

Butts County School System

October Edition

Date: October 1, 2022

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

BCSS NUTRITION GAZETTE**OCTOBER FARM TO SCHOOL MONTH - SQUASH****WHAT'S HAPPENING IN SCHOOL NUTRITION****Red Ribbon Week: October 23-31, 2022***National School Lunch Week: October 17-21, 2022**Birthday Celebration Day will be October 26, 2022*

Nutrition Nugget: The vegetable is high in vitamins A, B6, and C, folate, magnesium, fiber, riboflavin, phosphorus, and potassium.

[Fall Break: October 10-14, 2022](#)**“Equipped to Serve: Service Minded, Hunger Focused”****Homemade Squash Casserole, October, 24 (HMS, SES, DES, JES) and 31, 2022 (JHS)****🍎 Fall Festival Celebration and Find the Eyeball Promotion, October 28, 2022**

☀️ Georgia/Local items served this month: Milk, Chicken Tenders, Nuggets, Pork Chops, Frozen Corn, Blueberries, Cucumbers, Cherry Tomatoes, Apples and Watermelon

Ingredients

- 4 cups sliced yellow squash
- ½ cup chopped onion
- 35 buttery round crackers, crushed
- 1 cup shredded Cheddar cheese
- 2 eggs, beaten
- ¾ cup milk
- ¼ cup butter, melted
- 1 teaspoon salt

Instructions

1. Preheat oven to 400 degrees F (200 degrees C).
2. Place squash and onion in a large skillet over medium heat. Pour in a small amount of water. Cover, and cook until squash is tender, about 5 minutes. Drain well, and place in a large bowl.
3. In a medium bowl, mix together cracker crumbs and cheese. Stir half of the cracker mixture into the cooked squash and onions. In a small bowl, mix together eggs and milk, then add to squash mixture. Stir in ¼ cup melted butter, and season with salt and pepper. Spread into a 9x13 inch baking dish. Sprinkle with remaining cracker mixture, and dot with 2 tablespoons butter.
4. Bake in preheated oven for 25 minutes, or until lightly browned.

Homemade Squash Casserole

- * 2 Tablespoons butter
- * ground black pepper to taste

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.

- October 3, 2022- Chicken Filet Biscuit
- October 4, 2022 –Manager's Choice
- October 5, 2022- Muffin Tops
- October 6, 2022 -Smile Donuts
- October 7, 2022 - Warm Cinnamon Roll
- October 17, 2022 –Cereal Bar w/Cheese Stick
- October 18, 2022 -Warm Strawberry Pop tarts
- October 19, 2022 -Chicken Filet Biscuit
- October 20, 2022- Apple/Cherry Frudel
- October 21, 2022 – Smile Donuts
- October 24, 2022- Mini Cini
- October 25, 2022- Pancake Pup
- October 26, 2022 - Chicken Biscuit
- October 27, 2022 - Smile Donuts
- October 28, 2022 - French Toast Minis
- October 31, 2022 - Warm Fudge Pop tarts (2)

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.](#)

- October 3, 2022 - Crispy Chicken Tenders w/Honey Mustard or Managers Choice, Carrots w/Ranch, Warm Roll, Fluffy Yellow Rice, Fresh Broccoli w/Cheese, Chilled Mixed Fruit Cup, Fresh Fruit
- October 4, 2022 - Cheese Bites w/Marinara or Cheesy Parmesan Chicken over Buttered Noodles, Buttered Corn, Fresh Garden Salad, Fresh Fruit, Chilled Fruit Cup, Chocolate Chip Chortles
- October 5, 2022 - Lemon Pepper Chicken w/ Warm Roll or Stuffed Crust Pizza, Seasoned Green Beans, Oven Roasted Potatoes, Fresh Fruit Choice, Icy Peach Cup
- October 6, 2022 - Manager's Choice or Crunchy Corn dog, Fresh Lettuce/Tomato Salad, Saucy Baked Beans, Fresh Whole Fruit, Chilled Fruit Cup
- October 7, 2022 –Basket Lunch: Cheeseburger on Bun, Lettuce/Tomato/Pickle, Waffle Fries, Fresh Fruit Choice, Chilled Fruit Cup, Warm Fudge Cookie
- October 17, 2022 - Groovy Meatloaf or Crispy Chicken Nuggets w/Honey Mustard and Warm Roll, Fresh Popeye Salad, Whipped Potatoes, Fresh Whole Fruit, Chilled Fruit Cup – Signing of NSLW Proclamation
- October 18, 2022- Old Time Square Pizza or Grilled Cheese Toaster, Seasoned Sweet Potato French Fries, Perfect Green Beans, Blast from the Past Pineapple Crisp, Fresh Granny Smith Apple – Throw Back Tuesday
- October 19 2022 - Blast from the Past Fish/Cheese Sandwich w/Tartar Sauce or Saucy BBQ Chicken w/Biscuit, Saucy Baked Beans, Fresh Purple and White Coleslaw, Fresh Fruit Choice, Chilled Pear Salad – Flower Child Day, wear your flowered shirts
- October 20, 2022 - Dig It Beef-a Roni or Mangers Choice, Warm Roll, Perfection Garden Salad, Seasoned Lima Beans, Fresh Cut Fruit Cup, Sour Raisin Treat, Scooby Doo Cookies – Represent your favorite cartoon character from the 60's and 70's
- October 21, 2022 - 1970's Chicken Taco or Cheese Quesadilla, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Throw Back Spanish Beans, Warm Vanilla Cookie, Sweet Strawberry Jell-O w/Fruit Cocktail, Fresh Whole Fruit – Wear your tie die and head bands
- October 24, 2022 - Cheesy Pan Pizza or Homemade Meatball Sub, Fresh Popeye Salad, Homemade Squash Casserole, Chilled Applesauce, Fresh Whole Fruit – [Harvest of the Month](#)
- October 25, 2022 - Crispy Chicken and Waffle or Spicy Sausage and Cheese Biscuit, Seasoned Potatoes Triangles, Fresh Sliced Tomatoes, Chilled Juice Cup, Fresh Fruit, “Hugs Not Drugs” Cookies – [Breakfast for Lunch](#)
- October 26, 2022 – Cheesy Calzones w/Marinara or New Spicy Buffalo Chicken Wrap, Fresh Lettuce and Tomato, Seasoned French Fries, Chilled Mixed Fruit, Fresh Fruit Choice, Birthday Celebration Cookie w/Ice-cream Cup - [Happy Birthday Celebration Day](#)
- October 27, 2022 - Homemade Mac-n-Cheese w/Sausage Links or Crispy Chicken Sandwich, Seasoned Black-eyed Peas, Seasoned Collard Greens, Warm Biscuit, Fresh Whole Fruit, Chilled Fruit Cup
- October 28, 2022 - Bat Wing Nuggets w/Roll or Magic Carpet Pizza, Broom Sticks w/ Dip (Carrot/Celery with Ranch), Mummy Fries, Hanging Fresh Green Apple, Spooky Halloween Treat - [Fall Festival Day/Find the Eyeball](#) 🕸
- October 31, 2022 - Manager's Choice, or Crunchy Country Fried Steak w/Biscuit, Cheesy Scalloped Potatoes, Seasoned Sweet Peas, Fresh Fruit Choice, Chilled Fruit Cup



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All meals are served at no charge to all students.

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

- October 3, 2022 - Chicken Filet Biscuit
- October 4, 2022 - Sausage Biscuit
- October 5, 2022 - Steak Biscuit
- October 6, 2022- Cini Minis
- October 7, 2022 – French Toast Minis
- October 17, 2022- Warm Apple Frudel
- October 18, 2022- Steak Biscuit
- October 19, 2022- Sausage Biscuit
- October 20, 2022- Confetti Pancakes
- October 21, 2022- Cini Minis
- October 24, 2022- Pancake Pup
- October 25, 2022 - Sausage Biscuit
- October 26, 2022 - Steak Biscuit
- October 27, 2022 - Bacon Cheese Croissant
- October 28, 2022 - Cinnamon Hadley Bars
- October 31, 2022- Spicy Chicken Filet 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/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.

- October 3, 2022 - Crispy Chicken Tenders w/Honey Mustard or Managers Choice, Carrots w/Ranch, Warm Roll, Fluffy Yellow Rice, Fresh Broccoli w/Cheese, Chilled Mixed Fruit Cup, Fresh Fruit
- October 4, 2022 - Cheese Bites w/Marinara or Cheesy Parmesan Chicken over Buttered Noodles, Buttered Corn, Fresh Garden Salad, Fresh Fruit, Chilled Fruit Cup, Chocolate Chip Chortles
- October 5, 2022 - Lemon Pepper Chicken w/ Warm Roll or Stuffed Crust Pizza, Seasoned Green Beans, Oven Roasted Potatoes, Fresh Fruit Choice, Icy Peach Cup
- October 6, 2022 - Manager's Choice or Crunchy Corn dog, Fresh Lettuce/Tomato Salad, Saucy Baked Beans, Fresh Whole Fruit, Chilled Fruit Cup
- October 7, 2022 –Basket Lunch: Cheeseburger on Bun, Lettuce/Tomato/Pickle, Waffle Fries, Fresh Fruit Choice, Chilled Fruit Cup, Warm Fudge Cookie
- October 17, 2022 - Groovy Meatloaf or Crispy Chicken Nuggets w/Honey Mustard and Warm Roll, Fresh Popeye Salad, Whipped Potatoes, Fresh Whole Fruit, Chilled Fruit Cup – Signing of NSLW Proclamation
- October 18, 2022- Old Time Square Pizza or Grilled Cheese Toaster, Seasoned Sweet Potato French Fries, Perfect Green Beans, Blast from the Past Pineapple Crisp, Fresh Granny Smith Apple – Throw Back Tuesday
- October 19 2022 - Blast from the Past Fish/Cheese Sandwich w/Tartar Sauce or BBQ Chicken w/Biscuit, Saucy Baked Beans, Fresh Purple and White Coleslaw, Fresh Fruit Choice, Chilled Pear Salad – Flower Child Day, wear your flowered shirts
- October 20, 2022 - Dig It Beef-a Roni or Mangers Choice, Warm Roll, Perfection Garden Salad, Seasoned Lima Beans, Fresh Cut Fruit Cup, Sour Raisin Treat, Scooby Doo Cookies – Represent your favorite cartoon character from the 60's and 70's
- October 21, 2022 - 1970's Chicken Taco or Cheese Quesadilla, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Throw Back Spanish Beans, Warm Vanilla Cookie, Sweet Strawberry Jell-O w/Fruit Cocktail, Fresh Whole Fruit – Wear your tie die and head bands
- October 24, 2022 - Cheesy Pan Pizza or Homemade Meatball Sub, Fresh Popeye Salad, Homemade Squash Casserole, Chilled Applesauce, Fresh Whole Fruit – Harvest of the Month
- October 25, 2022 - Crispy Chicken and Waffle or Spicy Sausage and Cheese Biscuit, Seasoned Potatoes Triangles, Fresh Sliced Tomatoes, Chilled Juice Cup, Fresh Fruit, “Hugs Not Drugs” Cookies – Breakfast for Lunch
- October 26, 2022 – Cheesy Calzones w/Marinara or New Spicy Buffalo Chicken Wrap, Fresh Lettuce and Tomato, Seasoned French Fries, Chilled Mixed Fruit, Fresh Fruit Choice, Birthday Celebration Cookie w/Ice-cream Cup - Happy Birthday Celebration Day
- October 27, 2022 - Homemade Mac-n-Cheese w/Sausage Links or Crispy Chicken Sandwich, Seasoned Black-eyed Peas, Seasoned Collard Greens, Warm Biscuit, Fresh Whole Fruit, Chilled Fruit Cup
- October 28, 2022 - Bat Wing Nuggets w/Roll or Magic Carpet Pizza, Broom Sticks w/ Dip (Carrot/Celery with Ranch), Mummy Fries, Hanging Fresh Green Apple, Spooky Halloween Treat - Fall Festival Day/Find the Eyeball 🕷️
- October 31, 2022 - Manager's Choice, or Crunchy Country Fried Steak w/Biscuit, Cheesy Scalloped Potatoes, Seasoned Sweet Peas, Fresh Fruit Choice, Chilled 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

- October 3, 2022- Chicken Filet Biscuit
- October 4, 2022 - Sausage Biscuit
- October 5, 2022 - Steak Biscuit
- October 6, 2022 - Biscuit w/Sausage links
- October 7 2022 - Spicy Chicken Filet Biscuit
- October 17, 2022- Warm French Toast
- October 18, 2022- Steak Biscuit
- October 19, 2022- Chicken Filet Biscuit
- October 20, 2022- Bacon Cheese Croissant
- October 21, 2022- Spicy Chicken Filet Biscuit
- October 24, 2022- Pancake Pup
- October 25, 2022 - Sausage Biscuit
- October 26, 2022 - Steak Biscuit
- October 27, 2022 - Bacon Cheese Croissant
- October 28, 2022 - Biscuit w/Sausage Links
- October 31, 2022- Spicy Chicken Filet 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 Uncrustable Plate offered daily.

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

- October 3, 2022 - Crispy Chicken Tenders w/Honey Mustard w/Warm Roll or Cheesy Wild Mike's Pizza, Fresh Lettuce/Tomato Salad, Saucy Baked Beans, Fresh Whole Fruit, Chilled Fruit Cup
- October 4, 2022 - Personal Pan Pizza or Cheesy Parmesan Chicken over Buttered Noodles, Buttered Corn, Fresh Garden Salad, Fresh Fruit, Chilled Fruit Cup, Chocolate Chip Chortles
- October 5, 2022 - Seasoned Popcorn Chicken or Fresh Stuffed Crust Pizza, Carrots w/Ranch, Warm Roll, Fluffy Yellow Rice, Seasoned Green Beans, Chilled Mixed Fruit Cup, Fresh Fruit Choice
- October 6, 2022 - Cheesy Stuffed Pizza Sticks w/Marinara or Manager's Choice, Fresh Spinach Salad, Seasoned Lima Beans, Fresh Whole Fruit, Chilled Diced Pears
- October 7, 2022 - Basket Lunch: Cheeseburger on Bun, Lettuce/Tomato/Pickle, Waffle Fries, Fresh Apple Grins, Icy Peach Cup, Warm Fudge Cookie
- October 17, 2022 - Groovy Meatloaf /Warm Roll or Cheesy Pan Pizza, Fresh Popeye Salad, Whipped Potatoes, Fresh Whole Fruit, Chilled Applesauce – Signing of NSLW Proclamation
- October 18, 2022- Old Time Square Pizza or BBQ Chicken w/Biscuit, Seasoned Sweet Potato French Fries, Perfect Green Beans, Blast from the Past Pineapple Crisp, Fresh Granny Smith Apple – Throw Back Tuesday
- October 19 2022 - Blast from the Past Fish/Cheese Sandwich w/Tartar Sauce or Hot Stuffed Crust Pizza, Saucy Baked Beans, Fresh Purple and White Coleslaw, Fresh Fruit Choice, Chilled Pear Salad – Flower Child Day, wear your flowered shirts
- October 20, 2022 - Dig It Beef-a Roni or Warm Cheese Sticks w/Marinara, Warm Roll, Perfection Garden Salad, Seasoned Lima Beans, Chilled Fruit Cup, Sour Raisin Treat, Scooby Doo Cookies – Represent your favorite cartoon character from the 60's and 70's
- October 21, 2022 - 1970's Chicken Taco or Wild Mike's Pizza, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Throw Back Spanish Beans, Warm Vanilla Cookie, Sweet Strawberry Jell-O w/Fruit Cocktail, Fresh Whole Fruit – Wear your tie die and head bands
- October 24, 2022 – Fresh Pan Pizza or Homemade Meatball Sub, Fresh Popeye Salad, Seasoned Green Beans, Chilled Fruit Cup, Whole Fresh Fruit - Harvest of the Month
- October 25, 2022 - Crispy Chicken and Waffle or Fresh Wild Mike's Pizza, Seasoned Potatoes Triangles, Fresh Sliced Tomatoes, Chilled Juice Cup, Fresh Fruit, "Hugs Not Drugs" Cookies – Breakfast for Lunch
- October 26, 2022 - Crispy Chicken Sandwich or Warm Cheese Sticks w/Marinara, Fresh Broccoli w/Dip, Seasoned Sweet Potato Fries, Chilled Sliced Peaches, Fresh Fruit Choice, Birthday Celebration Cookie w/Ice-cream Cup - Happy Birthday Celebration Day
- October 27, 2022 - Homemade Mac-n-Cheese w/Little Smokies or Cheesy Wild Mike's Pizza, Seasoned Black-eyed Peas, Seasoned Collard Greens, Warm Biscuit, Fresh Whole Fruit, Chilled Fruit Cup
- October 28, 2022 - Hot Bat Wings w/Roll or Spooky Half Moon Bites (Calzones) w/Werewolf Blood (Marinara), Broom Sticks w/ Dip (Carrot/Celery with Ranch), Mummy Fries, Hanging Fresh Green Apple, Spooky Halloween Treat - Fall Festival Day/Find the
-  EyeBall
- October 31, 2022 - Manager's Choice, or Crunchy Country Fried Steak w/Biscuit, Buttered Mashed Potatoes, Homemade Squash Casserole, Fresh Fruit Choice, Chilled Fruit Cup - Harvest of the Month



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