

Butts County School System

**November Edition**

Date: November 1, 2022

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

**BCSS NUTRITION GAZETTE****NOVEMBER FARM TO SCHOOL MONTH – SWEET POTATOES****WHAT'S HAPPENING IN SCHOOL NUTRITION****System Wide Thanksgiving Luncheon: November 10, 2022***Veterans Day Celebration – November 11, 2022**Birthdays Celebration Day will be November 29, 2022*

**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.

**[Thanksgiving Break: November 21-25, 2022](#)****“Equipped to Serve: Service Minded, Hunger Focused”****Harvest of the Month Featured: Crispy Sweet Potato Fries, November 16, 2022****Find the Turkey Promotion – Basket Lunch, November 18, 2022****National Pickle Day – November 14, 2022, Find the Turkey Leg Promotion, November 18, 2022**

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

## BREAKFAST

All breakfast WG entrees served with your choice of assorted fresh fruit, 100% fruit juice cup, and flavored milk.

- November 1, 2022- Chicken Filet Biscuit
- November 2, 2022 –Manager’s Choice
- November 3, 2022- Muffin Tops
- November 4, 2022 -Smile Donuts
- November 7 2022 - Warm Cinnamon Roll
- November 8, 2022 –Cereal Bar w/Cheese Stick
- November 9, 2022 -Warm Strawberry Pop tarts
- November 10, 2022 -Chicken Filet Biscuit
- November 11, 2022- Apple/Cherry Frudel
- November 14, 2022 – Smile Donuts
- November 15, 2022- Mini Cini
- November 16, 2022- Pancake Pup
- November 17, 2022 - Chicken Biscuit
- November 18, 2022 - Smile Donuts
- November 28, 2022 - French Toast Minis
- November 29, 2022 - Warm Fudge Pop tarts (2)
- November 30, 2022 – Smile Donuts

## 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/Snack Crackers offered daily

Salad Schedule: Monday: Grilled Chicken, Tuesday: Chicken Salad, Wednesday: Sliced Turkey, Thursday: Chicken Fajita, Friday: Chef Salad - [All Menu Choices subject to change due to Supply Chain and Staffing.](#)

- November 1, 2022 - 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 2, 2022 - Crispy Chicken and Waffle or Spicy Sausage and Cheese Biscuit, Seasoned Potato Triangles, Fresh Sliced Tomatoes, Chilled Juice Cup, Fresh Fruit Choice
- November 3, 2022 – 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 4, 2022 - 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 7, 2022 - Warm Cheese Sticks w/Marinara or Saucy Meatball Sub, Fresh Spinach Salad, Seasoned Lima Beans, Warm Sugar Cookie, Fresh Fruit Choice, Icy Fruit Treat
- November 8, 2022 - Manager’s Choice or Crunchy Corndog, Fresh Lettuce/Tomato Salad, Buttered Corn, Fresh Whole Fruit, Chilled Fruit Cup
- November 9, 2022 - Wild Mike’s Pizza or Steak Sliders, Fresh Carrots w/ Ranch, Crispy Waffle Fries, Fresh Fruit Choice, Chilled Fruit Cup
- November 10, 2022-Thanksgiving Turkey w/Gravy or Chicken Tenders w/Honey Mustard Sauce, Candied Sweet Potato, Homemade Dressing w/Chilled Cranberry Sauce, Seasoned Green Beans, Fresh Fruit Choice, Frozen Strawberry Cup, Holiday Cookie, Warm Roll
- November 11, 2022 - Crispy Chicken Sandwich or Student’s Choice Entrée w/Warm Roll, Saucy Baked Beans, Crispy Coleslaw, Fresh Fruit Choice, Chilled Fruit Cup – [Veterans Day](#)
- November 14, 2022 - Spicy Beef Nachos or Cheese Quesadilla, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Spicy Black Beans, Fresh Fruit Choice, Spiced Cinnamon Apples, Chocolate Chip Chortles
- November 15, 2022 - Cheesy Mini Calzones w/Marinara or Student’s Choice, Fresh Spinach Salad, Buttered Kernel Corn, Whole Fresh Fruit, Chilled Fruit Cup
- November 16, 2022 - Saucy BBQ Chicken or All-Star Hotdog, Chilled Coleslaw, Seasoned Sweet Potato Fries, Warm Sugar Cookie, Icy Fruit Treat, Fresh Fruit Choice – [Harvest of the Month](#)
- November 17, 2022 - Cheesy Pan Pizza or Crunchy Country Fried Steak w/Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Fresh Fruit Choice, Frozen Fruit Cup
- November 18, 2022– Basket Lunch: Cheeseburger with all the fixings, Seasoned Waffle Fries, Fresh Lettuce/Tomato/Pickle, Fresh Whole Fruit Choice, Chilled Sliced Peaches - [Find the Turkey Leg](#)
- November 28, 2022 - Crispy Chicken Sandwich or BBQ Pork w/ Sliced Bread, Fresh Lettuce/Tomato/Pickle Cup, Saucy Baked Beans, Fresh Fruit Choice, Chilled Fruit Cup
- November 29, 2022- Country Fried Steak w/ Gravy and Fresh Biscuit or Cheesy Pan Pizza, Whipped Potatoes, Seasoned Green Beans, Warm Celebration Cookie w/Ice-cream, Fresh Whole Apple - [Happy Birthday Celebration Day](#)
- November 30, 2022 – Manager’s Choice or Chicken Tenders w/Warm Roll, Buttered Corn, Fresh Lettuce and Tomato Salad, Fresh Fruit Choice, Chilled Mixed Fruit Cup



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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

- November 1, 2022 - Chicken Filet Biscuit
- November 2, 2022 - Sausage Biscuit
- November 3, 2022 - Steak Biscuit
- November 4, 2022- Cini Minis
- November 7, 2022 – French Toast Minis
- November 8, 2022- Warm Apple Frudel
- November 9, 2022- Steak Biscuit
- November 10, 2022- Sausage Biscuit
- November 11, 2022- Confetti Pancakes
- November 14, 2022- Cini Minis
- November 15, 2022- Pancake Pup
- November 16, 2022 - Sausage Biscuit
- November 17, 2022 - Steak Biscuit
- November 18, 2022 - Bacon Cheese Croissant
- November 28, 2022 - Cinnamon Hadley Bars
- November 29, 2022- Spicy Chicken Filet Biscuit
- November 30, 2022 - Warm Apple Frudel

## 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/Snack Crackers offered daily

Salad Schedule: Monday: Grilled Chicken, Tuesday: Chicken Salad, Wednesday: Sliced Turkey, Thursday: Chicken Fajita, Friday: Chef Salad – All Menu Choices subject to change due to Supply Chain and Staffing.

- November 1, 2022 - 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 2, 2022 - Crispy Chicken and Waffle or Spicy Sausage and Cheese Biscuit, Seasoned Potato Triangles, Fresh Sliced Tomatoes, Chilled Juice Cup, Fresh Fruit Choice
- November 3, 2022 – 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 4, 2022 - 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 7, 2022 - Warm Cheese Sticks w/Marinara or Saucy Meatball Sub, Fresh Spinach Salad, Seasoned Lima Beans, Warm Sugar Cookie, Fresh Fruit Choice, Icy Fruit Treat
- November 8, 2022 - Manager's Choice or Crunchy Corndog, Fresh Lettuce/Tomato Salad, Buttered Corn, Fresh Whole Fruit, Chilled Fruit Cup
- November 9, 2022 - Wild Mike's Pizza or Steak Sliders, Fresh Carrots w/ Ranch, Crispy Waffle Fries, Fresh Fruit Choice, Chilled Fruit Cup
- November 10, 2022-Thanksgiving Turkey w/Gravy or Chicken Tenders w/Honey Mustard Sauce, Candied Sweet Potato, Homemade Dressing w/Chilled Cranberry Sauce, Seasoned Green Beans, Fresh Fruit Choice, Frozen Strawberry Cup, Holiday Cookie, Warm Roll
- November 11, 2022 - Crispy Chicken Sandwich or Student's Choice Entrée w/Warm Roll, Saucy Baked Beans, Crispy Coleslaw, Fresh Fruit Choice, Chilled Fruit Cup – [Veterans Day](#)
- November 14, 2022 - Saucy BBQ Chicken or All-Star Hotdog, Chilled Coleslaw, Seasoned Sweet Potato Fries, Warm Sugar Cookie, Icy Fruit Treat, Fresh Fruit Choice, Icy Pickle Pops – [National Pickle Day](#)
- November 15, 2022 - Cheesy Mini Calzones w/Marinara or Student's Choice, Fresh Spinach Salad, Buttered Kernel Corn, Whole Fresh Fruit, Chilled Fruit Cup
- November 16, 2022 - Spicy Beef Nachos or Cheese Quesadilla, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Cheesy Refried Beans, Fresh Fruit Choice, Spiced Cinnamon Apples, Chocolate Chip Chortles
- November 17, 2022 - Cheesy Pan Pizza or Crunchy Country Fried Steak w/Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Fresh Fruit Choice, Frozen Fruit Cup
- November 18, 2022– Basket Lunch: Cheeseburger with all the fixings, Seasoned Waffle Fries, Fresh Lettuce/Tomato/Pickle, Fresh Whole Fruit Choice, Chilled Sliced Peaches - [Find the Turkey Leg](#)
- November 28, 2022 - Crispy Chicken Sandwich or BBQ Pork w/ Sliced Bread, Fresh Lettuce/Tomato/Pickle Cup, Saucy Baked Beans, Fresh Fruit Choice, Chilled Fruit Cup
- November 29, 2021- Country Fried Steak w/ Gravy with Fresh Biscuit or Cheesy Pan Pizza, Whipped Potatoes, Seasoned Green Beans, Warm Celebration Cookie w/Ice-cream, Fresh Whole Apple - [Happy Birthday Celebration Day](#)
- November 30, 2022 – Manager's Choice or Chicken Tenders w/Warm Roll, Buttered Corn, Fresh Lettuce and Tomato Salad, 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, WG Smile Donuts, Pop tarts Choice Daily

- November 1, 2022- Chicken Filet Biscuit
- November 2, 2022 - Sausage Biscuit
- November 3, 2022 - Steak Biscuit
- November 4, 2022 - Biscuit w/Sausage links
- November 7 2022 - Spicy Chicken Filet Biscuit
- November 8, 2022- Sausage Biscuit
- November 9, 2022- Steak Biscuit
- November 10, 2022- Chicken Filet Biscuit
- November 11, 2022- Bacon Cheese Croissant
- November 14, 2022- Spicy Chicken Filet Biscuit
- November 15, 2022- Pancake Pup
- November 16, 2022 - Sausage Biscuit
- November 17, 2022 - Steak Biscuit
- November 18, 2022 - Bacon Cheese Croissant
- November 28, 2022 - French Toast Minis
- November 29, 2022 - Spicy Chicken Filet Biscuit
- November 30, 2022 - Biscuit w/Sausage Links

## 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 Uncrustable Plate offered daily.

All Menu Choices subject to change due to Supply Chain and Staffing.

- November 1, 2022 - 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 2, 2022 - Crispy Chicken and Waffle or Personal Pan Pizza, Seasoned Potato Triangles, Fresh Sliced Tomatoes, Chilled Juice Cup, Fresh Fruit Choice
- November 3, 2022 – Cheesy Pigs in a Blanket or Stuffed Crust Pizza, Seasoned Green Beans, Oven Roasted Potatoes, Fresh Apple Grins, Icy Peach Cup
- November 4, 2022 - 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 7, 2022 - Warm Cheese Sticks w/Marinara or Saucy Meatball Sub, Fresh Spinach Salad, Seasoned Lima Beans, Warm Sugar Cookie, Fresh Fruit Choice, Icy Fruit Treat
- November 8, 2022 - Manager's Choice or Crunchy Corndog, Fresh Lettuce/Tomato Salad, Buttered Corn, Fresh Whole Fruit, Chilled Fruit Cup
- November 9, 2022 - Wild Mike's Pizza or Steak Sliders, Fresh Carrots w/ Ranch, Crispy Waffle Fries, Fresh Fruit Choice, Chilled Fruit Cup
- November 10, 2022-Thanksgiving Turkey w/Gravy or Chicken Tenders w/Honey Mustard Sauce, Candied Sweet Potato, Homemade Dressing w/Chilled Cranberry Sauce, Seasoned Green Beans, Fresh Fruit Choice, Frozen Strawberry Cup, Holiday Cookie, Warm Roll
- November 11, 2022 - Crispy Chicken Sandwich or Student's Choice Entrée w/Warm Roll, Saucy Baked Beans, Crispy Coleslaw, Fresh Fruit Choice, Chilled Fruit Cup – **Veterans Day**
- November 14, 2022 - Spicy Beef Nachos or Wild Mike's Pizza, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Cheesy Refried Beans, Fresh Fruit Choice, Spiced Cinnamon Apples, Chocolate Chip Chortles
- November 15, 2022 - Cheesy Mini Calzones w/Marinara or Student's Choice, Fresh Spinach Salad, Buttered Kernel Corn, Whole Fresh Fruit, Chilled Fruit Cup
- November 16, 2022 – Stuffed Crust Pizza or All-Star Hotdog, Chilled Coleslaw, Seasoned Sweet Potato Fries, Warm Sugar Cookie, Icy Fruit Treat, Fresh Fruit Choice – **Harvest of the Month**
- November 17, 2022 - Cheesy Pan Pizza or Crunchy Country Fried Steak w/Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Fresh Fruit Choice, Frozen Fruit Cup
- November 18, 2022– Basket Lunch: Cheeseburger with all the fixings, Seasoned Waffle Fries, Fresh Lettuce/Tomato/Pickle, Fresh Whole Fruit Choice, Chilled Sliced Peaches – **Find the Turkey Leg**
- November 28, 2022 - Crispy Chicken Sandwich or Wild Mike's Pizza, Fresh Lettuce/Tomato/Pickle Cup, Saucy Baked Beans, Fresh Fruit Choice, Chilled Fruit Cup
- November 29, 2022- Country Fried Steak with Gravy and Fresh Biscuit or Cheesy Pan Pizza, Whipped Potatoes, Seasoned Green Beans, Warm Celebration Cookie w/Ice-cream, Fresh Whole Apple - **Happy Birthday Celebration Day**
- November 30, 2022 – Manager's Choice or Chicken Tenders w/Warm Roll, Buttered Corn, Fresh Lettuce and Tomato Salad, Fresh Fruit Choice, Chilled Mixed Fruit Cup



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