

Butts County School System

September Edition

Date: September 1, 2021

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

BCSS NUTRITION GAZETTE**SEPTEMBER FARM TO SCHOOL MONTH
APPLES****WHAT'S HAPPENING IN SCHOOL NUTRITION**
Promotional Dates for September*Birthday Celebration Day will be September 28, 2021**Harvest of the Month Featured September 16, 2021*

Nutrition Nugget: Apples boast many vitamins and minerals, though not in high amounts. However, apples are usually a good source of vitamin C.

One serving, or one medium apple, provides about 95 calories, 0-gram fat, 1-gram protein, 25 grams carbohydrate, 19 grams sugar (naturally occurring), and 3 grams fiber.



“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.

Homemade Apple Crisp**Ingredients**

6 Golden Delicious Apples – Peeled and Chopped
 2 Tbsp. granulated sugar
 1 3/4 tsp ground cinnamon, divided
 1 1/2 tsp lemon juice
 1 cup light brown sugar
 3/4 cup old fashioned oats
 3/4 cup all-purpose flour
 1/2 cup cold unsalted butter, diced into small cubes
 pinch of kosher salt

Instructions

Preheat oven to 350 F degrees. Butter an 8×8 baking dish, or spray with non-stick cooking spray. Set aside.

1. In a mixing bowl, add chopped apples, granulated sugar, 3/4 tsp of the cinnamon and lemon juice. Stir to combine, then transfer to prepared baking dish.
2. In a separate mixing bowl, add topping ingredients (brown sugar, oats, flour, 1 tsp cinnamon, salt, and diced cold butter). Use a pastry cutter to cut the butter into the oat mixture, using a slight downward twisting motion, until mixture resembled pea-sized crumbs. Alternatively, you can use two forks or even your hands to cut butter into the mixture.
3. Spread topping over apples in baking dish, and gently pat to even it out. Bake 40-50 minutes, until golden brown and bubbly.
4. Serve warm and enjoy!

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.

- September 1, 2021- Sausage Biscuit Twins
- September 2, 2021 –Chicken Biscuit
- September 3, 2021- Muffin Tops
- September 7, 2021 -Smile Donuts
- September 8, 2021 - Warm Cinnamon Roll
- September 9, 2021 - Sausage Biscuit Twins
- September 10, 2021 - Smile Donuts
- September 13, 2021 - Chicken Filet Biscuit
- September 14, 2021- Apple/Cherry Frudel
- September 15, 2021 – Sausage Biscuit Twins
- September 16, 2021- Mini Cini
- September 17, 2021- Pancake Pup
- September 20, 2021 - Chicken Biscuit
- September 21 2021 - Smile Donuts
- September 22, 2021 - French Toast Sticks
- September 23, 2021 - Pop Tarts (2)
- September 24, 2021- Mini Pancakes
- September 27, 2021 - Sausage Biscuit Twins
- September 28, 2021 - Smile Donuts
- September 29, 2021 - Chicken Filet Biscuit
- September 30, 2019 - Sausage Biscuit Twins

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

- September 1, 2021 - Cheeseburger on Bun or Crunchy Corndog, Fresh Lettuce/Tomato Salad, Chilled Pickle Spears, Saucy Baked Beans, Fresh Whole Fruit, Icy Fruit Treat
- September 2, 2021 - Cheesy Stuffed Crust Pizza or Chicken Bacon Club, Fresh Carrots w/ Ranch, Warm Roll, Crispy Waffle Fries, Fresh Sliced Watermelon, Frozen Fruit Treat, Celebration Cookie
- September 3, 2021 - Seasoned Chicken Nuggets or Mama's Homemade Meatloaf, Seasoned Green Beans, Warm Roll, Fluffy Yellow Rice, Fresh Broccoli w/Cheese, Chilled Mixed Fruit Cup, Fresh Fruit
- September 7, 2021 – Cheesy Stuffed Crust Pizza or Homemade Lasagna, Fresh Garden Salad, Seasoned Corn, Fat Cat Brownie, Fresh Whole Fruit
- September 8, 2021 - Hotdog on Bun or Homemade Lemon Pepper Chicken w/Warm Cornbread, Crispy Coleslaw, Oven Roasted Potatoes, Fresh Apple Grins, Icy Peach Cup
- September 9, 2021 - Warm Cheese Sticks w/Marinara or Homemade Poppy Seed Chicken w/ Fluffy Brown Rice, Fresh Garden Salad, Glazed Carrots, Fresh Whole Fruit, Warm Chocolate Chip Cookie
- September 10, 2021 – Homemade Tator Tot Casserole w/Warm Roll or Student's Choice Entree, Seasoned Black-eyed Peas, Crispy Spinach Salad, Fresh Fruit, Chilled Diced Pears
- September 13, 2021- Cheesy Pizza or Managers Choice, Seasoned Potato Wedges, Fresh Veggie Dippers, Homemade Pear Salad, Warm Cinnamon Rolls, Fresh Whole Fruit
- September 14, 2021 - Homemade Spaghetti w/Garlic Cheese Biscuit or Crispy Chicken Nuggets, Fresh Caesar Salad, Seasoned Green Beans, Fresh Cut Fruit Cup
- September 15, 2021 - Spicy Beef Nacho's or Cheese Quesadilla, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Cheesy Refried Beans, Spiced Cinnamon Apples, Chocolate Chip Chortles
- September 16, 2021 - Cheesy Pan Pizza or Homemade Meatball Sub, Fresh Spinach Salad, Buttered Kernel Corn, Homemade Apple Crisp, Whole Fresh Fruit – [Harvest of the Month](#)
- September 17, 2021 - Crispy Chicken and Waffle or Spicy Sausage and Cheese Biscuit, Seasoned Potatoes Triangles, Fresh Sliced Tomatoes, Chilled Juice Cup, Fresh Fruit, Warm Muffin
- September 20, 2021 - Manager's Choice, or Crunchy Country Fried Steak w/Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Fresh Fruit Choice
- September 21, 2021 - Crispy Chicken Sandwich or Baked Fish Sticks w/Hushpuppies, Chilled Broccoli Salad, Seasoned Sweet Potato Fries, Warm Fat Cat Carnival Cookie, Chilled Mixed Fruit, Fresh Fruit
- September 22, 2021 - Homemade Mac-n-Cheese w/Sausage Links or Crispy Chicken Sliders, Seasoned Black-eyed Peas, Seasoned Collard Greens, Homemade Cornbread Muffin, Fresh Whole Fruit
- September 23, 2021 - Cheesy Pan Pizza or Saucy BBQ Chicken, Shredded Lettuce and Tomato Salad, Saucy Baked Beans, Chilled Pasta Salad, Chilled Fruit, Frozen Fruit Treat
- September 24, 2021 - Manager's Choice or Cheesy Ravioli w/Cheese, Warm Roll, Homemade Squash Casserole, Seasoned Green Beans, Warm Chocolate Fudge Cookie, Fresh Whole Fruit
- September 27, 2021- Spicy Chili Cheese Fries w/ Warm Roll or Crispy Chicken Nuggets, Fresh Kale Salad, Seasoned Corn, Frozen Fruit Cup, Fresh Apple Grins
- September 28, 2021 - All-star Hotdog or Cheeseburger with all the fixings, Seasoned Waffle Fries, Fresh Lettuce/Tomato/Pickle, Fresh Whole Fruit, Delicious Birthday Cupcake w/Ice-cream Cup - [Happy Birthday Celebration Day](#)
- September 29, 2021 - Crunchy Hard Taco or Cheesy Crispito, Seasoned Black Beans, Fresh Shredded Lettuce/Tomato/Cheese, Spicy Salsa Cup, Fresh Fruit, Warm Cinnamon Apples, Warm Fudge Brownie
- September 30, 2021 – Managers Choice w/Warm Roll or Saucy BBQ Sliders, Crispy Sweet Potato Tots, Homemade Coleslaw, Whole Fresh Fruit Choice

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

- September 1, 2021 – Sausage Biscuit
- September 2, 2021 – Chicken Biscuit
- September 3, 2021 – Steak Biscuit
- September 7, 2021– Cini Minis
- September 8, 2021 – Spicy Chicken Biscuit
- September 9, 2021- Sausage Biscuit
- September 10, 2021- Steak Biscuit
- September 13, 2021- Apple/Cherry Fruitable
- September 14, 2021- Bacon Cheese Croissant
- September 15, 2021- Spicy Chicken Filet Biscuit
- September 16, 2021- Pancake Pup
- September 17, 2021 - Sausage Biscuit
- September 20, 2021 - Steak Biscuit
- September 21, 2021 - Bacon Cheese Croissant
- September 22, 2021 – Cinnamon Hadley Bars
- September 23, 2021- Spicy Chicken Biscuit
- September 24, 2021 - Sausage Biscuit
- September 27, 2021 – Steak Biscuit
- September 28, 2021 - Chicken Filet Biscuit
- September 29, 2019 - Bacon Cheese Croissant
- September 30, 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

- September 1, 2021 - Cheeseburger on Bun or Crunchy Corndog, Fresh Lettuce/Tomato Salad, Chilled Pickle Spears, Saucy Baked Beans, Fresh Whole Fruit, Icy Fruit Treat
- September 2, 2021 - Cheesy Stuffed Crust Pizza or Chicken Bacon Club, Fresh Carrots w/ Ranch, Warm Roll, Crispy Waffle Fries, Fresh Sliced Watermelon, Frozen Fruit Treat, Celebration Cookie
- September 3, 2021 - Seasoned Chicken Nuggets or Mama's Homemade Meatloaf, Seasoned Green Beans, Warm Roll, Fluffy Yellow Rice, Fresh Broccoli w/Cheese, Chilled Mixed Fruit Cup, Fresh Fruit
- September 7, 2021 – Cheesy Stuffed Crust Pizza or Homemade Lasagna, Fresh Garden Salad, Seasoned Corn, Fat Cat Brownie, Fresh Whole Fruit
- September 8, 2021 - Hotdog on Bun or Homemade Lemon Pepper Chicken w/Warm Cornbread, Crispy Coleslaw, Oven Roasted Potatoes, Fresh Apple Grins, Icy Peach Cup
- September 9, 2021 - Warm Cheese Sticks w/Marinara or Homemade Poppy Seed Chicken w/ Fluffy Brown Rice, Fresh Garden Salad, Glazed Carrots, Fresh Whole Fruit, Warm Chocolate Chip Cookie
- September 10, 2021 – Homemade Tator Tot Casserole w/Warm Roll or Student's Choice Entree, Seasoned Black-eyed Peas, Crispy Spinach Salad, Fresh Fruit, Chilled Diced Pears
- September 13, 2021- Cheesy Pizza or Managers Choice, Seasoned Potato Wedges, Fresh Veggie Dippers, Homemade Pear Salad, Warm Cinnamon Rolls, Fresh Whole Fruit
- September 14, 2021 - Homemade Spaghetti w/Garlic Cheese Biscuit or Crispy Chicken Nuggets, Fresh Caesar Salad, Seasoned Green Beans, Fresh Cut Fruit Cup
- September 15, 2021 - Spicy Beef Nacho's or Cheese Quesadilla, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Cheesy Refried Beans, Spiced Cinnamon Apples, Chocolate Chip Chortles
- September 16, 2021 - Cheesy Pan Pizza or Homemade Meatball Sub, Fresh Spinach Salad, Buttered Kernel Corn, Homemade Apple Crisp, Whole Fresh Fruit – [Harvest of the Month](#)
- September 17, 2021 - Crispy Chicken and Waffle or Spicy Sausage and Cheese Biscuit, Seasoned Potatoes Triangles, Fresh Sliced Tomatoes, Chilled Juice Cup, Fresh Fruit, Warm Muffin
- September 20, 2021 - Manager's Choice, or Crunchy Country Fried Steak w/Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Fresh Fruit Choice
- September 21, 2021 - Crispy Chicken Sandwich or Baked Fish Sticks w/Hushpuppies, Chilled Broccoli Salad, Seasoned Sweet Potato Fries, Warm Fat Cat Carnival Cookie, Chilled Mixed Fruit, Fresh Fruit
- September 22, 2021 - Homemade Mac-n-Cheese w/Sausage Links or Crispy Chicken Sliders, Seasoned Black-eyed Peas, Seasoned Collard Greens, Homemade Cornbread Muffin, Fresh Whole Fruit
- September 23, 2021 - Cheesy Pan Pizza or Saucy BBQ Chicken, Shredded Lettuce and Tomato Salad, Saucy Baked Beans, Chilled Pasta Salad, Chilled Fruit, Frozen Fruit Treat
- September 24, 2021 - Manager's Choice or Cheesy Ravioli w/Cheese, Warm Roll, Homemade Squash Casserole, Seasoned Green Beans, Warm Chocolate Fudge Cookie, Fresh Whole Fruit
- September 27, 2021- Spicy Chili Cheese Fries w/ Warm Roll or Crispy Chicken Nuggets, Fresh Kale Salad, Seasoned Corn, Frozen Fruit Cup, Fresh Apple Grins
- September 28, 2021 - All-star Hotdog or Cheeseburger with all the fixings, Seasoned Waffle Fries, Fresh Lettuce/Tomato/Pickle, Fresh Whole Fruit, Delicious Birthday Cupcake w/Ice-cream Cup - [Happy Birthday Celebration Day](#)
- September 29, 2021 - Crunchy Hard Taco or Cheesy Crispito, Seasoned Black Beans, Fresh Shredded Lettuce/Tomato/Cheese, Spicy Salsa Cup, Fresh Fruit, Warm Cinnamon Apples, Warm Fudge Brownie
- September 30, 2021 – Managers Choice w/Warm Roll or Saucy BBQ Sliders, Crispy Sweet Potato Tots, Homemade Coleslaw, Whole Fresh Fruit Choice

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

- September 1, 2021- Sausage Biscuit
- September 2, 2021 - Chicken Filet Biscuit
- September 3, 2021 - Steak Biscuit
- September 7, 2021 - Biscuit w/Sausage links
- September 8, 2021 - Spicy Chicken Biscuit
- September 9, 2021- Sausage Biscuit
- September 10, 2021- Steak Biscuit
- September 13, 2021- Chicken Filet Biscuit
- September 14, 2021- Bacon Cheese Croissant
- September 15, 2021- Spicy Chicken Filet Biscuit
- September 16, 2021- Pancake Pup
- September 17, 2021 - Sausage Biscuit
- September 20, 2021 - Steak Biscuit
- September 21, 2021 - Bacon Cheese Croissant
- September 22, 2021 - Biscuit w/Sausage Links
- September 23, 2021- Spicy Chicken Biscuit
- September 24, 2021 - Sausage Biscuit
- September 27, 2021 - Steak Biscuit
- September 28, 2021 - Chicken Filet Biscuit
- September 29, 2021 - Bacon Cheese Croissant
- September 30, 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

- September 1, 2021 - Cheeseburger on Bun or Cheesy Wild Mike's Pizza, Fresh Lettuce/Tomato Salad, Chilled Pickle Spears, Saucy Baked Beans, Fresh Whole Fruit, Icy Fruit Treat
- September 2, 2021 - Chicken Bacon Club or Fresh Pan Pizza, Fresh Carrots w/ Ranch, Warm Roll, Crispy Waffle Fries, Fresh Sliced Watermelon, Frozen Fruit Cup, Chocolate Chip Cookie
- September 3, 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 Fruit
- September 7, 2021 – Cheesy Stuffed Pizza Sticks w/Marinara or Homemade Lasagna, Fresh Caesar Salad, Seasoned Corn, Warm Roll, Fresh Whole Fruit
- September 8, 2021 - Baked Cheesy Calzones w/Marinara or Homemade Lemon Pepper Chicken w/Warm Roll, Crispy Coleslaw, Oven Roasted Potatoes, Fresh Apple Grins, Icy Peach Cup
- September 9, 2021 - Fresh Pan Pizza or Homemade Poppy Seed Chicken w/ Fluffy Brown Rice, Fresh Garden Salad, Glazed Carrots, Fresh Whole Fruit, Warm Chocolate Chip Cookie
- September 10, 2021 - Homemade Tator Tot Casserole w/Warm Roll or Student's Choice Entree, Seasoned Black-eyed Peas, Buttered Corn, Fresh Fruit, Chilled Diced Pears
- September 13, 2021-Cheesy Stuffed Crust Pizza or Managers Choice, Seasoned Potato Wedges, Fresh Vegetables w/Dip, Chilled Pear Slices, Warm Cinnamon Rolls, Fresh Whole Fruit
- September 14, 2021 - Homemade Spaghetti w/Garlic Cheese Biscuit or Fresh Wild Mike's Pizza, Fresh Garden Salad, Seasoned Green Beans, Fresh Cut Fruit Cup
- September 15, 2021 - Spicy Chicken Nacho's or Cheesy Stuffed Crust Pizza, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Cheesy Refried Beans, Spiced Cinnamon Apples, Chocolate Chip Chortles
- September 16, 2021 – Fresh Pan Pizza or Homemade Meatball Sub, Fresh Spinach Salad, Buttered Kernel Corn, Homemade Apple Crisp, Whole Fresh Fruit - [Harvest of the Month](#)
- September 17, 2021 - Crispy Chicken and Waffle or Fresh Wild Mike's Pizza, Seasoned Potatoes Triangles, Fresh Sliced Tomatoes, Chilled Juice Cup, Fresh Fruit, Warm Muffin
- September 20, 2021 - Manager's Choice, or Crunchy Country Fried Steak w/Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Fresh Fruit Choice
- September 21, 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
- September 22, 2021 - Homemade Mac-n-Cheese w/Little Smokies or Cheesy Wild Mike's Pizza, Seasoned Sweet Peas, Seasoned Collard Greens, Homemade Cornbread Muffin, Fresh Whole Fruit
- September 23, 2021 - Cheesy Pan Pizza or Saucy BBQ Chicken, Shredded Lettuce and Tomato Salad, Saucy Baked Beans, Chilled Pasta Salad, Chilled Fruit, Frozen Fruit Treat
- September 24, 2021 - Manager's Choice or Cheesy Ravioli w/Cheese, Warm Roll, Homemade Squash Casserole, Seasoned Green Beans, Warm Chocolate Fudge Cookie, Fresh Whole Fruit
- September 27, 2021- Spicy Chili Cheese Fries w/ Warm Roll or Fresh Wild Mike's Pizza, Fresh Kale Salad, Seasoned Corn, Frozen Fruit Cup, Fresh Apple Grins
- September 28, 2021 – Cheesy Stuffed Crust Pizza or Hotdog on Bun, Seasoned Waffle Fries, Fresh Garden Salad, Fresh Whole Fruit, Delicious Birthday Cupcake w/Ice-cream Cup - [Happy Birthday Celebration Day](#)
- September 29, 2021 - Crunchy Hard Taco or Cheesy Pan Pizza, Seasoned Black Beans, Fresh Shredded Lettuce/Tomato/Cheese, Spicy Salsa Cup, Fresh Fruit, Warm Cinnamon Apples, Warm Fudge Brownie
- September 30, 2021 – Wild Mike's Pizza or Saucy BBQ Sliders, Crispy Sweet Potato Tots, Homemade Coleslaw, Whole Fresh Fruit Choice, Chilled Fruit Cup

Water Available Upon Request

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