

Butts County School System

**September Edition**

Date: September 1, 2022

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***International Literacy Day: September 8, 2022**Birthday Celebration Day will be September 28, 2022*

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

[September 5, 2022 – Labor Day Holiday](#)**“Equipped to Serve: Service Minded, Hunger Focused”****Homemade Apples Crisp Featured, September 16, 2022****New Item Featured on September Menu: Wild Mike's Jalapeno Bites**

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

**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 8x8 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, 2022- Chicken Filet Biscuit
- September 2, 2022 -Sausage Biscuit Twins
- September 6, 2022- Muffin Tops
- September 7, 2022 -Smile Donuts
- September 8, 2022 - Warm Cinnamon Roll
- September 9, 2022 -Sausage Biscuit Twins
- September 12, 2022 -Warm Strawberry Pop tarts
- September 13, 2022 -Chicken Filet Biscuit
- September 14, 2022- Apple/Cherry Frudel
- September 15, 2022 - Sausage Biscuit Twins
- September 16, 2022- Mini Cini
- September 19 2022- Pancake Pup
- September 20, 2022 - Chicken Biscuit
- September 21, 2022 - Smile Donuts
- September 22, 2022 - French Toast Minis
- September 23, 2022 - Warm Fudge Pop tarts (2)
- September 26, 2022- Mini Pancakes
- September 27, 2022 - Sausage Biscuit Twins
- September 28, 2022 - Smile Donuts
- September 29, 2022 - Chicken Filet Biscuit
- September 30, 2022 - Warm Blueberry Muffin

## 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

- September 1, 2022 - Crispy Chicken Tenders w/Honey Mustard or Mama's Homemade Meatloaf, Carrots w/Ranch, Warm Roll, Fluffy Yellow Rice, Fresh Broccoli w/Cheese, Chilled Mixed Fruit Cup, Fresh Fruit
- September 2, 2022 - Wild Mike's Jalapeno Bites or Cheesy Parmesan Chicken over Buttered Noodles, Buttered Corn, Fresh Garden Salad, Fresh Fruit, Chilled Fruit Cup, Warm Fudge Brownie
- September 6, 2022 - Manager's Choice or Crunchy Corndog, Fresh Lettuce/Tomato Salad, Chilled Pickle Spears, Saucy Baked Beans, Fresh Whole Fruit, Chilled Fruit Cup, Celebration Cookie
- September 7 2022 - Cheesy Stuffed Crust Pizza or Cheesy Ravioli w/Warm Roll, Fresh Garden Salad, Seasoned Lima Beans, Fresh Whole Fruit, Chilled Fruit Cup
- September 8, 2022 - Lemon Pepper Chicken or Cheeseburger on Bun, Crispy Coleslaw, Oven Roasted Potatoes, Fresh Whole Apple, Icy Peach Cup - [National Literacy Day](#)
- September 9, 2022 - Warm Cheese Sticks w/Marinara or Crispy Chicken Nuggets w/Honey Mustard and Warm Roll, Fresh Spinach Salad, Glazed Carrots, Fresh Whole Fruit, Warm Chocolate Chip Cookie, Chilled Applesauce
- September 12, 2022- Old Time Square Pizza or Ham and Cheese Toaster, Seasoned Potato Wedges, Perfect Green Beans, Chilled Pineapple, Fresh Whole Fruit, Scooby Doo Cookies
- September 13, 2022 - Homemade Tator Tot Casserole w/Warm Roll or Student's Choice Entree, Seasoned Black-eyed Peas, Fresh Veggie Dippers w/ Ranch, Fresh Fruit Choice, Chilled Diced Pears
- September 14, 2022 - Homemade Spaghetti or Crispy Beef Nuggets w/BBQ, Warm Roll, Fresh Caesar Salad, Seasoned Lima Beans, Fresh Cut Fruit Cup, Sour Raisin Treat
- September 15, 2022 - Spicy Beef Nachos or Cheese Quesadilla, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Cheesy Refried Beans, Spiced Cinnamon Apples, Chocolate Chip Chortles, Fresh Whole Fruit
- September 16, 2022 - Cheesy Pan Pizza or Homemade Meatball Sub, Fresh Spinach Salad, Buttered Kernel Corn, Homemade Apple Crisp, Whole Fresh Fruit - [Harvest of the Month](#)
- September 19 2022 - Crispy Chicken and Waffle or Spicy Sausage and Cheese Biscuit, Seasoned Potatoes Triangles, Fresh Sliced Tomatoes, Chilled Juice Cup, Fresh Fruit, Warm Cinnamon Roll
- September 20, 2022 - Manager's Choice, or Crunchy Country Fried Steak w/Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Fresh Fruit Choice, Chilled Fruit Cup
- September 21, 2022 - Cheesy Calzones w/Marinara or New Spicy Buffalo Chicken Wrap, Chilled Coleslaw, Seasoned French Fries, Chilled Mixed Fruit, Fresh Fruit Choice, Celebration Cookie
- September 22, 2022 - Homemade Mac-n-Cheese w/Sausage Links or Crispy Chicken Sandwich, Seasoned Black-eyed Peas, Seasoned Collard Greens, Warm Cornbread Star, Fresh Whole Fruit, Chilled Applesauce
- September 23, 2022 - Cheesy Pan Pizza or Saucy BBQ Chicken w/ Warm Roll, Fresh Garden Salad, Saucy Baked Beans, Fresh Apple Grins, Frozen Fruit Treat
- September 26, 2022 - Manager's Choice or Homemade Lasagna w/Warm Roll, Homemade Squash Casserole, Orange Glazed Carrots, Fresh Whole Fruit
- September 27, 2022- Spicy Chili Cheese Fries or Crispy Chicken Nuggets, Warm Roll, Fresh Kale Salad, Seasoned Corn, Frozen Fruit Cup, Fresh Orange Wedges
- September 28, 2022 - All-star Hotdog or Cheeseburger with all the fixing, Seasoned Waffle Fries, Fresh Lettuce/Tomato/Pickle, Fresh Whole Apple, Delicious Birthday Cupcake w/Ice-cream Cup - [Happy Birthday Celebration Day](#)
- September 29, 2022 - Crunchy Hard Taco or Cheesy Quesadilla, Seasoned Black Beans, Fresh Shredded Lettuce/Tomato/Cheese, Spicy Salsa Cup, Fresh Fruit, Warm Cinnamon Apples, Warm Chocolate Fudge Cookie
- September 30, 2022 - Managers Choice w/Warm Roll or Cheesy Pan Pizza, Crispy Potato Tots, Fresh Broccoli Salad, Whole Fresh Fruit Choice, Chilled Fruit Cup

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, 2022 - Chicken Filet Biscuit
- September 2, 2022 - Sausage Biscuit
- September 6, 2022 - Steak Biscuit
- September 7, 2022- Cini Minis
- September 8, 2022 - Spicy Chicken Biscuit
- September 9, 2022- Warm Apple Frudel
- September 12 2022- Steak Biscuit
- September 13, 2022- Sausage Biscuit
- September 14, 2022- Confetti Pancakes
- September 15, 2022- Spicy Chicken Filet Biscuit
- September 16, 2022- Pancake Pup
- September 19, 2022 - Sausage Biscuit
- September 20, 2022 - Steak Biscuit
- September 21, 2022 - Bacon Cheese Croissant
- September 22, 2022 - Cinnamon Hadley Bars
- September 23, 2022- Spicy Chicken Biscuit
- September 26, 2022 - Sausage Biscuit
- September 27, 2022 - Steak Biscuit
- September 28, 2022 - Chicken Filet Biscuit
- September 29, 2022 - Bacon Cheese Croissant
- September 30, 2022 - 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/Snack Crackers offered daily

Salad Schedule: Monday: Grilled Chicken, Tuesday: Chicken Salad, Wednesday: Sliced Turkey, Thursday: Chicken Fajita, Friday Chef Salad

- September 1, 2022 - Crispy Chicken Tenders w/Honey Mustard or Mama's Homemade Meatloaf, Carrots w/Ranch, Warm Roll, Fluffy Yellow Rice, Fresh Broccoli w/Cheese, Chilled Mixed Fruit Cup, Fresh Fruit
- September 2, 2022 - Wild Mike's Jalapeno Bites or Cheesy Parmesan Chicken over Buttered Noodles, Buttered Corn, Fresh Garden Salad, Fresh Fruit, Chilled Fruit Cup, Warm Fudge Brownie
- September 6, 2022 – Manager's Choice or Crunchy Corndog, Fresh Lettuce/Tomato Salad, Chilled Pickle Spears, Saucy Baked Beans, Fresh Whole Fruit, Chilled Fruit Cup, Celebration Cookie
- September 7 2022 – Cheesy Stuffed Crust Pizza or Cheesy Ravioli w/Warm Roll, Fresh Garden Salad, Seasoned Lima Beans, Fresh Whole Fruit, Chilled Fruit Cup
- September 8, 2022 - Lemon Pepper Chicken or Cheeseburger on Bun, Crispy Coleslaw, Oven Roasted Potatoes, Fresh Whole Apple, Icy Peach Cup - [National Literacy Day](#)
- September 9, 2022 - Warm Cheese Sticks w/Marinara or Crispy Chicken Nuggets w/Honey Mustard and Warm Roll, Fresh Spinach Salad, Glazed Carrots, Fresh Whole Fruit, Warm Chocolate Chip Cookie, Chilled Applesauce
- September 12, 2022- Old Time Square Pizza or Ham and Cheese Toaster, Seasoned Potato Wedges, Perfect Green Beans, Chilled Pineapple, Fresh Whole Fruit, Scooby Doo Cookies
- September 13, 2022 – Homemade Tator Tot Casserole w/Warm Roll or Student's Choice Entree, Seasoned Black-eyed Peas, Fresh Veggie Dippers w/ Ranch, Fresh Fruit Choice, Chilled Diced Pears
- September 14, 2022 - Homemade Spaghetti or Crispy Beef Nuggets w/BBQ, Warm Roll, Fresh Caesar Salad, Seasoned Lima Beans, Fresh Cut Fruit Cup, Sour Raisin Treat
- September 15, 2022 - Spicy Beef Nachos or Cheese Quesadilla, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Cheesy Refried Beans, Spiced Cinnamon Apples, Chocolate Chip Chortles, Fresh Whole Fruit
- September 16, 2022 - Cheesy Pan Pizza or Homemade Meatball Sub, Fresh Spinach Salad, Buttered Kernel Corn, Homemade Apple Crisp, Whole Fresh Fruit – [Harvest of the Month](#)
- September 19 2022 - Crispy Chicken and Waffle or Spicy Sausage and Cheese Biscuit, Seasoned Potatoes Triangles, Fresh Sliced Tomatoes, Chilled Juice Cup, Fresh Fruit, Warm Cinnamon Roll
- September 20, 2022 - Manager's Choice, or Crunchy Country Fried Steak w/Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Fresh Fruit Choice, Chilled Fruit Cup
- September 21, 2022 – Cheesy Calzones w/Marinara or New Spicy Buffalo Chicken Wrap, Chilled Coleslaw, Seasoned French Fries, Chilled Mixed Fruit, Fresh Fruit Choice, Celebration Cookie
- September 22, 2022 - Homemade Mac-n-Cheese w/Sausage Links or Crispy Chicken Sandwich, Seasoned Black-eyed Peas, Seasoned Collard Greens, Warm Cornbread Star, Fresh Whole Fruit, Chilled Applesauce
- September 23, 2022 - Cheesy Pan Pizza or Saucy BBQ Chicken w/ Warm Roll, Fresh Garden Salad, Saucy Baked Beans, Fresh Apple Grins, Frozen Fruit Treat
- September 26, 2022 - Manager's Choice or Homemade Lasagna w/Warm Roll, Homemade Squash Casserole, Orange Glazed Carrots, Fresh Whole Fruit
- September 27, 2022- Spicy Chili Cheese Fries or Crispy Chicken Nuggets, Warm Roll, Fresh Kale Salad, Seasoned Corn, Frozen Fruit Cup, Fresh Orange Wedges
- September 28, 2022 - All-star Hotdog or Cheeseburger with all the fixing, Seasoned Waffle Fries, Fresh Lettuce/Tomato/Pickle, Fresh Whole Apple, Delicious Birthday Cupcake w/Ice-cream Cup - [Happy Birthday Celebration Day](#)
- September 29, 2022 - Crunchy Hard Taco or Cheesy Quesadilla, Seasoned Black Beans, Fresh Shredded Lettuce/Tomato/Cheese, Spicy Salsa Cup, Fresh Fruit, Warm Cinnamon Apples, Warm Chocolate Fudge Cookie
- September 30, 2022 – Managers Choice w/Warm Roll or Cheesy Pan Pizza, Crispy Potato Tots, Fresh Broccoli Salad, Whole Fresh Fruit Choice, Chilled Fruit Cup

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 2022- Chicken Filet Biscuit
- September 2, 2022 - Sausage Biscuit
- September 6, 2022 - Steak Biscuit
- September 7, 2022 - Biscuit w/Sausage links
- September 8 2022 - Spicy Chicken Biscuit
- September 9, 2022- Sausage Biscuit
- September 12 2022- Steak Biscuit
- September 13, 2022- Chicken Filet Biscuit
- September 14, 2022- Bacon Cheese Croissant
- September 15, 2022- Spicy Chicken Filet Biscuit
- September 16, 2022- Pancake Pup
- September 19, 2022 - Sausage Biscuit
- September 20, 2022 - Steak Biscuit
- September 21, 2022 - Bacon Cheese Croissant
- September 22, 2022 - Biscuit w/Sausage Links
- September 23, 2022- Spicy Chicken Biscuit
- September 26, 2022 - Sausage Biscuit
- September 27, 2022 - Steak Biscuit
- September 28, 2022 - Chicken Filet Biscuit
- September 29, 2022 - Bacon Cheese Croissant
- September 30, 2022 - 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 Uncrustable Plate offered daily

- September 1, 2022 – Crispy Chicken Tenders w/Honey Mustard or Cheesy Wild Mike's Pizza, Fresh Lettuce/Tomato Salad, Saucy Baked Beans, Fresh Whole Fruit, Chilled Fruit Cup, Celebration Cookie
- September 2, 2022 - Wild Mike's Jalapeno Bites or Cheesy Parmesan Chicken over Buttered Noodles, Buttered Corn, Fresh Garden Salad, Fresh Fruit, Chilled Fruit Cup, Warm Fudge Brownie
- September 6, 2022 - Seasoned Chicken Nuggets or Fresh Stuffed Crust Pizza, Carrots w/Ranch, Warm Roll, Fluffy Yellow Rice, Seasoned Black-eyed Peas, Chilled Mixed Fruit Cup, Fresh Fruit Choice
- September 7, 2022 – Cheesy Stuffed Pizza Sticks w/Marinara or Manager's Choice, Fresh Garden Salad, Seasoned Corn, Fat Cat Brownie, Fresh Whole Fruit, Chilled Diced Peas
- September 8, 2022 - Baked Cheesy Calzones or Spicy Buffalo Chicken Wrap w/Chip, Crispy Coleslaw, Oven Roasted Potatoes, Fresh Apple Grins, Icy Peach Cup - [National Literacy Day](#)
- September 9, 2022 - Fresh Pan Pizza or Homemade Poppy Seed Chicken w/ Fluffy Brown Rice, Fresh Caesar Salad, Glazed Carrots, Fresh Whole Fruit, Warm Chocolate Chip Cookie, Mixed Berry Cup
- September 12, 2022-Cheesy Stuffed Crust Pizza or Managers Choice, Seasoned Potato Wedges, Perfect Green Beans, Chilled Pear Slices, Warm Cinnamon Rolls, Fresh Whole Fruit
- September 13, 2022 – Homemade Tator Tot Casserole w/Warm Roll or Student's Choice Entree, Seasoned Black-eyed Peas, Buttered Corn, Fresh Fruit Choice, Chilled Diced Peaches
- September 14, 2022 - Homemade Spaghetti w/Garlic Cheese Biscuit or Fresh Wild Mike's Pizza, Fresh Caesar Salad, Crispy Fried Okra, Fresh Fruit, Chilled Applesauce Cup
- September 15, 2022 – Spicy Beef Nachos or Cheesy Stuffed Crust Pizza, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Cheesy Refried Beans, Spiced Cinnamon Apples, Chocolate Chip Chortles, Fresh Fruit
- September 16, 2022 – Fresh Pan Pizza or Homemade Meatball Sub, Fresh Spinach Salad, Crispy Sweet Potato Fries, Homemade Apple Crisp, Whole Fresh Fruit - [Harvest of the Month](#)
- September 19, 2022 - 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, 2022 - Manager's Choice, or Crunchy County Fried Steak w/Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Fresh Fruit Choice, Chilled Fruit Cup
- September 21, 2022 - Crispy Chicken Sandwich or Warm Cheese Sticks w/Marinara, Fresh Broccoli w/Dip, Seasoned French Fries, Warm Celebration Cookie, Chilled Mixed Fruit, Fresh Fruit
- September 22, 2022 - Homemade Mac-n-Cheese w/Little Smokies or Cheesy Wild Mike's Pizza, Seasoned Black-eyed Peas, Seasoned Collard Greens, Warm Cornbread Stars, Fresh Whole Fruit, Chilled Fruit Cup
- September 23, 2022 - Cheesy Pan Pizza or Saucy BBQ Chicken w/ Roll, Shredded Lettuce and Tomato, Saucy Baked Beans, Fresh Apple Grins, Frozen Fruit Treat - [Celebrating Peanuts](#)
- September 26, 2022 - Manager's Choice or Cheesy Pan Pizza, Homemade Squash Casserole, Seasoned Green Beans, Fresh Whole Fruit, Sour Raisins
- September 27, 2022- Spicy Chili Cheese Fries w/ Warm Roll or Fresh Wild Mike's Pizza, Fresh Kale Salad, Seasoned Corn, Frozen Fruit Cup, Fresh Fruit Choice
- August 28, 2022 – Cheesy Stuffed Crust Pizza or Cheeseburger with all the fixing, Seasoned Waffle Fries, Fresh Lettuce/Tomato/Pickle, Fresh Whole Apple, Delicious Birthday Cupcake w/Ice-cream Cup - [Happy Birthday Celebration Day](#)
- August 29, 2022 - Crunchy Beef Nachos or Cheesy Pan Pizza, Seasoned Black Beans, Fresh Shredded Lettuce/Tomato/Cheese, Spicy Salsa Cup, Fresh Fruit, Warm Cinnamon Apples, Warm Chocolate Fudge Cookie
- August 30, 2022 – Wild Mike's Pizza or Crispy Beef Nuggets w/Warm Roll, Crispy Sweet Potato Tots, Homemade Coleslaw, Whole Fresh Fruit Choice, Chilled Fruit Cup

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