



# Middle and High School January 2024

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

## Available Daily

### Breakfast:

Asst. Fruit Choices  
100% Fruit Juice  
Flavored Milk

### Lunch:

Asst. Fruit Choices  
Jam Bag  
Flavored Milk  
Pre-Plated Salads

Special Promotional Days Highlighted in Blue.

New Items Highlighted in Red.



## Nutrition Nugget

### Collard Greens

Collard Greens are an excellent source of Calcium, Folate, and Vitamins K, C and A.

Fun Fact: Collard Greens, they date back to the prehistoric times, and originated near Greece.



HARVEST  
of the  
MONTH

## Collard Greens



## Recipe of the Month

### Sautéed Collard Greens

### Ingredients

1 Tbsp. Olive Oil, 1 Tbsp. Rice Vinegar

4 cups Chopped Collard Greens

Steps: Place chopped collard greens into hot oil. Cook until bright green add rice vinegar.

## Featured Breakfast Specials of the day

Friday January 5, Warm Muffin Top

Mon January 8, Chicken Biscuit

Tues January 9, Sausage Biscuit

Wed January 10, Apple French Toast

Thurs January 11, Steak Biscuit

Friday January 12, Warm Cini Mini

Tues January 16, Confetti Pancakes

Wed January 17, Sausage Biscuit

Thurs January 18, Chicken Biscuit

Friday January 19, Pancake Pup

Monday January 22, Pull Apart Honey Bun

Tues January 23, Chicken Biscuit

Wed January 24, Steak Biscuit

Thurs January 25, Bacon Cheese Croissant

Friday January 26, Warm Apple Frudel

Mon January 29, Chicken Biscuit

Tues January 30, Sausage Biscuit

Wed January 31, Warm Hadley Bars

HAPPY  
NEW YEAR!

"This Institution is an equal opportunity provider. All meals are served at no charge to all students. Menus Subject to Change."



## Featured Lunch Specials of the Day

### National Soup Month

**Friday, January 5**

Crispy Chicken Sandwich or BBQ Pork  
w/Loaf Bread, Fresh Lettuce/Tomato,  
Pickle Spears, Crispy Sweet Potatoes Puffs  
Fruit Smoothie Bowl

**Mon, January 8**

**Homemade Brunswick Stew** w/Crackers or  
Crunchy Corndog, Crispy Waffle Fries,  
Homemade Coleslaw, Warm Chocolate  
Fudge Brownie

**Tues, January 9**

Warm Cheese Sticks w/Marinara or  
**Spicy Orange Chicken w/ Pineapple Rice**,  
Buttered Corn, Seasoned Lima Beans,  
Crunchy Chocolate Chortles

**Weds, January 10**

Chicken Tenders w/Honey Mustard or  
Homemade Meatloaf, Orange Glazed  
Carrots, Warm Roll, Fluffy Yellow Rice,  
Fresh Broccoli w/ Dip

**Thurs, January 11**

Homemade Tator Tot Casserole w/Roll or  
Student's Choice, Seasoned Black-eyed  
Peas, Fresh Veggies w/Dip

**Friday, January 12**

Cheesy Stuffed Crust Pizza or Homemade  
Chicken Tetrazzini w/Warm Roll, Garden  
Salad, Seasoned Green Beans

National Pizza Week

**Tues, January 16**

**Cheesy French Bread Pizza** or Homemade  
Macaroni and Cheese w/Little Smokies  
w/Roll, Seasoned Collard Greens, Fresh  
Carrots w/Dip  
*Harvest of the Month*

**Wed, January 17**

**Spicy Mexican Pizza** or **Spicy Chicken  
Barbacoa Nachos, Spicy Peach Salsa**,  
Fresh Lettuce and Tomato, Cheesy Refried  
Beans, Cinnamon Apples, Warm Cookie  
**Locally Purchased Smoked Chicken from  
Piedmont BBQ CO.**



**Thurs, January 18**

**Cheesy Pan Pizza** or Homemade Spaghetti,  
Fresh Caesar Salad, Seasoned Green  
Beans, Warm Garlic Knot  
**National Spaghetti Day**

**Friday, January 19**

Cheeseburger on Bun or **Cheesy Wild  
Mike's Pizza**, Lettuce/Tomato Salad, Pickle  
Spears, Buttered Corn, Crunchy Popcorn  
**National Popcorn Day**

**Mon, January 22**

Managers Choice Entree or Saucy BBQ  
Chicken w/Roll, Seasoned Black-eyed  
Peas, Fresh Spinach Salad

**Tues, January 23**

Calzones w/Marinara or Crunchy Country  
Fried Steak w/Biscuit, Scalloped Potatoes,  
Seasoned Sweet Peas, **Warm Peach Crisp**  
**National Pie Day**

**Wed, January 24**

Crispy Chicken/Waffles or Spicy  
Sausage/Cheese Biscuit, Seasoned Potato  
Triangles, Fresh Sliced Tomatoes. Chilled  
Juice Cup, Warm Banana Muffin

*Scratch cooking daily,  
so parents don't have to!*



**Thurs, January 25**

**Homemade Chili w/Crackers** or Hotdog  
on Bun, Baked Potato w/Fixings, Fresh  
Broccoli w/Cheese, Warm Cinnamon Roll

**Friday, January 26**

Homemade Poppy Seed Chicken w/Rice or  
Cheesy Pan Pizza, Fresh Garden Salad, Or  
Homemade Squash Casserole

**Mon, January 29**

**Homemade Vegetable Beef Soup** w/Grilled  
Cheese Sandwich or Mini Corndogs w/  
Dip, Saucy Baked Beans, Crispy Onion  
Rings, Sweet Ice Cream Cup, Celebration  
Cookie

*Monthly Birthday Celebration*

**Tuesday, January 30**

Manager's Choice or Chicken Nuggets  
w/Honey Mustard, Warm Roll, Fresh  
Caesar Salad, Sweet Corn Nuggets

**Wed, January, 31**

**Warm Peruvian Chicken on Hoagie Bun**,  
or Cheesy Pan Pizza, Crispy Waffle Fries,  
Fresh Carrots w/Dip, Sweet Animal  
Crackers

**Locally Purchased Smoked Chicken from  
Piedmont BBQ CO.**



**"Service Minded Hunger Focused"**