

Butts County School System

August Edition

Date: August 4, 2020

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

BCSS NUTRITION GAZETTE

AUGUST FARM TO SCHOOL MONTH WATERMELON

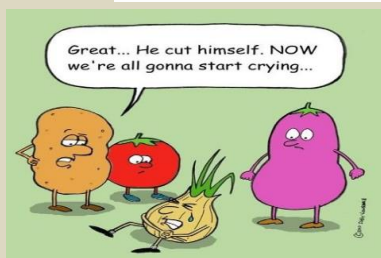
WHAT'S HAPPENING IN SCHOOL NUTRITION

Promotional Dates for August

Throw Back Thursday will be August 16, 2020
Birthday Celebration Day will be August 29, 2020



Nutrition Nugget: One cup of diced watermelon (152 grams) contains: 1. 43 calories 2. 0 grams of fat 3. 2 milligrams of sodium 4. 11 grams of carbohydrate (including 9 grams of sugar) 5. 1 gram of fiber One cup of watermelon will provide the following percentage of daily vitamins: 1. 17 percent of vitamin A 2. 21 percent of vitamin C 3. 2 percent of iron 4. 1 percent of calcium. Watermelon also contains thiamine, riboflavin, niacin, vitamin B-6, folate, pantothenic acid, magnesium.



“Equipped to Serve: Service Minded, Hunger Focused”



Marinated Tomato Recipe on August 5, 2020

Chilled Sliced Watermelon Featured on the August 4, 2020



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

Ingredients

- 3 extra-large tomatoes, about 2 pounds
- 1/3 cup extra-virgin olive oil
- 1/4 cup red wine vinegar
- 2 tablespoons finely chopped red onion
- 1 large clove, or two small cloves garlic, finely minced or crushed
- 1 tablespoon minced fresh parsley, plus additional for garnish
- 1 tablespoon minced fresh basil, plus additional for garnish
- 1 teaspoon salt
- Freshly ground black pepper, to taste

Marinated Tomato Salad

Directions:

Cut the tomatoes into 1/2-inch thick slices and arrange in a single layer in a large, shallow dish. Measure the oil, vinegar, onion, garlic, parsley, basil, salt, and pepper in a jar with a tight-fitting lid. Shake vigorously to combine and evenly pour over the tomatoes in the dish. Cover and marinate for 2 to 3 hours on the counter, or 12 to 24 hours in the refrigerator. Bring chilled tomatoes to room temperature before serving. Transfer tomatoes to serving dishes, spoon juices over the tops, and garnish with additional chopped fresh herbs.

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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| • August 4, 2020 - Fresh Buttered Biscuit | August 17, 2020- Coco Puffs Soft Filled Bar |
| • August 5, 2020 - Sausage Biscuit Twins | August 18, 2020- Pancake Pup |
| • August 6, 2020 - Muffin Tops | August 19, 2020 - Smile Donut |
| • August 7, 2020 - Smile Donuts | August 20, 2020 - Fresh Buttered Biscuit |
| • August 10, 2020 - Apple Cinnamon Texas Toast | August 21, 2020 - French Toast Sticks |
| • August 11, 2020 - Sausage Biscuit Twins | August 24, 2020 - Pop tarts (2) |
| • August 12, 2020 - Smile Donuts | August 25, 2020- Mini Pancakes |
| • August 13, 2020 - Fresh Buttered Biscuit | August 26, 2020 - Sausage Biscuit Twins |
| • August 14, 2020- Apple/Cherry Frudel | August 27, 2020 - Cini Minis |
| | August 28, 2020 - Fresh Buttered Biscuit |
| | August 31, 2020 - Sausage Biscuit Twins |

LUNCH

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

Extras: Pre-Plated Salads and Homemade Peanut Butter & Jelly offered daily

Salad Schedule: Monday: Grilled Chicken, Tuesday: Tuna, Wednesday: Sliced Turkey, Thursday: Chicken Fajita
Friday: Chef Salad, Bottled Water Offered on Request.

- August 4, 2020 - Spicy Taco Salad or Student's Choice, Crisp Shredded Romaine Lettuce/Diced Tomatoes, Seasoned Pinto Beans, Chilled Watermelon Chunks– Welcome Back Fiesta
- August 5, 2020 – Juicy Hamburger on Bun or Cheesy Pigs in a Blanket, Lettuce/Tomato/Pickle, Baked Sweet Potato Fries, Mixed Fruit
- August 6, 2020 - Crispy Chicken Nuggets w/ Homemade Honey Mustard or Mama's Meatloaf, Seasoned Green Beans, Spicy Yellow Rice Warm Roll, Whole Fresh Fruit
- August 7, 2020 - Manager's Choice or Homemade Chili Mac, Fresh Broccoli w/Cheese, Seasoned Corn, Warm Fat Cat Brownie, Chilled Diced Pears
- August 10, 2020 - Crispy Corndog or Oven Fried Chicken w/Cornbread, Baked Potato Wedges, Saucy Baked Beans, Fresh Cut Apple O's
- August 11, 2020 – Student's Choice or Homemade Poppy Seed Chicken w/ Rice, Fresh Garden Salad, Glazed Carrots, Fresh Baked Chocolate Chip Cookies, Chilled Diced Peaches
- August 12, 2020 - Homemade Tator Tot Casserole w/Roll or Managers Choice, Buttered Corn, Fresh Whole Fruit
- August 13, 2020 - Old Time Square Pizza or Crispy Grilled Cheese, Baked Potato Tots, Seasoned Green Beans, Fresh Pear Salad, Homemade Cinnamon Rolls, Chilled Mixed Fruit – Throw Back Thursday
- August 14, 2020 - Homemade Spaghetti or Crispy Chicken Nuggets, Fresh Caesar Salad, Seasoned Green Peas, Homemade Cheese Biscuit, Fresh Cut Fruit Cup
- August 17, 2020- Spicy Beef Nacho's or Warm Cheese Quesadilla, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Cheesy Refried Beans, Warm Spiced Apples
- August 18, 2020 - Cheesy Stuffed Crust Pizza or Teacher's Choice, Fresh Spinach Salad, Buttered Corn, Homemade Peach Crisp
- August 19, 2020 - Crispy Chicken and Waffle or Buttered Sausage Biscuit w/ Scrambled Eggs, Oven Roasted Potatoes Tots, Warm Donut Holes, Fresh Whole Fruit
- August 20, 2020 - Manager's Choice, or Breaded Country Fried Steak w/Warm Biscuit, Buttered Mashed Potatoes, Chilled Mixed Diced Pears
- August 21, 2020 - Cheesy Patty Melt or Crispy Fish Sticks w/Hushpuppies, Baked French Fries, Fresh Cut Pears
- August 24, 2020 - Mac-n-Cheese w/Sausage Links or Crispy Beef Nuggets w/BBQ Sauce, Seasoned Black-eyed Peas, Cornbread Muffin, Frozen Fruit Treat, Whole Fresh Fruit
- August 25, 2020 - Cheesy Stuffed Crust Pizza or Warm Chicken Club, Crisp Fresh Shredded Lettuce and Tomato, Saucy Baked Beans, Fresh Whole Fruit
- August 26, 2020 - Manager's Choice or Cheesy Ravioli, Homemade Cheese Biscuit, Seasoned Green Beans, Chilled Mixed Fruit
- August 27, 2020 - Spicy Chili Cheese Fries w/ Warm Roll or Crispy Chicken Nuggets, Fresh Kale Salad, Buttered Corn, Warm Roll
- August 28, 2020 - Hotdog on Bun or Saucy Sloppy Joe, Baked Tator Tots, Fresh Lettuce/Tomato/Pickle, Chocolate Birthday Cupcake– Happy Birthday Celebration Day
- August 31, 2020 - Crispy Taco or Cheesy Crispito, Seasoned Pinto Beans, Fresh Shredded Lettuce/Tomato/Cheese, Warm Spiced Apples

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

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| • August 4, 2020 - Fresh Buttered Sausage Biscuit | August 17, 2020- Warm Cinnamon Roll |
| • August 5, 2020 - Sausage Biscuit Twins | August 18, 2020- Pancake Pup |
| • August 6, 2020 – Cini Mini | August 19, 2020 - Coco Puffs Soft Filled Bar |
| • August 7, 2020 - Pancake Pup | August 20, 2020 - Breakfast Pizza |
| • August 10, 2020 - Apple Cinnamon French Toast | August 21, 2020 - French Toast Sticks |
| • August 11, 2020- Sausage Biscuit Twins | August 24, 2020 - Chicken Filet Biscuit |
| • August 12, 2020- Breakfast Pizza | August 25, 2020 - Mini Pancakes |
| • August 13, 2020- Fresh Buttered Sausage Biscuit | August 26, 2020 - Sausage Biscuit Twins |
| • August 14, 2020- Apple/Cherry Frudel | August 27, 2020 – Cini Minis |
| | August 28, 2020 - Fresh Chicken Filet Biscuit |
| | August 31, 2020 - Sausage Biscuit Twins |

LUNCH

All lunches served with your choice of assorted fresh fruit, canned or frozen fruit, 8oz water (upon request) and variety milk. **Extras:** Pre-Plated Salads and Homemade Peanut Butter & Jelly offered daily

Salad Schedule: Monday: Grilled Chicken, Tuesday: Tuna, Wednesday: Sliced Turkey, Thursday: Chicken Fajita
Friday: Chef Salad, Bottled Water Offered on Request.

- August 4, 2020 - Spicy Taco Salad or Student's Choice, Crisp Shredded Romaine Lettuce/Diced Tomatoes, Seasoned Pinto Beans, Chilled Watermelon Chunks– Welcome Back Fiesta
- August 5, 2020 – Juicy Hamburger on Bun or Cheesy Pigs in a Blanket, Lettuce/Tomato/Pickle, Baked Sweet Potato Fries, Mixed Fruit
- August 6, 2020 - Crispy Chicken Nuggets w/ Homemade Honey Mustard or Mama's Meatloaf, Seasoned Green Beans, Spicy Yellow Rice, Warm Roll, Whole Fresh Fruit
- August 7, 2020 - Manager's Choice or Homemade Chili Mac, Fresh Broccoli w/Cheese, Seasoned Corn, Warm Fat Cat Brownie, Chilled Diced Pears
- August 10, 2020 - Crispy Corndog or Oven Fried Chicken w/Cornbread, Baked Potato Wedges, Saucy Baked Beans, Fresh Cut Apple O's
- August 11, 2020 – Student's Choice or Homemade Poppy Seed Chicken w/ Rice, Fresh Garden Salad, Glazed Carrots, Fresh Baked Chocolate Chip Cookies, Chilled Diced Peaches
- August 12, 2020 - Homemade Tator Tot Casserole w/Roll or Managers Choice, Buttered Corn, Fresh Whole Fruit
- August 13, 2020 - Old Time Square Pizza or Crispy Grilled Cheese, Baked Potato Tots, Seasoned Green Beans, Fresh Pear Salad, Homemade Cinnamon Rolls, Chilled Mixed Fruit – Throw Back Thursday
- August 14, 2020 - Homemade Spaghetti or Crispy Chicken Nuggets, Fresh Caesar Salad, Seasoned Green Peas, Homemade Cheese Biscuit, Fresh Cut Fruit Cup
- August 17, 2020- Spicy Beef Nacho's or Warm Cheese Quesadilla, Fresh Lettuce/Tomato Salad, Cheesy Refried Beans, Warm Spiced Apples
- August 18, 2020 - Cheesy Stuffed Crust Pizza or Teacher's Choice, Fresh Spinach Salad, Buttered Corn, Homemade Peach Crisp
- August 19, 2020 - Crispy Chicken and Waffle or Buttered Sausage Biscuit w/ Scrambled Eggs, Oven Roasted Potatoes, Warm Donut Holes, Fresh Whole Fruit
- August 20, 2020 - Manager's Choice, or Breaded Country Fried Steak w/Warm Biscuit, Buttered Mashed Potatoes, Chilled Mixed Diced Pears
- August 21, 2020 - Cheesy Patty Melt or Crispy Fish Sticks w/Hushpuppies, Baked French Fries, Fresh Cut Pears
- August 24, 2020 - Mac-n-Cheese w/Sausage Links or Crispy Beef Nuggets w/BBQ Sauce, Seasoned Black-eyed Peas, Cornbread Muffin, Frozen Fruit Treat, Whole Fresh Fruit
- August 25, 2020 - Cheesy Stuffed Crust Pizza or Warm Chicken Club, Crisp Fresh Shredded Lettuce and Tomato, Saucy Baked Beans, Fresh Whole Fruit
- August 26, 2020 - Manager's Choice or Cheesy Ravioli, Homemade Cheese Biscuit, Seasoned Green Beans, Chilled Mixed Fruit
- August 27, 2020 - Spicy Chili Cheese Fries w/ Warm Roll or Crispy Chicken Nuggets, Fresh Kale Salad, Buttered Corn, Warm Roll
- August 28, 2020 - Hotdog on Bun or Saucy Sloppy Joe, Baked Tator Tots, Fresh Lettuce/Tomato/Pickle, Chocolate Birthday Cupcake– Happy Birthday Celebration Day
- August 31, 2020 - Crispy Taco or Cheesy Crispito, Seasoned Pinto Beans, Fresh Shredded Lettuce/Tomato/Cheese, Warm Spiced Apples

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

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| • August 4, 2020 - Chicken Filet Biscuit | August 17, 2020- Spicy Chicken Filet Biscuit |
| • August 5, 2020 - Sausage Biscuit | August 18, 2020- Pancake Pup |
| • August 6, 2020 - Steak Biscuit | August 19, 2020 - Sausage Biscuit |
| • August 7, 2020 - Dutch Waffles w/Strawberries | August 20, 2020 - Steak Biscuit |
| • August 10, 2020 - Breakfast Pizza | August 21, 2020 - French Toast Sticks |
| • August 11, 2020- Sausage Biscuit | August 24, 2020 - Bacon Cheese Croissant |
| • August 12, 2020- Steak Biscuit | August 25, 2020- Pancakes w/Syrup |
| • August 13, 2020- Chicken Filet Biscuit | August 26, 2020 - Sausage Biscuit |
| • August 14, 2020- French Toast Sticks w/Syrup | August 27, 2020 - Breakfast Pizza |
| | August 28, 2020 - Chicken Filet Biscuit |
| | August 31, 2020- Sausage Biscuit |

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.

Fresh Salad Bar offered daily.

- August 4, 2020 - Spicy Taco Salad or Student's Choice, Crisp Shredded Lettuce and Tomato, Seasoned Pinto Beans, Mexicali Rice, Chilled Watermelon Slice, Summer Frozen Ice – Welcome Back Fiesta
- August 5, 2020 - Cheeseburger on Bun or Cheesy Pan Pizza, Lettuce/Tomato/Pickle, Baked Sweet Potato Fries, Marinated Tomato Salad
- August 6, 2020 - Crispy Chicken Nuggets w/ Homemade Honey Mustard (2), Seasoned Green Beans, Warm Roll, Fluffy Yellow Rice, Fresh Cut Garden Salad
- August 7, 2020 - Manager's Choice or Homemade Lasagna, Fresh Broccoli w/Cheese, Seasoned Corn, Warm Fat Cat Brownie
- August 10, 2020 - Student's Choice or BBQ Chicken Sandwich, Baked Potato Wedges, Saucy Baked Beans, Sweet Coleslaw, Fresh Cut Apple O's
- August 11, 2020- Warm Cheese Stick w/Marinara or Homemade Poppy Seed Chicken w/ Rice, Fresh Garden Salad, Glazed Carrots, Fresh Baked Chocolate Chip Cookies
- August 12, 2020 - Homemade Tator Tot Casserole w/Roll or Managers Choice, Buttered Corn, Fresh Fresco Salad
- August 13, 2020 - Old Time Square Pizza or Crispy Grilled Cheese, Baked Potato Rounds, Seasoned Green Beans, Fresh Pear Salad, Homemade Cinnamon Rolls – Throw Back Thursday
- August 14, 2020 - Crispy Chicken Nuggets (2), Warm Roll, Fresh Caesar Salad, Seasoned Sweet Peas, Fresh Cut Fruit Cup
- August 17, 2020 – Homemade Spaghetti w/Meat Sauce, Homemade Cheese Biscuit or Stuffed Crust Pizza, Fresh Spinach Salad, Buttered Corn, Homemade Peach Crisp
- August 18, 2020- Spicy Beef Nacho's or Warm Cheese Quesadilla, Spicy Salsa Cup, Fresh Lettuce/Tomato Salad, Cheesy Refried Beans, Warm Spiced Apples
- August 19, 2020 - Crispy Chicken and Waffles (2), Oven Roasted Potatoes, Sliced Tomatoes, Chilled Juice Cup, Warm Donut Holes
- August 20, 2020 - Manager's Choice, or Breaded Country Fried Steak w/Warm Roll, Buttered Mashed Potatoes, Seasoned Sweet Peas, Baby Carrots w/Ranch
- August 21, 2020- Cheesy Patty Melt or Spicy Buffalo Chicken Pizza, Homemade Broccoli Salad, Baked French Fries, Fresh Cut Pears
- August 24, 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
- August 25, 2020 - Spicy Tachos w/Shredded Cheese or Cheesy Pan Pizza, Fresh Shredded Lettuce and Tomato Salad, Saucy Baked Beans
- August 26, 2020 - Manager's Choice or Cheesy Ravioli, Homemade Cheese Biscuit, Cheesy Squash Casserole, Seasoned Green Beans
- August 27, 2020- Spicy Chili Cheese Fries w/ Warm Roll or Crispy Fish and Cheese Sandwich w/ Hot Fries, Fresh Kale Salad, Buttered Corn
- August 28, 2020 -Hotdog on Bun or Fresh Cheeseburger, Baked Tator Tots, Fresh Lettuce/Tomato/Pickle, Chocolate Birthday Cupcake and Ice-cream Cup – Happy Birthday Celebration Day
- August 31, 2020 - Crispy Taco or Wild Mike's Pizza, Seasoned Pinto Beans, Fresh Shredded Lettuce/Tomato/Cheese, Spicy Salsa Cup, Warm Spiced Apples

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