

Butts County School System

November Edition

Date: 11/1/2020

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****NOVEMBER FARM TO SCHOOL MONTH**
Sweet Potatoes**WHAT'S HAPPENING IN SCHOOL NUTRITION****Promotional Dates for November – Thanksgiving Lunch 11/12/2020***Thanksgiving Break: November 23-27, 2020**Birthday Celebration Day will be November 19, 2020*

Nutrition Nugget: Sweet potatoes are a rich source of fiber as well as containing an array of vitamins and minerals including iron, calcium, selenium, and they're a good source of most of our B vitamins and vitamin C. One of the key nutritional benefits of sweet potato is that they're high in an antioxidant known as beta-carotene, which converts to vitamin A once consumed. Add a drizzle of olive oil just before serving to increase your absorption of beneficial beta-carotene.



“Equipped to Serve: Service Minded, Hunger Focused”

Glazed Sweet Potatoes Recipe on November 12, 2020



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

Glazed Sweet Potatoes**Ingredients**

- 2 pounds sweet potatoes or 2 cans (15-3/4 ounces each) sweet potatoes, drained
- 1/4 cup butter, cubed
- 1/4 cup maple syrup
- 1/4 cup packed brown sugar
- 1/4 teaspoon ground cinnamon

Directions

- If using fresh sweet potatoes, place in a large saucepan or Dutch oven; cover with water. Bring to a boil. Reduce heat; cover and cook 25-40 minutes or until tender. Drain; cool slightly and peel. Cut into chunks.
- Preheat oven to 350°. Place sweet potatoes in a 2-qt. baking dish. In a small saucepan, combine butter, syrup, brown sugar and cinnamon; bring to a boil, stirring constantly. Pour over potatoes.
- Bake, uncovered, 30-40 minutes or until heated through.

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

- November 2, 2020 – Breakfast Pizza Bagel
- November 3, 2020 - Sausage Biscuit Twins
- November 4, 2020 - Muffin Tops
- November 5, 2020 - Smile Donuts
- November 6, 2020 - Apple Cinnamon Pancakes
- November 9, 2020 - Sausage Biscuit Twins
- November 10, 2020 - Smile Donuts
- November 11, 2020 - Fresh Chicken Biscuit
- November 12, 2020 - Apple/Cherry Frudel
- November 13, 2020- Coco Puffs Soft Filled Bar
- November 16, 2020- Pancake Pup
- November 17, 2020 - Smile Donut
- November 18, 2020 - Fresh Chicken Biscuit
- November 19, 2020 - French Toast Sticks
- November 20, 2020 - Pop tarts (2)
- November 30, 2020- Mini Pancakes

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.

- November 2, 2020 – Stuffed Crust Pizza or Student's Choice, Crisp Garden Salad, Seasoned Potato Triangles, Fresh Fruit Choice, Chocolate Chortle Cookies
- November 3, 2020 – Juicy Hamburger on Bun or Cheesy Pigs in a Blanket, Lettuce/Tomato/Pickle, Baked Sweet Potato Fries, Chilled Mixed Fruit
- November 4, 2020 - Crispy Chicken Nuggets w/ Homemade Honey Mustard or Mama's Meatloaf, Seasoned Sweet Peas, Fluffy Yellow Rice, Warm Roll, Fresh Fruit Choice
- November 5, 2020 - Manager's Choice or Homemade Beef-A-Roni, Fresh Broccoli w/Cheese, Seasoned Corn, Warm Fat Cat Brownie, Chilled Diced Pears
- November 6, 2020 - Crispy Corndog or BBQ Pork Sandwich, Baked Potato Wedges, Saucy Baked Beans, Chilled Strawberry Cup
- November 9, 2020 – Student's Choice or Homemade Poppy Seed Chicken w/ Rice, Fresh Garden Salad, Southern Black-eyed Peas, Fresh Baked Sugar Cookie, Fresh Fruit Choice
- November 10, 2020 - Homemade Tator Tot Casserole or Chicken Bacon Club, Buttered Corn, Caesar Salad, Fresh Whole Fruit, Warm Roll
- November 11, 2020 – Fresh Baked Pan Pizza or Saucy BBQ Pork Sandwich, Baked Potato Tots, Veggie Dippers w/ Ranch, Chilled Peach Cups
- November 12, 2020 - *Turkey and Dressing or Beef Nuggets/BBQ Sauce, Glazed Sweet Potatoes, Seasoned Green Beans, Warm Roll, Fresh Fruit Choice, Seasonal Cookie, Thanksgiving Lunch*
- November 13, 2020- 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
- November 16, 2020 - Cheesy Stuffed Crust Pizza or BBQ Chicken Fillet, Fresh Spinach Salad, Buttered Corn, Homemade Pear Crisp, Fresh Fruit Choice
- *November 17 2020 - 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*
- November 18, 2020 - Manager's Choice, or Breaded Country Fried Steak w/Warm Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Chilled Peach Cup
- November 19, 2020 – Cheeseburger on Bun or Crispy Catfish Strips w/Hushpuppies, Baked Sweet Potato Tots, Homemade Coleslaw, Fresh Fruit Choice
- November 20, 2020 -*Chicken Filet Sandwich, Crispy Lettuce/Tomato/Pickle, Saucy Baked Beans, Whole Fresh Fruit, Birthday Cupcake, Basket Lunch*
- November 30, 2020 - 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

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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 2, 2020 – Chicken Biscuit
- November 3, 2020 - Sausage Biscuit Twins
- November 4, 2020 – Cini Mini
- November 5, 2020 - Pancake Pup
- November 6, 2020 – Bacon and Cheese Croissant
- November 9, 2020- Chicken Biscuit
- November 10, 2020- Warm Banana Muffin
- November 11, 2020- Fresh Buttered Sausage Biscuit
- November 12, 2020- Apple/Cherry Frudel
- November 13, 2020 - Fresh Spicy Chicken Biscuit
- November 16, 2020- Warm Cinnamon Roll
- November 17, 2020- Pancake Pup
- November 18, 2020 - Bacon and Cheese Croissant
- November 19, 2020 – Warm Blueberry Muffin
- November 20, 2020 - French Toast Sticks
- November 30, 2020 - 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 on Request.

- November 2, 2020 – Stuffed Crust Pizza or Student's Choice, Crisp Garden Salad, Seasoned Potato Triangles, Fresh Fruit Choice, Chocolate Chortle Cookies
- November 3, 2020 – Juicy Hamburger on Bun or Cheesy Pigs in a Blanket, Lettuce/Tomato/Pickle, Baked Sweet Potato Fries, Chilled Mixed Fruit
- November 4, 2020 - Crispy Chicken Nuggets w/ Homemade Honey Mustard or Mama's Meatloaf, Seasoned Sweet Peas, Fluffy Yellow Rice, Warm Roll, Fresh Fruit Choice
- November 5, 2020 - Manager's Choice or Homemade Beef-A-Roni, Fresh Broccoli w/Cheese, Seasoned Corn, Warm Fat Cat Brownie, Chilled Diced Pears
- November 6, 2020 - Crispy Corndog or BBQ Pork Sandwich, Baked Potato Wedges, Saucy Baked Beans, Chilled Strawberry Cup
- November 9, 2020 – Student's Choice or Homemade Poppy Seed Chicken w/ Rice, Fresh Garden Salad, Southern Black-eyed Peas, Fresh Baked Sugar Cookie, Fresh Fruit Choice
- November 10, 2020 - Homemade Tator Tot Casserole or Chicken Bacon Club, Buttered Corn, Caesar Salad, Fresh Whole Fruit, Warm Roll
- November 11, 2020 – Fresh Baked Pan Pizza or Saucy BBQ Pork Sandwich, Baked Potato Tots, Veggie Dippers w/ Ranch, Chilled Peach Cups
- November 12, 2020 - *Turkey and Dressing or Beef Nuggets/BBQ Sauce, Glazed Sweet Potatoes, Seasoned Green Beans, Warm Roll, Fresh Fruit Choice, Seasonal Cookie, Thanksgiving Lunch*
- November 13, 2020- 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
- November 16, 2020 - Cheesy Stuffed Crust Pizza or BBQ Chicken Fillet, Fresh Spinach Salad, Buttered Corn, Homemade Pear Crisp, Fresh Fruit Choice
- November 17 2020 - *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*
- November 18, 2020 - Manager's Choice, or Breaded Country Fried Steak w/Warm Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Chilled Peach Cup
- November 19, 2020 – Cheeseburger on Bun or Crispy Catfish Strips w/Hushpuppies, Baked Sweet Potato Tots, Homemade Coleslaw, Fresh Fruit Choice
- November 20, 2020 -*Chicken Filet Sandwich, Crispy Lettuce/Tomato/Pickle, Saucy Baked Beans, Whole Fresh Fruit, Birthday Cupcake, Basket Lunch*
- November 30, 2020 - 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

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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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| • November 2, 2020 - Chicken Filet Biscuit | November 16, 2020- Pancake Pup |
| • November 3, 2020 - Bacon Cheese Croissant | November 17, 2020- Spicy Chicken Filet Biscuit |
| • November 4, 2020 - Steak Biscuit | November 18, 2020 - Sausage Biscuit |
| • November 5, 2020 - Dutch Waffles w/Syrup | November 19, 2020 - Steak Biscuit |
| • November 6, 2020 -Breakfast Pizza | November 20, 2020 - French Toast Sticks |
| • November 9, 2020 - Sausage Biscuit | November 30, 2020 - Bacon Cheese Croissant |
| • November 10, 2020 - Steak Biscuit | |
| • November 11, 2020 - Chicken Filet Biscuit | |
| • November 12, 2020 - French Toast Sticks w/Syrup | |
| • November 13, 2020 – Sausage 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.

- November 2, 2020 – Stuffed Crust Pizza or Spicy Chicken Sandwich, Crisp Garden Salad, Seasoned Potato Triangles, Fresh Fruit Choice, Chilled Peach Cups, Chocolate Chortle Cookies
- November 3, 2020 – Juicy Cheeseburger on Bun or Wild Mikes Pizza, Lettuce/Tomato Salad, Baked Sweet Potato Fries, Chilled Strawberry Cup
- November 4, 2020 - Crispy Chicken Nuggets w/ Homemade Honey Mustard (2), Seasoned Green Beans, Fluffy Yellow Rice, Crisp Garden Salad, Warm Roll, Fresh Fruit Choice
- November 5, 2020 - Manager's Choice or Cheesy Pan Pizza, Fresh Broccoli w/Cheese, Seasoned Corn, Warm Fat Cat Brownie, Chilled Diced Pears
- November 6, 2020 - Crispy Corndog or Buffalo Chicken Pizza, Baked Potato Wedges, Saucy Baked Beans, Chilled Strawberry Cup
- November 9, 2020 – Student's Choice or Homemade Poppy Seed Chicken w/ Rice, Fresh Garden Salad, Glazed Carrots, Fresh Baked Sugar Cookie, Fresh Fruit Choice
- November 10, 2020 - Homemade Tator Tot Casserole or Buffalo Chicken Pizza, Buttered Corn, Caesar Salad, Fresh Whole Fruit, Warm Roll
- November 11, 2020 – Fresh Baked Pan Pizza or Homemade Sloppy Joe on Bun, Baked Potato Tots, Veggie Dippers w/ Ranch, Chilled Mixed Fruit
- November 12, 2020 - *Turkey and Dressing or Beef Nuggets/BBQ Sauce, Glazed Sweet Potatoes, Seasoned Green Beans, Warm Roll, Fresh Fruit Choice, Chilled Strawberry Cups, Seasonal Cookie, [Thanksgiving Lunch](#)*
- November 13, 2020- Spicy Beef Nacho's or Buffalo Chicken Pizza, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Cheesy Black Beans, Warm Spiced Apples, Chilled Peach Cups
- November 16, 2020 - Cheesy Stuffed Crust Pizza or BBQ Chicken Fillet w/Warm Roll, Fresh Spinach Salad, Buttered Corn, Homemade Pear Crisp, Fresh Fruit Choice
- *November 17 2020 - Crispy Chicken and Waffle (2), Oven Roasted Potato Tots, Fresh Sliced Tomatoes, Warm Donut Holes, Fresh Whole Fruit, Chilled Orange Juice, [Breakfast for Lunch Day](#)*
- November 18, 2020 - Manager's Choice, or Breaded Country Fried Steak w/Warm Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Chilled Peach Cup
- November 19, 2020 – Cheeseburger on Bun or Cheesy Wild Mikes Pizza, Baked Waffle Fries, Homemade Coleslaw, Fresh Fruit Choice, Chilled Diced Pears
- November 20, 2020 -*Chicken Filet Sandwich, Crispy Lettuce/Tomato/Pickle, Saucy Baked Beans, Whole Fresh Fruit, Birthday Cupcake, [Basket Lunch](#)*
- November 30, 2020 - Cheesy Stuffed Crust Pizza or Homemade Spaghetti w/Warm Roll, Broccoli w/Cheese Sauce, Seasoned Corn, Fresh Whole Fruit, Chilled Strawberry Cups, Chocolate Chip Cookies

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