

Butts County School System

**October Edition**

Date: October 1, 2021

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

**BCSS NUTRITION GAZETTE****Find the Candy Eyeball Promotional Activity**

## OCTOBER FARM TO SCHOOL MONTH

### Yellow Squash



### WHAT'S HAPPENING IN SCHOOL NUTRITION

#### Promotional Dates for October

*Birthday Celebration Day will be October 28, 2021*

*Harvest of the Month Featured October 29, 2021*

*National School Lunch Week: October 11-15, 2021*

*October Fall Festival Day: October 29, 2021*

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



“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, and Apples.

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

**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 1/4 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**

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.

- October 1, 2021- Cereal Bars/Cheese Stick
- October 4, 2021 -Sausage Biscuit Twins
- October 5, 2021- Muffin Tops
- October 6, 2021 -Smile Donuts
- October 7, 2021 - Warm Cinnamon Roll
- October 13, 2021 - Sausage Biscuit Twins
- October 14, 2021 - Smile Donuts
- October 15, 2021 - Chicken Filet Biscuit
- October 19, 2021- Apple/Cherry Frudel
- October 20, 2021 – Sausage Biscuit Twins
- October 21, 2021- Mini Cini
- October 22, 2021- Pancake Pup
- October 25, 2021 - Chicken Biscuit
- October 26, 2021 - Smile Donuts
- October 27, 2021 - French Toast Sticks
- October 28, 2021 - Pop tarts (2)
- October 29, 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

- October 1, 2021 – Cheesy Pan Pizza or Crunchy Corndog, Fresh Lettuce/Tomato Salad, Saucy Baked Beans, Fresh Whole Fruit, Icy Fruit Treat
- October 4, 2021 – Manager's Choice or Chicken Bacon Club, Fresh Carrots w/ Ranch, Warm Roll, Crispy Waffle Fries, Fresh Fruit, Frozen Fruit Cup, Celebration Cookie
- October 5, 2021 - Seasoned Chicken Nuggets or Mama's Homemade Meatloaf, Seasoned Field Peas, Warm Roll, Fluffy Yellow Rice, Fresh Broccoli w/Cheese, Chilled Mixed Fruit Cup, Fresh Fruit
- October 6, 2021 – Cheesy Stuffed Crust Pizza or Saucy Meatball Sub, Fresh Garden Salad, Seasoned Corn, Fat Cat Brownie, Fresh Whole Fruit, Chilled Diced Pears
- October 7, 2021 - Cheesy Pigs in a Blanket or Homemade Lemon Pepper Chicken w/Warm Cornbread, Seasoned Green Beans, Oven Roasted Potatoes, Fresh Apple Grins, Icy Peach Cup
- October 13, 2021 - Warm Cheese Sticks w/Marinara or Wild Mike's Pizza, Fresh Garden Salad, Glazed Carrots, Fresh Whole Fruit, Warm Chocolate Chip Cookie – Bring a Friend to Lunch
- October 14, 2021 - Crispy Chicken and Waffle or Spicy Sausage and Cheese Biscuit, Seasoned Potato Triangles, Fresh Sliced Tomatoes, Chilled Juice Cup, Fresh Fruit, Warm Muffin – Breakfast for Lunch
- October 15, 2021 – Homemade Tator Tot Casserole w/Warm Roll or Student's Choice Entree, Seasoned Black-eyed Peas, Crispy Spinach Salad, Fresh Fruit, Homemade Wild Blueberry Cobbler - Wild About School Lunch Celebration and Prizes
- October 19, 2021 – Cheesy Ravioli w/Garlic Cheese Biscuit or Crispy Chicken Nuggets, Fresh Caesar Salad, Seasoned Green Beans, Fresh Whole Fruit
- October 20, 2021 - Spicy Beef Nacho's or Cheese Quesadilla, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Cheesy Refried Beans, Fresh Fruit Spiced Cinnamon Apples, Chocolate Chip Chortles
- October 21, 2021 - Cheesy Stuffed Crust Pizza or Student's Choice, Fresh Spinach Salad, Buttered Kernel Corn, Homemade Apple Crisp, Whole Fresh Fruit, Chilled Fruit Cup
- October 22, 2021 - All-star Hotdog or Cheeseburger with all the fixings, Seasoned Waffle Fries, Fresh Lettuce/Tomato/Pickle, Fresh Whole Fruit, Chilled Peaches
- October 25, 2021 – Cheesy Pan Pizza or Crunchy Country Fried Steak w/Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Fresh Fruit Choice, Frozen Fruit Cup
- October 26, 2021 - Crispy Chicken Sandwich or Baked Fish Sticks w/Hushpuppies, Chilled Coleslaw, Seasoned Sweet Potato Fries, Warm Fat Cat Carnival Cookie, Chilled Mixed Fruit, Fresh Fruit
- October 27, 2021 - Homemade Mac-n-Cheese w/Sausage Links or Crispy Chicken Sliders, Seasoned Black-eyed Peas, Steamed Broccoli w/Cheese, Warm Roll, Fresh Whole Fruit
- October 28, 2021 - BBQ or Hot Bat Wings w/Roll, Broom Sticks w/ Dip (Carrot/Celery with Ranch), Mummy Fries, Pears w/Eyeballs, Hanging Fresh Fruit, Delicious Birthday Cupcake w/Ice-cream Cup - [Happy Birthday Celebration Day/Fall Festival Day](#)
- October 29, 2021 - Manager's Choice or Cheesy Calzones w/ Marinara, Warm Roll, Homemade Squash Casserole, Seasoned Green Beans, Warm Chocolate Fudge Cookie, Fresh Whole Fruit – [Harvest of the Month](#)

*Water Available Upon Request*

This Institution is an equal opportunity provider.

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 1, 2021 – Spicy Chicken Filet Biscuit
- October 4, 2021 - Sausage Biscuit
- October 5, 2021 – Steak Biscuit
- October 6, 2021– Cini Minis
- October 7, 2021 – Spicy Chicken Biscuit
- October 13, 2021- Sausage Biscuit
- October 14, 2021- Steak Biscuit
- October 15, 2021- Apple/Cherry Fruitable
- October 19, 2021- Bacon Cheese Croissant
- October 20, 2021- Spicy Chicken Filet Biscuit
- October 21, 2021- Pancake Pup
- October 22, 2021 - Sausage Biscuit
- October 25, 2021 - Steak Biscuit
- October 26, 2021 - Bacon Cheese Croissant
- October 27, 2021 – Cinnamon Hadley Bars
- October 28, 2021- Spicy Chicken Biscuit
- October 29, 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

- October 1, 2021 – Cheesy Pan Pizza or Crunchy Corndog, Fresh Lettuce/Tomato Salad, Saucy Baked Beans, Fresh Whole Fruit, Icy Fruit Treat
- October 4, 2021 – Manager's Choice or Chicken Bacon Club, Fresh Carrots w/ Ranch, Warm Roll, Crispy Waffle Fries, Fresh Fruit, Frozen Fruit Cup, Celebration Cookie
- October 5, 2021 - Seasoned Chicken Nuggets or Mama's Homemade Meatloaf, Seasoned Field Peas, Warm Roll, Fluffy Yellow Rice, Fresh Broccoli w/Cheese, Chilled Mixed Fruit Cup, Fresh Fruit
- October 6, 2021 – Cheesy Stuffed Crust Pizza or Saucy Meatball Sub, Fresh Garden Salad, Seasoned Corn, Fat Cat Brownie, Fresh Whole Fruit, Chilled Diced Pears
- October 7, 2021 - Cheesy Pigs in a Blanket or Homemade Lemon Pepper Chicken w/Warm Cornbread, Seasoned Green Beans, Oven Roasted Potatoes, Fresh Apple Grins, Icy Slushy Cup
- October 13, 2021 - Warm Cheese Sticks w/Marinara or Wild Mike's Pizza, Fresh Garden Salad, Glazed Carrots, Fresh Whole Fruit, Warm Chocolate Chip Cookie, Chilled Sliced Peaches– Bring a Friend to Lunch
- October 14, 2021 - Crispy Chicken and Waffle or Spicy Sausage and Cheese Biscuit, Seasoned Potato Triangles, Fresh Sliced Tomatoes, Icy Slushy Cup, Fresh Fruit, Warm Muffin – Breakfast for Lunch
- October 15, 2021 – Homemade Tator Tot Casserole w/Warm Roll or Student's Choice Entree, Seasoned Black-eyed Peas, Crispy Spinach Salad, Fresh Fruit, Frozen Fruit Treat, Homemade Wild Blueberry Cobbler - Wild About School Lunch Celebration and Prizes
- October 19, 2021 – Cheesy Ravioli w/Garlic Cheese Biscuit or Crispy Chicken Nuggets, Fresh Caesar Salad, Seasoned Green Beans, Fresh Whole Fruit
- October 20, 2021 - Spicy Beef Nacho's or Cheese Quesadilla, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Cheesy Refried Beans, Fresh Fruit Spiced Cinnamon Apples, Chocolate Chip Chortles
- October 21, 2021 - Cheesy Stuffed Crust Pizza or Student's Choice, Fresh Spinach Salad, Buttered Kernel Corn, Homemade Apple Crisp, Whole Fresh Fruit, Frozen Slushy Cup
- October 22, 2021 - All-star Hotdog or Cheeseburger with all the fixings, Seasoned Waffle Fries, Fresh Lettuce/Tomato/Pickle, Fresh Whole Fruit, Chilled Peaches
- October 25, 2021 – Cheesy Pan Pizza or Crunchy Country Fried Steak w/Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Fresh Fruit Choice, Frozen Fruit Cup
- October 26, 2021 - Crispy Chicken Sandwich or Baked Fish Sticks w/Hushpuppies, Chilled Coleslaw, Seasoned Sweet Potato Fries, Warm Fat Cat Carnival Cookie, Chilled Mixed Fruit, Fresh Fruit
- October 27, 2021 - Homemade Mac-n-Cheese w/Sausage Links or Crispy Chicken Sliders, Seasoned Black-eyed Peas, Steamed Broccoli w/Cheese, Warm Roll, Fresh Whole Fruit, Chilled Mixed Fruit
- October 28, 2021 - BBQ or Hot Bat Wings w/Roll, Broom Sticks w/ Dip (Carrot/Celery with Ranch), Mummy Fries, Pears w/Eyeballs, Hanging Fresh Fruit, Spooky Fruit Slushy, Delicious Birthday Cupcake - [Happy Birthday Celebration Day/Fall Festival Day](#)
- October 29, 2021 - Manager's Choice or Cheesy Calzones w/ Marinara, Warm Roll, Homemade Squash Casserole, Seasoned Green Beans, Warm Chocolate Fudge Cookie, Fresh Whole Fruit, Chilled Diced Pears – [Harvest of the Month](#)

*Water Available Upon Request*

This Institution is an equal opportunity provider.

All meals are served at no charge to all students.

# 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 1, 2021- Spicy Chicken Filet Biscuit
- October 4, 2021 - Sausage Biscuit
- October 5, 2021 - Steak Biscuit
- October 6, 2021 - Biscuit w/Sausage links
- October 7, 2021 - Spicy Chicken Biscuit
- October 13, 2021- Sausage Biscuit
- October 14, 2021- Steak Biscuit
- October 15, 2021- Chicken Filet Biscuit
- October 19, 2021- Bacon Cheese Croissant
- October 20, 2021- Spicy Chicken Filet Biscuit
- October 21, 2021- Pancake Pup
- October 22, 2021 - Sausage Biscuit
- October 25, 2021 - Steak Biscuit
- October 26, 2021 - Bacon Cheese Croissant
- October 27, 2021 - Biscuit w/Sausage Links
- October 28, 2021- Spicy Chicken Biscuit
- October 29, 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

- October 1, 2021 – Managers Choice or Cheesy Stuffed Crust Pizza, Fresh Lettuce/Tomato Salad, Seasoned Lima Beans, Fresh Whole Fruit, Icy Fruit Treat
- October 4, 2021 – Chicken Bacon Club or Fresh Pan Pizza, Fresh Carrots w/ Ranch, Warm Roll, Crispy Waffle Fries, Fresh Whole Fruit, Frozen Fruit Cup, Chocolate Chip Cookie
- October 5, 2021 - Seasoned Chicken Nuggets or Fresh Stuffed Crust Pizza, Seasoned Green Beans, Warm Roll, Fluffy Yellow Rice, Fresh Broccoli w/Cheese, Chilled Mixed Fruit Cup, Fresh Whole Fruit
- October 6, 2021 – Cheesy Stuffed Pizza Sticks w/Marinara or Manager's Choice, Fresh Caesar Salad, Seasoned Corn, Fat Cat Brownie, Fresh Whole Fruit, Chilled Sliced Pears
- October 7, 2021 - Baked Cheesy Calzones w/Marinara or Homemade Lemon Pepper Chicken w/Warm Roll, Seasoned Black Beans, Oven Roasted Potatoes, Fresh Apple Grins, Icy Peach Cup
- October 13, 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 - Bring a Friend to Lunch
- October 14, 2021 – Spicy Chicken Sandwich or Fresh Wild Mike's Pizza, Fresh Lettuce and Tomato Salad, Saucy Baked Beans, Fresh Whole Fruit, Homemade Wild Blueberry Cobbler – Wild About School Lunch Celebration and Prizes
- October 15, 2021 - Crispy Chicken and Waffle or Fresh Pan Pizza, Seasoned Potato Triangles, Fresh Sliced Tomatoes, Chilled Juice Cup, Fresh Fruit, Warm Muffin – Breakfast for Lunch Day
- October 19, 2021 - Fresh Pan Pizza or Managers Choice, Fresh Caesar Salad, Glazed Carrots, Fresh Whole Fruit, Chilled Fruit Cup, Warm Sugar Cookie
- October 20, 2021 – Homemade Tator Tot Casserole or Chicken Nuggets w/Dip, Warm Roll, Seasoned Green Beans, Buttered Corn, Fresh Fruit, Chilled Diced Pears
- October 21, 2021 – Fresh Pan Pizza or Homemade Meatball Sub, Fresh Spinach Salad, Crispy Tator Tots, Chilled Mixed Fruit Cup, Whole Fresh Fruit
- October 22, 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
- October 25, 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
- October 26, 2021 - Crispy Chicken Sandwich or Warm Cheese Sticks w/Marinara, Fresh Baby Carrots w/Dip, Seasoned French Fries, Warm Fat Cat Carnival Cookie, Chilled Mixed Fruit, Fresh Fruit
- October 27, 2021 - Homemade Mac-n-Cheese w/Sausage Links or Cheesy Wild Mike's Pizza, Seasoned Black-eyed Peas, Fresh Spinach Salad, Warm Roll, Fresh Whole Fruit
- October 28, 2021 - BBQ or Hot Bat Wings w/Roll, Broom Sticks w/ Dip (Carrot/Celery with Ranch), Mummy Fries, Pears w/Eyeballs, Hanging Fresh Fruit, Delicious Birthday Cupcake w/Ice-cream Cup - [Happy Birthday Celebration Day/Fall Festival Day](#)
- October 29, 2021 - Manager's Choice or Cheesy Ravioli w/Cheese, Warm Roll, Homemade Squash Casserole, Seasoned Green Beans, Warm Chocolate Fudge Cookie, Fresh Whole Fruit - [Harvest of the Month](#)

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