken Sliders, Seasoned Sweet Potato Tots, Fresh Lettuce/Pickle/Tomato, Fresh Fruit Choice, Chilled Mixed 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

- November 1, 2021 - Spicy Chicken Filet Biscuit
- November 2, 2021 - Sausage Biscuit
- November 3, 2021 - Steak Biscuit
- November 4, 2021- Cini Minis
- November 5, 2021 - Chicken Fillet Biscuit
- November 8, 2021- Sausage Biscuit
- November 9, 2021- Pancake Pup
- November 10, 2021- Apple/Cherry Fruitable
- November 11, 2021- Bacon Cheese Croissant
- November 12, 2021- Spicy Chicken Filet Biscuit
- November 15, 2021- Pancake Pup
- November 16, 2021 – Cini Mini
- November 17, 2021 - Steak Biscuit
- November 18, 2021 - Bacon Cheese Croissant
- November 19, 2021 – Cinnamon Hadley Bars
- November 29, 2021- Spicy Chicken Biscuit
- November 30, 2021 - 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

- November 1, 2021 - Cheesy Pan Pizza or Crunchy Corndog, Fresh Lettuce/Tomato Salad, Saucy Baked Beans, Fresh Whole Fruit, Icy Fruit Cup
- November 2, 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
- November 3, 2021 - Seasoned Chicken Nuggets or Mama's Homemade Meatloaf, Seasoned Field Peas, Warm Roll, Fluffy Yellow Rice, Fresh Broccoli w/Dip, Chilled Mixed Fruit Cup, Fresh Fruit Choice
- November 4, 2021 - Warm Cheese Sticks w/Marinara or Saucy Meatball Sub, Fresh Garden Salad, Seasoned Corn, Fat Cat Brownie, Fresh Fruit Choice, Icy Fruit Treat
- November 5, 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
- November 8, 2021 - Homemade Tator Tot Casserole w/Warm Roll or Wild Mike's Pizza, Fresh Garden Salad, Glazed Carrots, Fresh Fruit Choice, Chilled Mixed Berry Cup, Warm Chocolate Chip Cookie
- November 9, 2021 - Crispy Chicken and Waffle or Spicy Sausage and Cheese Biscuit, Seasoned Potato Triangles, Fresh Sliced Tomatoes, Chilled Juice Cup, Fresh Fruit Choice
- November 10, 2021 - Spicy Mexican Pizza or Cheese Quesadilla, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Cheesy Refried Beans, Fresh Fruit Choice, Spiced Cinnamon Apples
- November 11, 2019 -Thanksgiving Turkey w/Gravy or Beef Nuggets w/BBQ Sauce, Candied Sweet Potatoes, Homemade Dressing w/Chilled Cranberry Sauce, Seasoned Green Beans, Fresh Juicy Pear, Holiday Cookie, Warm Roll
- November 12, 2021 - Crispy Corndog or Student's Choice Entrée w/Warm Roll, Saucy Baked Beans, Crispy Spinach Salad, Fresh Fruit Choice, Chilled Fruit Cup – [National Pickle Day](#)
- November 15, 2021 - Cheesy Mini Calzones w/Marinara or Student's Choice, Fresh Spinach Salad, Buttered Kernel Corn, Whole Fresh Fruit, Chilled Fruit Cup
- November 16, 2021 - All-Star Hotdog or Cheeseburger with all the fixings, Seasoned Waffle Fries, Fresh Lettuce/Tomato/Pickle, Fresh Whole Fruit Choice, Chilled Sliced Peaches
- November 17, 2021 - Cheesy Pan Pizza or Crunchy Country Fried Steak w/Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Fresh Fruit Choice, Frozen Fruit Cup
- November 18, 2021 - Saucy BBQ Chicken or Baked Catfish Sticks w/Hushpuppies, Chilled Coleslaw, Seasoned Sweet Potato Fries, Warm Fat Cat Carnival Cookie, Icy Fruit Treat, Fresh Fruit Choice - [Harvest of the Month](#)
- November 19, 2021 - Basket Lunch: Crispy Chicken Sandwich, Fresh Lettuce/Tomato/Pickle Cup, Saucy Baked Beans, Baked Chips, Fresh Fruit Choice, Chilled Fruit Cup
- November 29, 2021 - Manager's Choice or Cheesy Pan Pizza, Buttered Corn, Seasoned Green Beans, Chocolate Birthday Cupcake w/Ice-cream, Frozen Fruit Cup, Fresh Whole Fruit - [Happy Birthday Celebration Day](#)
- November 30, 2021 - Cheeseburger on Bun or Crispy Chicken Sliders, Seasoned Sweet Potato Tots, Fresh Lettuce/Pickle/Tomato, Fresh Fruit Choice, Chilled Mixed 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

- November 1, 2021- Spicy Chicken Filet Biscuit
- November 2, 2021 - Sausage Biscuit
- November 3, 2021 - Steak Biscuit
- November 4, 2021 - Biscuit w/Sausage links
- November 5, 2021 – Chicken Fillet Biscuit
- November 8, 2021- Sausage Biscuit
- November 9, 2021- Steak Biscuit
- November 10, 2021- Chicken Filet Biscuit
- November 11, 2021- Bacon Cheese Croissant
- November 12, 2021- Spicy Chicken Filet Biscuit
- November 15, 2021- Pancake Pup
- November 16, 2021 - Sausage Biscuit
- November 17, 2021 - Steak Biscuit
- November 18, 2021 - Bacon Cheese Croissant
- November 19, 2021 - Biscuit w/Sausage Links
- November 29, 2021- Spicy Chicken Biscuit
- November 30, 2021 - 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.

- November 1, 2021 - Managers Choice or Cheesy Stuffed Crust Pizza, Fresh Lettuce/Tomato Salad, Seasoned Lima Beans, Fresh Whole Fruit, Icy Fruit Treat
- November 2, 2021 - Chicken Bacon Club or Fresh Pan Pizza, Fresh Carrots w/ Ranch, Crispy Waffle Fries, Fresh Whole Fruit, Frozen Fruit Cup, Chocolate Chip Cookie
- November 3, 2021 - 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
- November 4, 2021 - Cheesy Stuffed Pizza or Manager's Choice, Fresh Caesar Salad, Seasoned Corn, Fat Cat Brownie, Fresh Whole Fruit, Chilled Sliced Pears
- November 5, 2021 - Baked Cheesy Calzones w/Marinara or Homemade Lemon Pepper Chicken w/Warm Roll, Seasoned Field Peas, Oven Roasted Potatoes, Fresh Apple Grins, Icy Peach Cup
- November 8, 2021-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
- November 9, 2021 - Spicy Chicken Sandwich (2) or Fresh Wild Mike's Pizza, Fresh Lettuce and Tomato Salad, Saucy Baked Beans, Fresh Whole Fruit, Chilled Fruit Cup
- November 10, 2021 - Crispy Chicken and Waffle (2) or Fresh Pan Pizza, Seasoned Potatoes Triangles, Fresh Sliced Tomatoes, Chilled Juice Cup, Fresh Fruit– Breakfast for Lunch Day
- November 11, 2021 Thanksgiving Turkey w/Gravy, Chilled Cranberry Sauce or Cheesy Stuffed Wild Mikes Pizza (2), Candied Sweet Potatoes, Homemade Dressing, Seasoned Green Beans, Fresh Juicy Pear, Holiday Cookie, Warm Roll - **Harvest of the Month**
- November 12 2021 - Manager's Choice or Warm Cheese Sticks w/Marinara, Warm Roll, Homemade Squash Casserole, Seasoned Green Beans, Fresh Whole Fruit, Chilled Fruit Cup – **National Pickle Day**
- November 15, 2021 - Fresh Pan Pizza or Homemade Meatball Sub, Fresh Spinach Salad, Crispy Tator Tots, Chilled Mixed Fruit Cup, Whole Fresh Fruit
- November 16, 2021 - 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
- November 17, 2021 - Manager's Choice, or Crunchy Country Fried Steak w/Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Fresh Fruit Choice, Chilled Mixed Berry Fruit Cup
- November 18, 2021 - 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
- November 19, 2021 - Basket Lunch: Warm Cheeseburger on Bun, Fresh Lettuce/Tomato/Pickle Cup, Saucy Baked Beans, Baked Chips, Fresh Fruit Choice, Crunchy Apple Grins
- November 29 2021 - Manager's Choice or Cheesy Pan Pizza, Buttered Corn, Fresh Caesar Salad, Chocolate Birthday Cupcake w/Ice-cream, Frozen Fruit Cup, Fresh Whole Fruit - **Happy Birthday Celebration Day**
- November 30, 2021 - Homemade Tator Tot Casserole or Cheesy Stuffed Crust Pizza, Warm Roll, Seasoned Green Beans, Fresh Garden Salad, Fresh Fruit, Chilled Diced Pears



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