

Butts County School System

**September Edition**

Date: 9/1/2020

BCSS SNP Programs Offered: Fresh Fruit and Vegetable Program (ES), Afterschool Snacks (ES), CEP (System Wide)  
September 1-4 Students Served Through Bus Routes and Bus Ramps

**BCSS NUTRITION GAZETTE**

SEPTEMBER FARM TO SCHOOL MONTH  
APPLES AND CELEBRATING PEANUTS

WHAT'S HAPPENING IN SCHOOL NUTRITION  
Promotional Dates for September

*Birthday Celebration Day will be September 28, 2020*



Nutrition Nugget: These round and juicy fruits are high in fiber and vitamin C, and they are also low in calories, have only a trace of sodium, and no fat or cholesterol. "Apples are high in polyphenols, which function as antioxidant.



“Equipped to Serve: Service Minded, Hunger Focused”



Apple Crisp Recipe on September 16, 2020



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

## Apple Crisp Recipe

**Ingredients**

- 6 golden delicious apples, peeled and chopped (other varieties can be used, can also be sliced)
- 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**

1. Preheat oven to 350 F degrees. Butter an 8x8 baking dish, or spray with non-stick cooking spray. Set aside.
2. 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.
3. 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.
4. Spread topping over apples in baking dish, and gently pat to even it out. Bake 40-50 minutes, until golden brown and bubbly.
5. Serve warm and enjoy!

This Institution is an equal opportunity provider.

All meals are served at no charge to all students. Menus Subject to Change.

# 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.

**Extras:** Breakfast in the Classroom

- September 1, 2020 - Fresh Buttered Biscuit
- September 2, 2020 - Sausage Biscuit Twins
- September 3, 2020 - Muffin Tops
- September 4, 2020 - Smile Donuts
- September 8, 2020 - Apple Cinnamon Pancakes
- September 9, 2020 - Sausage Biscuit Twins
- September 10, 2020 - Smile Donuts
- September 11, 2020 - Fresh Buttered Biscuit
- September 14, 2020- Apple/Cherry Frudel
- September 15, 2020- Coco Puffs Soft Filled Bar
- September 16, 2020- Pancake Pup
- September 17, 2020 - Smile Donut
- September 18, 2020 - Fresh Buttered Biscuit
- September 21, 2020 - French Toast Sticks
- September 22, 2020 - Pop tarts (2)
- September 23, 2020- Mini Pancakes
- September 24, 2020 - Sausage Biscuit Twins
- September 25, 2020 - Cini Minis
- September 28, 2020 - Fresh Buttered Biscuit
- September 29, 2020 - Sausage Biscuit Twins
- September 30, 2020 – Breakfast Pizza

## LUNCH

All lunches served with your choice of assorted fresh fruit, canned or frozen fruit and variety milk. Choice. Extras: Pre-Plated Salads and Homemade Peanut Butter & Jelly offered daily. **Attention: Sept 1 thru 4, at this time will be on the Bus Route Menus.**

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

Friday: Chef Salad, Bottled Water Offered on Request.

- September 1, 2020 – Stuffed Crust Pizza or Student's Choice, Crisp Garden Salad, Seasoned Potato Triangles, Chilled Watermelon Chunks
- September 2, 2020 – Juicy Hamburger on Bun or Cheesy Pigs in a Blanket, Lettuce/Tomato/Pickle, Baked Sweet Potato Fries, Mixed Fruit
- September 3, 2020 - Crispy Chicken Nuggets w/ Homemade Honey Mustard or Mama's Meatloaf, Seasoned Green Beans, Fluffy Yellow Rice, Warm Roll, Whole Fresh Fruit
- September 4, 2020 - Manager's Choice or Homemade Chili Mac, Fresh Broccoli w/Cheese, Seasoned Corn, Warm Fat Cat Brownie, Chilled Diced Pears
- September 8, 2020 - Crispy Corndog or Oven Fried Chicken w/Cornbread, Baked Potato Wedges, Saucy Baked Beans, Fresh Cut Apple O's
- September 9, 2020 – Student's Choice or Homemade Poppy Seed Chicken w/ Rice, Fresh Garden Salad, Glazed Carrots, Fresh Baked Chocolate Chip Cookies, Chilled Diced Peaches
- September 10, 2020 - Homemade Tator Tot Casserole w/Roll or Managers Choice, Buttered Corn, Fresh Whole Fruit
- September 11, 2020 - Old Time Square Pizza or Crispy Grilled Cheese, Baked Potato Tots, Seasoned Green Beans, Fresh Pear Salad, Homemade Cinnamon Rolls, Chilled Mixed Fruit
- September 14, 2020 - Homemade Spaghetti or Crispy Chicken Nuggets, Fresh Caesar Salad, Seasoned Green Peas, Homemade Cheese Biscuit, Fresh Cut Fruit Cup
- September 15, 2020- Spicy Beef Nacho's or Warm Cheese Quesadilla, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Cheesy Refried Beans, Warm Spiced Apples
- September 16, 2020 - Cheesy Stuffed Crust Pizza or Teacher's Choice, Fresh Spinach Salad, Buttered Corn, Homemade Apple Crisp
- September 17, 2020 - Crispy Chicken and Waffle or Buttered Sausage Biscuit w/ Scrambled Eggs, Oven Roasted Potatoes Tots, Warm Donut Holes, Fresh Whole Fruit
- September 18, 2020 - Manager's Choice, or Breaded Country Fried Steak w/Warm Biscuit, Buttered Mashed Potatoes, Chilled Mixed Diced Pears
- September 21, 2020 - Cheesy Patty Melt or Crispy Fish Sticks w/Hushpuppies, Baked French Fries, Fresh Cut Pears
- September 22, 2020 - Mac-n-Cheese w/Sausage Links or Crispy Beef Nuggets w/BBQ Sauce, Seasoned Corn, Cornbread Muffin, Frozen Fruit Treat, Whole Fresh Fruit
- September 23, 2020 - Cheesy Stuffed Crust Pizza or Warm Chicken Club, Crisp Fresh Shredded Lettuce and Tomato, Saucy Baked Beans, Fresh Whole Fruit
- September 24, 2020 - Manager's Choice or Cheesy Ravioli, Homemade Cheese Biscuit, Seasoned Green Beans, Chilled Mixed Fruit
- September 25, 2020 - Spicy Chili Cheese Fries w/ Warm Roll or Crispy Chicken Nuggets w/Crispy Fries, Fresh Kale Salad, Warm Roll
- September 28, 2020 - Hotdog on Bun or Saucy Sloppy Joe, Baked Tator Tots, Fresh Lettuce/Tomato/Pickle, Chocolate Birthday Cupcake– Happy Birthday Celebration Day
- September 29, 2020 - Crispy Taco or Cheesy Crispito, Seasoned Pinto Beans, Fresh Shredded Lettuce/Tomato/Cheese, Warm Spiced Apples
- September 30, 2020 - Crispy Chicken Nuggets w/Homemade Honey Mustard or Mama's Meatloaf, Seasoned Green Beans, Fluffy Yellow Rice Warm Roll, Whole Fresh Fruit

This Institution is an equal opportunity provider.

# 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

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| • September 1, 2020 – Chicken Biscuit                | September 16, 2020- Warm Cinnamon Roll          |
| • September 2, 2020 - Sausage Biscuit Twins          | September 17, 2020- Pancake Pup                 |
| • September 3, 2020 – Cini Mini                      | September 18, 2020 - Coco Puffs Soft Filled Bar |
| • September 4, 2020 - Pancake Pup                    | September 21, 2020 - Breakfast Pizza            |
| • September 8, 2020 - Apple Cinnamon Pancakes        | September 22, 2020 - French Toast Sticks        |
| • September 9, 2020- Chicken Biscuit                 | September 23, 2020 - Chicken Filet Biscuit      |
| • September 10, 2020- Breakfast Pizza                | September 24, 2020 - Mini Pancakes              |
| • September 11, 2020- Fresh Buttered Sausage Biscuit | September 25, 2020 - Sausage Biscuit Twins      |
| • September 14, 2020- Apple/Cherry Frudel            | September 28, 2020 – Cini Minis                 |
| • September 15, 2020 - Fresh Chicken Filet Biscuit   | September 29, 2020 - Sausage Biscuit Twins      |
|  | September 30, 2020 – Breakfast Pizza            |

## LUNCH

All lunches served with your choice of assorted fresh fruit, canned or frozen fruit and variety milk. Choice. Extras: Pre-Plated Salads and Homemade Peanut Butter & Jelly offered daily. **Attention: Sept 1 thru 4, at this time will be on the Bus Route Menu.**

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

Friday: Chef Salad, Bottled Water Offered on Request.

- September 1, 2020 – Stuffed Crust Pizza or Student's Choice, Crisp Garden Salad, Seasoned Potato Triangles, Chilled Watermelon Chunks
- September 2, 2020 – Juicy Hamburger on Bun or Cheesy Pigs in a Blanket, Lettuce/Tomato/Pickle, Baked Sweet Potato Fries, Mixed Fruit
- September 3, 2020 - Crispy Chicken Nuggets w/ Homemade Honey Mustard or Mama's Meatloaf, Seasoned Green Beans, Fluffy Yellow Rice, Warm Roll, Whole Fresh Fruit
- September 4, 2020 - Manager's Choice or Homemade Chili Mac, Fresh Broccoli w/Cheese, Seasoned Corn, Warm Fat Cat Brownie, Chilled Diced Pears
- September 8, 2020 - Crispy Corndog or Oven Fried Chicken w/Cornbread, Baked Potato Wedges, Saucy Baked Beans, Fresh Cut Apple O's
- September 9, 2020 – Student's Choice or Homemade Poppy Seed Chicken w/ Rice, Fresh Garden Salad, Glazed Carrots, Fresh Baked Chocolate Chip Cookies, Chilled Diced Peaches
- September 10, 2020 - Homemade Tator Tot Casserole w/Roll or Managers Choice, Buttered Corn, Fresh Whole Fruit
- September 11, 2020 - Old Time Square Pizza or Crispy Grilled Cheese, Baked Potato Tots, Seasoned Green Beans, Fresh Pear Salad, Homemade Cinnamon Rolls, Chilled Mixed Fruit
- September 14, 2020 - Homemade Spaghetti or Crispy Chicken Nuggets, Fresh Caesar Salad, Seasoned Green Peas, Homemade Cheese Biscuit, Fresh Cut Fruit Cup
- September 15, 2020- Spicy Beef Nacho's or Warm Cheese Quesadilla, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Cheesy Refried Beans, Warm Spiced Apples
- September 16, 2020 - Cheesy Stuffed Crust Pizza or Teacher's Choice, Fresh Spinach Salad, Buttered Corn, Homemade Apple Crisp
- September 17, 2020 - Crispy Chicken and Waffle or Buttered Sausage Biscuit w/ Scrambled Eggs, Oven Roasted Potatoes Tots, Warm Donut Holes, Fresh Whole Fruit
- September 18, 2020 - Manager's Choice, or Breaded Country Fried Steak w/Warm Biscuit, Buttered Mashed Potatoes, Chilled Mixed Diced Pears
- September 21, 2020 - Cheesy Patty Melt or Crispy Fish Sticks w/Hushpuppies, Baked French Fries, Fresh Cut Pears
- September 22, 2020 - Mac-n-Cheese w/Sausage Links or Crispy Beef Nuggets w/BBQ Sauce, Seasoned Corn, Cornbread Muffin, Frozen Fruit Treat, Whole Fresh Fruit
- September 23, 2020 - Cheesy Stuffed Crust Pizza or Warm Chicken Club, Crisp Fresh Shredded Lettuce and Tomato, Saucy Baked Beans, Fresh Whole Fruit
- September 24, 2020 - Manager's Choice or Cheesy Ravioli, Homemade Cheese Biscuit, Seasoned Green Beans, Chilled Mixed Fruit
- September 25, 2020 - Spicy Chili Cheese Fries w/ Warm Roll or Crispy Chicken Nuggets w/ French Fries, Fresh Kale Salad, Warm Roll
- September 28, 2020 - Hotdog on Bun or Saucy Sloppy Joe, Baked Tator Tots, Fresh Lettuce/Tomato/Pickle, Chocolate Birthday Cupcake– Happy Birthday Celebration Day
- September 29, 2020 - Crispy Taco or Cheesy Crispito, Seasoned Pinto Beans, Fresh Shredded Lettuce/Tomato/Cheese, Warm Spiced Apples
- September 30, 2020 - Crispy Chicken Nuggets w/Homemade Honey Mustard or Mama's Meatloaf, Seasoned Green Beans, Fluffy Yellow Rice Warm Roll, Whole Fresh Fruit

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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

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| • September 1, 2020 - Chicken Filet Biscuit        | September 16, 2020- Pancake Pup                 |
| • September 2, 2020 - Bacon Cheese Croissant       | September 17, 2020- Spicy Chicken Filet Biscuit |
| • September 3, 2020 - Steak Biscuit                | September 18, 2020 - Sausage Biscuit            |
| • September 4, 2020 - Dutch Waffles w/Strawberries | September 21, 2020 - Steak Biscuit              |
| • September 8, 2020 - Breakfast Pizza              | September 22, 2020 - French Toast Sticks        |
| • September 9, 2020- Sausage Biscuit               | September 23, 2020 - Bacon Cheese Croissant     |
| • September 10, 2020- Steak Biscuit                | September 24, 2020 - Pancakes w/Syrup           |
| • September 11, 2020- Chicken Filet Biscuit        | September 25, 2020 - Sausage Biscuit            |
| • September 14, 2020- French Toast Sticks w/Syrup  | September 28, 2020 - Breakfast Pizza            |
| • September 15, 2020 - Chicken Filet Biscuit       | September 29, 2020 - Sausage Biscuit            |
|  | September 30, 2020 – Apple/Cherry Frudel        |

## LUNCH

All lunches served with your choice of assorted fresh fruit, canned or frozen fruit, 8oz water (upon request) and variety milk Extras: Homemade Peanut Butter and Jelly Sandwich Tray offered daily. **Attention: Sept 1 thru 4, at this time will be on the Bus Route Menu.**

Fresh Salad Bar offered daily.

- September 1, 2020 – Homemade Meatloaf w/Warm Roll or Student's Choice, Crisp Caesar Salad, Seasoned Lima Beans, Chilled Watermelon Slice, Summer Frozen Ice
- September 2, 2020 - Cheeseburger on Bun or Cheesy Pan Pizza, Lettuce/Tomato/Pickle, Baked Sweet Potato Fries, Marinated Tomato Salad
- September 3, 2020 - Crispy Chicken Nuggets w/ Homemade Honey Mustard (2), Seasoned Green Beans, Warm Roll, Fluffy Yellow Rice, Fresh Cut Garden Salad
- September 4, 2020 - Manager's Choice or Homemade Lasagna, Warm Roll. Fresh Broccoli w/Cheese, Seasoned Corn, Warm Fat Cat Brownie
- September 8, 2020 - Student's Choice or BBQ Chicken Sandwich, Baked Potato Wedges, Saucy Baked Beans, Sweet Coleslaw, Fresh Cut Apple O's
- September 9, 2020- Warm Cheese Stick w/Marinara or Homemade Poppy Seed Chicken w/ Rice, Fresh Garden Salad, Glazed Carrots, Fresh Baked Chocolate Chip Cookies
- September 10, 2020 - Homemade Tator Tot Casserole w/Roll or Managers Choice, Buttered Corn, Fresh Fresco Salad
- September 11, 2020 - Old Time Square Pizza or Crispy Grilled Cheese, Baked Potato Rounds, Seasoned Green Beans, Fresh Pear Salad, Homemade Cinnamon Rolls
- September 14, 2020 - Crispy Chicken Nuggets (2), Warm Roll, Fresh Caesar Salad, Seasoned Sweet Peas, Fresh Cut Fruit Cup
- September 15, 2020 – Homemade Spaghetti w/Meat Sauce, Homemade Cheese Biscuit or Stuffed Crust Pizza, Fresh Spinach Salad, Buttered Corn, Homemade Apple Crisp
- September 16, 2020- Spicy Beef Nacho's or Warm Cheese Quesadilla, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Cheesy Refried Beans, Warm Spiced Apples
- September 17, 2020 - Crispy Chicken and Waffles (2), Oven Roasted Potatoes, Sliced Tomatoes, Chilled Juice Cup, Warm Donut Holes
- September 18, 2020 - Manager's Choice, or Breaded Country Fried Steak w/Warm Biscuit, Buttered Mashed Potatoes, Seasoned Sweet Peas, Baby Carrots w/Ranch
- September 21, 2020- Cheesy Patty Melt or Spicy Buffalo Chicken Pizza, Homemade Broccoli Salad, Baked French Fries, Fresh Cut Pears
- September 22, 2020 - Homemade Mac-n-Cheese w/Sausage Links or Crispy Beef Nuggets w/BBQ Sauce, Seasoned Black-eyed Peas, Peppered Collard Greens, Veggie Dippers w/Ranch, Cornbread Muffin, Frozen Fruit Treat
- September 23, 2020 - Spicy Tachos w/Shredded Cheese or Cheesy Pan Pizza, Fresh Shredded Lettuce and Tomato Salad, Saucy Baked Beans, Icy Peach Cups
- September 24, 2020 - Manager's Choice or Cheesy Ravioli, Homemade Cheese Biscuit, Cheesy Squash Casserole, Seasoned Green Beans
- September 25, 2020- Spicy Chili Cheese Fries w/ Warm Roll or Crispy Fish and Cheese Sandwich w/ Hot Fries, Fresh Kale Salad, Buttered Corn
- September 28, 2020 -Hotdog on Bun or Fresh Cheeseburger, Baked Tator Tots, Fresh Lettuce/Tomato/Pickle, Chocolate Birthday Cupcake– Happy Birthday Celebration Day
- September 29, 2020 - Crispy Taco or Wild Mike's Pizza, Seasoned Pinto Beans, Fresh Shredded Lettuce/Tomato/Cheese, Spicy Salsa Cup, Warm Spiced Apples
- September 30, 2020 – Spicy Chicken Sandwich (2), Fresh Lettuce/Tomato/Pickle, Baked Onion Rings, Fresh Cut Fruit Cup

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