

Butts County School System

4/1/20

Date: April 1, 2020

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

BCSS NUTRITION GAZETTE



HARVEST OF THE MONTH: STRAWBERRY AND MUSHROOMS



WHAT'S HAPPENING IN SCHOOL NUTRITION



Nutrition Nugget: **One cup of strawberries** contains only 49 **calories** and provides 3 grams of fiber and only 12 grams of carbohydrate, resulting in 9 grams of net **carbs**. **Strawberries** have more insoluble fiber than soluble fiber. **Strawberries** have a low glycemic index of 40.

“Equipped to Serve: Service Minded, Hunger Focused”

* April Farm to Table Featured Items: Strawberries and Mushrooms



Georgia/Local items served this month: Chicken Tenders, Nuggets, Country Fried Steak, Frozen Lima Beans, Blueberries, Cucumbers, and Cherry Tomatoes.



New item featured on the menu: Strawberry Cobbler



ANNOUNCEMENT: ALL CAFÉ LOCATIONS WILL BE CLOSED April 6-10, 2020

Strawberry Cobbler

Ingredients

- 1/2 cup salted butter
- 1 cup self-rising flour
- 1 1/2 cups sugar divided
- 1 cup milk
- 1/2 teaspoon vanilla extract
- 4 cups strawberries hulled and halved
- vanilla ice cream optional

Instructions

- 1..Preheat oven to 350°F. Melt butter in a 9x13 casserole dish in the oven as it preheats.
- 2.Whisk together the flour, 1 1/4 cups of sugar, milk and the vanilla in a medium bowl while the butter melts. Pour into the melted butter without stirring.
- 3.Add the remaining 1/4 cup of sugar to the strawberries, tossing to coat. Spoon the strawberries into the butter and dough mixture without stirring.
- 4.Bake until the cobbler crust has turned lightly golden brown and the cobbler is set throughout about 45 minutes. Remove from the oven and serve, topped with vanilla ice cream, if using.

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.

Extras: Breakfast in the Classroom

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| • April 1, 2020 - Sausage Biscuit | April 23, 2020- Sausage Biscuit |
| • April 2, 2020 – Mini Cini | April 24, 2020- Pancake Pup |
| • April 3, 2020 - Pancakes | April 27, 2020- Fudge Pop tarts |
| • April 13, 2020 – Pop tarts | April 28, 2020- Chicken Biscuit |
| • April 14, 2020 – Pancake Pup | April 29, 2020- Breakfast Pizza |
| • April 15, 2020- Manager's Choice | April 30, 2020- Smile Donuts |
| • April 16, 2020- Smile Donuts | |
| • April 17, 2020- Sausage Biscuit | |
| • April 20, 2020- Apple/Cherry Strudel | |
| • April 21, 2020 - Apple Cinnamon Texas Toast | |
| • April 22, 2020 - Chicken Biscuit | |

LUNCH

All lunches served with your choice of assorted fresh fruit, canned or frozen fruit, and flavored milk choice.

Extras: Pre-Plated Salads and Peanut Butter & Jelly Uncrustables/Cheese Stick offered daily

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

Friday: Chef Salad. Bottled Water upon request.

- April 1, 2020 - Crispy Chicken Nuggets w/Honey Mustard or Mama's Meatloaf, Buttered Mashed Potatoes, Seasoned Sweet Peas, Warm Roll
- April 2, 2020- Manager's Choice or Homemade Tator Tot Casserole, Crisp Caesar Salad, Orange Glazed Carrots, Warm Roll
- April 3, 2020- Crispy Beef Nuggets w/BBQ Sauce or Cheesy Pigs in a Blanket, Saucy Baked Beans, Potato Tots, Chocolate Chortles
- April 13, 2020 - Crispy Chicken and Dutch Waffle or Fresh Biscuit w/Sausage Links, Crispy Potato Triangles, Sliced Tomatoes, Icy Juice Cup, Powdered Donut Holes
- April 14, 2020 –Toasted Meatball Sub or Fresh Pan Pizza, Crispy Sweet Potato Puffs, Fresh Caesar Salad, Chocolate Chip Chortles
- April 15, 2020 – Saucy BBQ Sandwich or Baked Chicken Nuggets w/Sauce, Fresh Vegetable Dippers w/Ranch, Crispy Waffle Fries
- April 16, 2020- Homemade Spaghetti w/Garlic Cheese Biscuit or Managers Choice, Seasoned Corn, Seasoned Green Beans, Homemade Strawberry Cobbler
- April 17, 2020- Spicy Beef Nachos or Cheesy Quesadillas, Fresh Lettuce/Tomato/Salsa, Seasoned Pinto Beans, Cinnamon Apples
- April 20, 2020- Managers Choice or Crispy Country Fried Steak, Buttered Mashed Potatoes, Saucy Baked Beans, Warm Roll
- April 21, 2020- Cheeseburger on Bun or Spicy Chili Dog, Baked Waffle Fries, Sweet Coleslaw, Warm Chocolate Fudge Cookie
- April 22, 2020- Crispy Chicken Nuggets w/Warm Roll or Crispy Fish & Cheese Sandwich, Seasoned Lima Beans, Spicy Yellow Rice, Fresh Veggies w/Dip
- April 23, 2020- Crispy Pan Pizza or Homemade Poppy Seed Chicken w/Brown Rice, Fresh Spinach Salad, Seasoned Green Beans, Homemade Pear Crisp, Warm Roll
- April 24, 2020- Spicy Taco Salad or Cheesy Chili Crispitos, Seasoned Pinto Beans, Lettuce and Tomato, Spicy Salsa, Cinnamon Apples
- April 27, 2020- Homemade Mac-n-Cheese w/Smokies or Crispy Chicken Tenders, Seasoned Collard Greens, Black-eyed Peas, Fresh Cornbread Muffin, Orange Sherbet
- April 28, 2020- Homemade Chicken Alfredo w/Warm Roll or Stuffed Crust Pizza, Crisp Garden Salad, Homemade Squash Casserole
- April 29, 2020- Chili Cheese Fries or Cheesy Cheese Sticks w/Marinara, Seasoned Green Beans, Buttered Corn, Fresh Applesauce Cake
- April 30, 2020 – Grilled Chicken Club or Mini Calzones w/Dip, Crisp Lettuce/Tomato Salad, Seasoned Sweet Potato Tots, Birthday Cupcake w/Ice-cream

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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

- April 1, 2020- Chicken Biscuit
- April 2, 2020 - Glazed Donut
- April 3, 2020 - Apple Cinnamon Texas Toast
- April 13, 2020 - Pancake Pup
- April 14, 2020 – Warm Cinnamon Roll
- April 15, 2020- Sausage Biscuit Twins
- April 16, 2020- Breakfast Pizza
- April 17, 2020- Coco Puffs Soft Filled Bar
- April 20, 2020- Chicken Biscuit
- April 21, 2020 - Apple Cinnamon Texas Toast
- April 22, 2020 – Sausage Biscuit
- April 23, 2020- Apple/Cherry Strudel
- April 24, 2020- Pancake Pup
- April 27, 2020- Grilled Cheese Uncrustable
- April 28, 2020- Sausage Biscuit Twins
- April 29, 2020- Warm Cinnamon Roll
- April 30, 2020- Breakfast Pizza

LUNCH

All lunches served with your choice of assorted fresh fruit, canned or frozen fruit, and flavored milk of choice.

Extras: Full Salad Bar, PB&J Uncrustable and Pizza Line: Monday – Stuffed Crust Pizza, Tuesday – Wild Mike's, Wednesday – 3 Cheese Boat, Thursday – Pan Pizza, Friday – Cheese Sticks w/Marinara, Bottled Water upon request.

- April 1, 2020 - Crispy Chicken Nuggets w/Honey Mustard or Mama's Meatloaf, Buttered Mashed Potatoes, Seasoned Sweet Peas, Warm Roll
- April 2, 2020- Manager's Choice or Homemade Tator Tot Casserole, Crisp Caesar Salad, Orange Glazed Carrots, Warm Roll
- April 3, 2020- Crispy Beef Nuggets w/BBQ Sauce or Cheesy Pigs in a Blanket, Saucy Baked Beans, Potato Tots, Chocolate Chortles
- April 13, 2020 - Crispy Chicken and Dutch Waffle or Fresh Biscuit w/Sausage Links, Crispy Potato Triangles, Sliced Tomatoes, Icy Juice Cup, Powdered Donut Holes
- April 14, 2020 –Toasted Meatball Sub or Managers Choice, Crispy Sweet Potato Puffs, Fresh Caesar Salad, Homemade Strawberry Cobbler
- April 15, 2020 – Saucy BBQ Sandwich or Baked Chicken Nuggets w/Sauce, Fresh Vegetable Dippers w/Ranch, Crispy Waffle Fries
- April 16, 2020- Homemade Spaghetti w/Warm Roll or Pan Pizza (2), Seasoned Corn, Seasoned Green Beans, Chocolate Chip Chortles
- April 17, 2020- Spicy Beef Nachos or Cheesy Quesadillas, Fresh Lettuce/Tomato/Salsa, Seasoned Pinto Beans, Cinnamon Apples
- April 20, 2020- Managers Choice or Crispy Country Fried Steak, Buttered Mashed Potatoes, Saucy Baked Beans, Warm Roll
- April 21, 2020- Cheeseburger on Bun or Spicy Chili Dog, Baked Waffle Fries, Sweet Coleslaw, Warm Chocolate Fudge Cookie
- April 22, 2020- Crispy Chicken Nuggets w/Warm Roll or Crispy Fish & Cheese Sandwich, Seasoned Lima Beans, Spicy Yellow Rice, Fresh Veggies w/Dip
- April 23, 2020- Crispy Pan Pizza or Homemade Poppy Seed Chicken w/Brown Rice, Fresh Spinach Salad, Seasoned Green Beans, Homemade Pear Crisp, Warm Roll
- April 24, 2020- Spicy Taco Salad or Cheesy Chili Crispitos, Seasoned Pinto Beans, Lettuce and Tomato, Spicy Salsa, Cinnamon Apples
- April 27, 2020- Homemade Mac-n-Cheese w/Smokies or Crispy Chicken Tenders, Seasoned Collard Greens, Black-eyed Peas, Fresh Cornbread Muffin, Fresh Fresco Salad
- April 28, 2020- Homemade Chicken Alfredo w/Warm Roll or Grilled Patty Melt w/Chips, Fresh Lettuce/Tomato Salad, Homemade Squash Casserole
- April 29, 2020- Chili Cheese Fries or Managers Choice, Seasoned Green Beans, Buttered Corn, Crunchy Carrots w/Dip, Fresh Applesauce Cake
- April 30, 2020 – Grilled Chicken Club or Mini Calzones w/Dip, Crisp Garden Salad, Seasoned Sweet Potato Tots, Birthday Cupcake w/Ice-cream

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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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| • April 1, 2020 - Apple Cinnamon Texas Toast | April 23, 2020- Sausage Biscuit |
| • April 2, 2020 – Managers Choice | April 24, 2020 - French Toast w/Syrup |
| • April 3, 2020- Bacon Cheese Croissant | April 27, 2020- Spicy Chicken Biscuit |
| • April 13, 2020 – Spicy Chicken Biscuit | April 28, 2020- Steak Biscuit |
| • April 14, 2020 - Steak Biscuit | April 29, 2020- Chicken Fillet Biscuit |
| • April 15, 2020- Pancake Pup | April 30, 2020- Dutch Waffle w/Sausage Links |
| • April 16, 2020- Sausage Biscuit | |
| • April 17, 2020- Bacon Cheese Croissant | |
| • April 20, 2020- Steak Biscuit | |
| • April 21, 2020 - Powdered Waffle w/Strawberries | |
| • April 22, 2020 - Pancakes w/Bacon | |

LUNCH

All lunches served with your choice of assorted fresh fruit, canned or frozen fruit, 8oz water and variety of milk

Extras: PB&J Uncrustable and Pizza Line: Monday – Stuffed Crust Pizza, Tuesday – Buffalo Chicken Pizza, Wednesday – Wild Mikes Pizza, Thursday – Pan Pizza, Friday – Cheese Sticks w/Marinara. Bottled Water upon request.

- April 1, 2020 – Cheeseburger on Bun or Chili Cheese Fries, Roll, Garden Salad, Saucy Baked Beans, Warm Chocolate Brownie
- April 2, 2020 - Crispy Chicken Nuggets w/Honey Mustard (2), Buttered Mashed Potatoes, Seasoned Sweet Peas, Warm Roll, Crisp Caesar Salad
- April 3, 2020- Manager's Choice or Homemade Poppy Seed Chicken w/Yellow Rice, Crisp Spinach Salad, Seasoned Black-eyed Peas, Warm Roll, Celebration Cookie
- April 13, 2020- Manager's Choice or Homemade Spaghetti w/Cheese Biscuit, Fresh Caesar Salad, Seasoned Green Beans, Warm Chocolate Fudge Cookie
- April 14, 2020- Crispy Chicken and Dutch Waffle or Fresh Sausage and Biscuit, Crispy Potato Triangles, Sliced Tomatoes, Icy Juice Cup, Powdered Donut Holes
- April 15, 2020 -Homemade Meatloaf or Grilled Patty Melt, Buttered Mashed Potatoes, Seasoned Sweet Peas, Warm Roll, Sweet Coleslaw
- April 16, 2020 –Baked Chicken Nuggets (2), Warm Roll, Fresh Caesar Salad, Crispy Sweet Potato Fries, Homemade Strawberry Cobbler, Warm Roll
- April 17, 2020- Spicy Beef Nachos or Chicken Fajita Wrap, Crispy Lettuce/Tomato/Spicy Salsa, Seasoned Pinto Beans, Warm Cinnamon Apples, Celery/Carrots w/Ranch
- April 20, 2020 –Crispy Chicken Sandwich (2), Oven Fried Waffle Fries, Sweet Cole Slaw, Crispy Garden Salad, Warm Brownie
- April 21, 2020-Manager's Choice or Mini Calzones w/Dip, Fresh Garden Salad, Seasoned Green Beans, Roll, Warm Sugar Cookie
- April 22, 2020 - Spicy Chicken Sandwich (2), Crispy Lettuce and Tomato Salad, Crispy Potato Rounds, Icy Fruit Freeze
- April 23, 2020- Meatball Sub or Homemade Tator Tot Casserole w/Warm Roll, Saucy Baked Beans, Fresh Spinach Salad
- April 24, 2020- Crispy Chicken Nuggets (2), Buttered Corn, Fresh Garden Salad, Warm Roll, Goopy Cinnamon Roll
- April 27, 2020- Crispy Beef Nuggets or BBQ Chicken w/Warm Roll, Seasoned Yellow Rice, Fresh Carrots w/Dip, Seasoned Lima Beans
- April 28, 2020- Homemade Mac-n-Cheese w/Smokies or Manager's Choice, Seasoned Collard Greens, Black-eyed Peas, Caesar Salad, Fresh Cornbread Muffin, Orange Sherbet
- April 29, 2020- Cheesy Pigs in a Blanket w/Chips or Breaded Country Fried Steak w/Buttermilk Biscuit, Buttered Mashed Potatoes, Fresh Fresco Salad, Homemade Squash Casserole
- April 30, 2020- Crispy Chicken Tenders (2) Fresh Garden Salad, Seasoned Corn, Warm Roll, Birthday Cupcake w/Ice-cream

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