

Butts County School System

Date: December 1, 2019

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

BCSS Nutrition Gazette



December Farm to School Harvest of the Month

Kale



What's Happening in School Nutrition



Promotional Dates for December

Christmas Luncheon: December 12, 2019

Birthday Celebration Day will be December 19, 2019

National Cookie Day December 4, 2019

Kale Is Among the Most *Nutrient-Dense* Foods on The Planet.
 Vitamin A: 206% of the DV (from beta-carotene) Vitamin K:
 684% of the DV. Vitamin C: 134% of the DV. Vitamin B6: 9%
 of the DV. Manganese: 26% of the DV. Calcium: 9% of the
 DV. Copper: 10% of the DV. Potassium: 9% of the DV.



“Equipped to Serve: Service Minded, Hunger Focused”



New Menu Item: Baked Kale Chips



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

Attention: All Cafes will be closed for Christmas Break: December 23 thru January 7, 2020, December 20 Early Release Day

Baked Kale Chips

Ingredients

- 1 bunch kale about 6 cups, loosely packed
- 1 TBS olive oil
- ¼ cup almond meal enough to thoroughly coat kale
- ¼ tsp garlic salt don't over salt!
- 1/8 tsp freshly ground black pepper

Instructions

Preheat oven to 325 degrees Lightly grease a large baking sheet, set aside. In a small bowl, mix together almond meal, garlic salt and pepper. Set aside. Remove the leafy green part of the kale from the tough stalk, and tear into smaller pieces. Place kale leaves into a large mixing bowl. Add 1 TBS olive oil and massage with your hands until every single piece of kale is coated (this is very important. If the kale is not coated with olive oil, then it will not hold the rest of the ingredients). If necessary, add more olive oil 1 tsp at a time until the kale is thoroughly coated. Sprinkle the almond meal mixture over the oil-coated kale chips. Toss the mixture carefully with tongs to evenly distribute the dry ingredients on the kale chips. (Be careful to not overmix). Bake for 25-40 minutes or until the kale is crispy and just begins to brown. Stir halfway through. Once brown and crispy, let cool completely on the baking

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 – WG Donuts served daily

- December 2, 2019 - Chicken Filet Biscuit
- December 3, 2019 - Blueberry Pop Tart
- December 4, 2019 - Muffin Tops
- December 5, 2019 - Smile Donuts
- December 6, 2019 - Mini Cinis
- December 9, 2019- Sausage Biscuit Twins
- December 10, 2019- Smile Donuts
- December 11, 2019- Chicken Filet Biscuit
- December 12, 2019- Coco Puffs Soft Filled Bar
- December 13, 2019- Cherry/Apple Strudel
- December 16, 2019- Pancake Pup
- December 17, 2019 - Sausage Biscuit Twins
- December 18, 2019 - Smile Donut
- December 19, 2019 – French Toast Sticks
- December 20, 2019 - Pop Tarts (2)

LUNCH

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

- December 2, 2019 - Pan Pizza or Meaty Spaghetti, Cheese Biscuit, Crisp Caesar Salad, Seasoned Corn, Apple O's
- December 3, 2019 - Cheeseburger or Mini Calzones w/Marinara, Lettuce/Tomato Salad, Pickle Spears, Waffle Fries, Kale Chips for Sampling
- December 4, 2019 – Golden Chicken Nuggets or Mama's Meatloaf, Garden Salad, Warm Roll, Yellow Rice, Broccoli w/Cheese, Homemade Warm Sugar Cookie – National Cookie Day
- December 5, 2019 - Manager's Choice or Messy Sloppy Joe, Baked Sweet Potato Fries, Saucy Baked Beans, Warm Peach Crisp w/Ice-cream
- December 6, 2019 - Golden Corndog or Homemade Brunswick Stew w/Crackers, Sweet Coleslaw, Crisp Onion Rings
- December 9, 2019- Stuffed Crust Pizza or Homemade Poppy Seed Chicken w/Rice, Seasoned Sweet Peas, Carrots w/Dip, Chocolate Chortles
- December 10, 2019 – Golden Tator Tot Casserole w/Roll or Crispy Chicken Sandwich w/Lettuce and Tomato, Whole Kernel Corn
- December 11, 2019 - Golden Brown Three Cheese Boat or Saucy Meatball Sub, Caesar Salad, Fried Okra, Chocolate Chip Cookie
- **December 12, 2019 – Christmas Sliced Ham or Manager's Choice, Buttered Mashed Potatoes, Seasoned Green Beans, Holiday Cookie, Warm Roll – Christmas Dinner**
- December 13, 2019 - Cheeseburger or Hot Dog, Baked Potato Rounds, Baked Beans, Lettuce/Tomato/Pickle, Fresh Fruit Cup
- December 16, 2019 - Chicken and Dutch Waffle or Biscuit w/Sausage Links, Potato Triangles, Sliced Tomatoes, Juice Cup, Donut Holes
- December 17, 2019 – Managers Choice or Country Fried Steak w/Biscuit, Buttered Rice, Seasoned Green Beans, Crisp Garden Salad
- December 18, 2019- Golden Chicken Tenders w/Honey Mustard or Crispy Fish Sticks w/Hushpuppies, Coleslaw, French Fries, Applesauce Cake
- December 19, 2019, 2019 – Beef Nacho's or Chili Crispitos, Refried Beans, Spicy Salsa, Lettuce/Tomato, Warm Cinnamon Apples, Birthday Cup Cake w/Ice cream Cup
- **December 20, 2019 – Early Release Day Lunch on the Go – Please see individual schools for menu**

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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

- December 2, 2019 - Chicken Filet Biscuit
- December 3, 2019 – Glazed Donut
- December 4, 2019 – Muffin Tops
- December 5, 2019 – Pancake Pup
- December 6, 2019 – Cini Minis
- December 9, 2019- Sausage Biscuit Twins
- December 10, 2019- Breakfast Pizza
- December 11, 2019- Chicken Filet Biscuit
- December 12, 2019- Coco Puffs Soft Filled Bar
- December 13, 2019- Apple/Cherry Strudel
- December 16, 2019- Pancake Pup
- December 17, 2019 - Sausage Biscuit Twins
- December 18, 2019 – Breakfast Pizza
- December 19, 2019 – French Toast Sticks
- December 20, 2019 – Chicken Filet Biscuit

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 – Wild Mike's Pizza, Wednesday – 3 Cheese Boat, Thursday – Pan Pizza, Friday – Cheese Sticks w/Marinara. Bottled Water upon request.

- December 2, 2019 – Cheesy Pan Pizza (2), Homemade Spaghetti w/Cheese Biscuit, Seasoned Corn, Crisp Caesar Salad, Chocolate Chortles, Apple O's
- December 3, 2019 - Cheeseburger w/Pickle Spear or Baked Mini Calzones w/Marinara, Shredded Lettuce/Tomato Salad, Baked Beans, Sampling of Kale Chips
- December 4, 2019 – Crispy Chicken Nuggets or Mama's Meatloaf, Garden Salad, Warm Roll, Yellow Rice, Broccoli/Cheese, Homemade Warm Sugar Cookie – National Cookie Day
- December 5, 2019 - Manager's Choice or Saucy Sloppy Joe, Fresh Fresco Salad, Seasoned Sweet Peas, Baked Sweet Potato Fries. Warm Peach Crisp
- December 6, 2019 – Homemade Brunswick Stew w/Crackers or Crispy Chicken Tenders w/ Warm Roll, Coleslaw, Crunchy Onion Rings, Spinach Salad, Honey Mustard
- December 9, 2019- Wild Mike's Pizza (2) or Homemade Poppy Seed Chicken w/Rice, French Fried Potatoes, Fresh Garden Salad, Chocolate Chip Cookie
- December 10, 2019 – Homemade Tator Tot Casserole w/Warm Roll or Crispy Chicken Sandwich, Fresh Garden Salad Seasoned Corn
- December 11, 2019 – Spicy Buffalo Chicken Pizza or Saucy Meatball Sub, Fresh Caesar Salad, Seasoned Green Beans
- **December 12, 2019 – Christmas Sliced Ham or Manager's Choice, Buttered Mashed Potatoes, Homemade Squash Casserole, Carrot Dippers w/ Ranch, Holiday Cookie, Warm Roll – Christmas Dinner**
- December 13, 2019 – Cheeseburger w/Lettuce/Tomato/Pickle or Crispy Chicken Nuggets w/Honey Mustard, Warm Roll, Baked Potato Rounds, Baked Beans
- December 16, 2019 - Chicken and Dutch Waffle or Buttered Biscuit w/Sausage Links, Crispy Potato Triangles, Sliced Tomatoes, Juice Cup, Fresh Kale Salad, Donut Holes
- December 17, 2019 - Manager's Choice, or Country Fried Steak w/Buttered Biscuit, Seasoned Rice, Fresco Salad, Green Beans
- December 18, 2019- Crispy Beef Nuggets w/BBQ Sauce or Golden Fish and Cheese Sandwich, Homemade Coleslaw, French Fries, Scratch Applesauce Cake
- December 19, 2019 – Spicy Beef Nachos, or Chicken Fajita, Shredded Lettuce and Tomato, Red Hot Salsa, Cheesy Refried Beans, Chocolate Birthday Cup Cake w/Ice-cream Cup
- **December 20, 2019 – Early Release Day Lunch on the Go – Please see individual schools for menu**

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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, Muffin Tops Choice Daily

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| <ul style="list-style-type: none"> • December 2, 2019 - Chicken Filet Biscuit • December 3, 2019 - Sausage Biscuit • December 4, 2019 – Dutch Waffle • December 5, 2019 – Bacon and Cheese Croissant • December 6, 2019 – Steak Biscuit • December 9, 2019- Spicy Chicken Biscuit • December 10, 2019- French Toast • December 11, 2019- Sausage Link w/Biscuit Stick • December 12, 2019- Chicken Filet Biscuit | <ul style="list-style-type: none"> December 13, 2019- Steak Biscuit December 16, 2019- Pancakes w/Syrup December 17, 2019 - Sausage Biscuit December 18, 2019 - Steak Biscuit December 19, 2019 - Spicy Chicken Biscuit December 20, 2019 - Biscuit w/Sausage Links |
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LUNCH

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

- December 2, 2019 - Cheeseburger w/Lettuce and Tomato, Cheesy Mini Calzones w/Marinara, Fresh Garden Salad, Pickle Spears, Baked Sweet Potato Fries
- December 3, 2019 – BBQ Chicken, Saucy Meatball Sub, Fresh Lettuce/Tomato Salad, Sweet Coleslaw, Seasoned Corn, Chocolate Chortles, Apple O's
- December 4, 2019 – Crispy Chicken Nuggets (2) w/Honey Mustard, Seasoned Black-eyed Peas, Warm Roll, Yellow Rice, Broccoli w/Cheese, Carrot Dippers
- December 5, 2019 - Manager's Choice, Homemade Lasagna, Fresh Fresco Salad, Seasoned Green Beans, Warm Peach crisp w/Ice-Cream
- December 6, 2019 - Crispy Chicken Tenders w/ Warm Roll and Honey Mustard (2), Baked Waffle Fries, Saucy Baked Beans, Fresh Spinach Salad
- December 9, 2019- Cheesy Philly Steak Hoagie w/ Aujus, Homemade Poppy Seed Chicken w/ Rice, Warm Roll, Fresh Garden Salad, Seasoned Corn, Chocolate Chip Cookie
- December 10, 2019 – Crispy Chicken Sandwich w/Pickle Spears (2), Seasoned Greens Beans, Fresh Carrots w/Dip, Lettuce/Tomato Salad, Sidekick Ice Cup
- December 11, 2019 - Wild Mikes Pizza (2), Homemade Tator Tot Casserole, Warm Roll, Fresh Caesar Salad, Fried Okra, Fresh Fruit Cup
- **December 12, 2019 – Christmas Sliced Ham or Manager's Choice, Buttered Mashed Potatoes, Seasoned Green Beans, Holiday Cookie, Crispy Garden Salad, Warm Roll – Christmas Dinner**
- December 13, 2019 – Cheeseburger w/ Lettuce/Tomato/Pickle, Oven Grilled Hot Dog, Seasoned Corn, Crisp Fresco Salad
- December 16, 2019 – Crispy Chicken and Waffle (2), Baked Potato Triangle, Sliced Tomatoes, Chilled Juice Cup, Kale Salad, Sweet Donut Holes
- December 17, 2019 - Manager's Choice, Country Fried Steak w/Buttered Biscuit, Seasoned Mashed Potatoes, Seasoned Black-eyed Peas, Crispy Fresco Salad
- **December 18, 2019- Basket Lunch: Spicy Chicken Sandwich, Fresh Lettuce/Tomato Salad, Crispy Tator Tots, Chocolate Chip Chortles**
- **December 19, 2019 –Basket Lunch: Cheeseburger, Lettuce/Tomato/Pickle, Crisp French Fries, Chocolate Birthday Cup Cake w/Ice-Cream Cup**
- **December 20, 2019 – Early Release Day Lunch on the Go – Please see individual schools for menu**

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