

Butts County School System

1/1/2020

Date: January 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: BROCCOLI/GREENS



WHAT'S HAPPENING IN SCHOOL NUTRITION

Promotional Dates for January: MLK Holiday January 20, 2020



Nutrition Nugget: Broccoli is an excellent detoxifier thanks to sulfur, vitamin C, and other amino acids. Free radicals can damage your body, but powerful antioxidants found in broccoli can remove these toxins including uric acid. Arthritis, gout, and boils are related to problems with toxins. You can purify your body when you eat broccoli.

“Equipped to Serve: Service Minded, Hunger Focused”

* January Farm to Table Featured Items: Broccoli, Greens



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



ANNOUNCEMENT: ALL CAFÉ LOCATIONS WILL BE CLOSED JANUARY 1 THRU 6

Broccoli and Cheese Casserole

Ingredients

4 cups	fresh broccoli (chopped)
1 (10.75 ounce) can	cream of mushroom soup
1 cup	Cheddar cheese (shredded)
¼ cup	mayonnaise
2 cups	dry bread crumbs
½ cup	melted butter

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Grease a 2-quart casserole dish.
2. Put broccoli in a large microwave-safe bowl with a small amount of water in the bottom; cook in microwave until tender, about 5 minutes. Drain liquid from bowl. Stir mushroom soup, Cheddar cheese, and mayonnaise with the broccoli until evenly mixed; pour into prepared casserole dish.
3. Mix breadcrumbs and melted butter together in a separate bowl; spread evenly over the broccoli mixture.
4. Bake in preheated oven until the surface is bubbling, 20 to 30 minutes.

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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| • January 7, 2020 - Chicken Biscuit | January 21, 2020- French Toast Minis |
| • January 8, 2020- Muffin Tops | January 22, 2020- Pancake Pup |
| • January 9, 2020 - Pancakes | January 23, 2020- Fudge Pop tarts |
| • January 10, 2020 – Pancake Pup | January 24, 2020- Chicken Biscuit |
| • January 13, 2020 - Pop tarts | January 27, 2020- Frudel |
| • January 14, 2020- Steak Biscuit | January 28, 2020- Pop tarts (2) |
| • January 15, 2020- Smile Donuts | January 29, 2020- Mini Cini |
| • January 16, 2020- Chicken Biscuit | January 30, 2020– Smile Donut |
| • January 17, 2020- Coco Puffs Soft Filled Bar | January 31, 2020 – Sausage 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.

- January 7, 2020 - Cheeseburger or Homemade Chicken Tetrizzini, Crisp Lettuce/Tomato Salad, Seasoned Green Beans, Celebration Cookie
- January 8, 2020 – Crispy Chicken Nuggets w/Honey Mustard or Mama's Meatloaf, Buttered Mashed Potatoes, Seasoned Sweet Peas, Warm Roll
- January 9, 2020- Manager's Choice or Homemade Lasagna, Crisp Spinach Salad, Seasoned Corn, Warm Roll, Warm Brownie
- January 10, 2020- Homemade Brunswick Stew w/Crackers or Crunchy Corndog, Saucy Baked Beans, Sweet Coleslaw
- January 13, 2020 – Saucy BBQ Sandwich or Fresh Stuffed Crust Pizza, Fresh Vegetable Dippers w/Ranch, Crispy Waffle Fries
- January 14, 2020- Crispy Chicken and Dutch Waffle or Fresh Biscuit w/Sausage Links, Crispy Potato Triangles, Sliced Tomatoes, Icy Juice Cup, Donut Holes
- January 15, 2020 –Saucy Meatball Sub or Fresh Pan Pizza, Crispy Sweet Potato Puffs, Fresh Caesar Salad, Chocolate Chip Chortles
- January 16, 2020- Homemade Spaghetti w/Garlic Cheese Biscuit or Crispy Chicken Nuggets, Seasoned Corn, Seasoned Green Beans, Smart Cookies
- January 17, 2020- Spicy Beef Nachos or Cheesy Calzones w/Marinara, Fresh Lettuce/Tomato/Salsa, Seasoned Pinto Beans, Cinnamon Apples
- January 21, 2020- Warm Chicken Philly Sandwich or Crispy Country Fried Steak, Buttered Mashed Potatoes, Seasoned Sweet Peas
- January 22, 2020- Spicy Chili w/Scoops or Hot Dog, Baked Potato, Broccoli w/Cheese, Warm Cinnamon Roll
- January 23, 2020- Crispy Chicken Nuggets w/Warm Roll or Crispy Fish & Cheese Sandwich, Seasoned Lima Beans, Spicy Yellow Rice, Fresh Veggies w/Dip
- January 24, 2020- Crispy Pan Pizza or Homemade Poppy Seed Chicken w/Brown Rice, Fresh Spinach Salad, Seasoned Green Beans, Homemade Apple Crisp, Warm Roll
- January 27, 2020- Spicy Taco Salad or Saucy Chili Crispos, Seasoned Pinto Beans, Lettuce and Tomato, Spicy Salsa, Cinnamon Apples
- January 28, 2020- Homemade Mac-n-Cheese w/Smokies or Crispy Chicken Tenders, Seasoned Collard Greens, Black-eyed Peas, Fresh Cornbread Muffin, Orange Sherbet
- January 29, 2020- Homemade Tator Tot Casserole or Stuffed Crust Pizza, Crisp Garden Salad, Baked Glazed Carrots, Carnival Cookie
- January 30, 2020- Chili Cheese Fries w/Warm Roll or Cheesy Cheese Sticks w/Marinara, Seasoned Green Beans, Buttered Corn, Birthday Cupcake w/Ice-cream
- January 31, 2020 – Homemade Vegetable Beef Soup w/Grilled Cheese Sandwich or Pan Pizza, Fresh Kale Salad, Crispy Onion Rings, Warm Cinnamon Rolls

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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

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| • January 7, 2020- Chicken Biscuit | January 21, 2020- Apple/Cherry Strudel |
| • January 8, 2020 – Glazed Donut | January 22, 2020-Pancake Pup |
| • January 9, 2020 – Frudel | January 23, 2020- Mini Cini |
| • January 10, 2020 – Pancake Pup | January 24, 2020- Sausage Biscuit Twins |
| • January 13, 2020 – Cini Minis | January 27, 2020- French Toast Sticks |
| • January 14, 2020- Sausage Biscuit Twins | January 28, 2020- Breakfast Pizza |
| • January 15, 2020- Breakfast Pizza | January 29, 2020- Chicken Biscuit |
| • January 16, 2020- Coco Puffs Soft Filled Bar | January 30, 2020- Cinnamon Roll |
| • January 17, 2020- Chicken Biscuit | January 31, 2020- Pancake Pup |

LUNCH

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

- January 7, 2020- Cheeseburger or Homemade Chicken Tetrizzini Lettuce/Tomato Salad, Seasoned Green Beans, Warm Celebration Cookie
- January 8, 2020 – Crispy Chicken Nuggets or Homemade Meatloaf, Buttered Mashed Potatoes, Seasoned Lima Beans, Warm Roll
- January 9, 2020 – Spicy Chicken Sandwich or Cheesy Calzones, Baked Sweet Potato Puffs, Crisp Lettuce/Tomato Salad, Icy Fruit Freeze
- January 10, 2020- Homemade Brunswick Stew or New Patty Melt Burger, Saucy Baked Beans, Sweet Coleslaw
- January 13, 2020 – Spicy Beef Nachos or Cheesy Chicken Quesadilla, Crispy Fresco Salad, Hot Salsa, Seasoned Turtle Beans, Warm Cinnamon Apples
- January 14, 2020- BBQ Chicken or Beef Nuggets, *Homemade Broccoli Casserole, Orange Glazed Carrots, Warm Roll, Chocolate Chip Cookie
- January 15, 2020- Saucy Meatball Sub or Manager's Choice, Baked Waffle Fries, Fresh Caesar Salad, Warm Cinnamon Roll
- January 16, 2020- Homemade Spaghetti or Crispy Chicken Nuggets, Buttered Corn, Seasoned Green Beans, Fresh Garden Salad, Warm Roll
- January 17, 2020- Crispy Chicken and Dutch Waffle or Fresh Biscuit w/Sausage Links, Crispy Potato Triangles, Sliced Tomatoes, Icy Juice Cup, Donut Holes
- January 21, 2020- Spicy Chili or Grilled Hotdog, Baked Potatoes, Broccoli w/Cheese, Warm Brownie, Scoop Chips
- January 22, 2020- Chicken Philly Sandwich or Country Fried Steak w/Warm Roll, Fresh Garden Salad, Buttered Mashed Potatoes, Seasoned Sweet Peas
- January 23, 2020- Crispy Chicken Nuggets w/Roll or Fish & Cheese Sandwich, Buttered Corn, Seasoned Yellow Rice, Fresh Veggies w/Dip
- January 24, 2020- Manager's Choice or Homemade Poppy Seed Chicken w/Rice, Fresh Spinach Salad, Seasoned Green Beans, Warm Roll, Homemade Apple Crisp
- January 27, 2020- Spicy Taco Salad or Chili Crispitos, Seasoned Pinto Beans, Crispy Lettuce and Tomato, Spicy Salsa, Celebration Cookie
- January 28, 2020- Homemade Mac-n-Cheese w/Smokies or Crispy Chicken Tenders, Seasoned Collard Greens, Black-eyed Peas, Fresh Fresco Salad, Fresh Cornbread Muffin
- January 29, 2020- Homemade Tator Tot Casserole or Manager's Choice, Fresh Garden Salad, Orange Glazed Carrots, Cinnamon Chortles
- January 30, 2020- Spicy Chili Cheese Fries w/Warm Roll or Cheesy Calzones, Seasoned Green Beans, Fresh Kale Salad, Birthday Cupcake w/Ice-cream
- January 31, 2020 – Homemade Taco Soup w/Cheese or Grilled Cheese Sandwich, Scoop Chips, Fresh Spinach Salad, Waffle Fries

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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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| • January 7, 2020 – French Toast w/Syrup | January 21, 2020- Sausage Biscuit |
| • January 8, 2020 – Chicken Biscuit | January 22, 2020 – French Toast w/Syrup |
| • January 9, 2020– Bacon Cheese Croissant | January 23, 2020- Spicy Chicken Biscuit |
| • January 10, 2020 – Spicy Chicken Biscuit | January 24, 2020- Steak Biscuit |
| • January 13, 2020 – Biscuit w/Sausage Links | January 27, 2020- Chicken Fillet Biscuit |
| • January 14, 2020- Pancake Pup w/Syrup | January 28, 2020- Dutch Waffle w/Sausage Links |
| • January 15, 2020- Chicken Biscuit Fillet | January 29, 2020- Spicy Chicken Biscuit |
| • January 16, 2020- Bacon Cheese Croissant | January 30, 2020- Biscuit w/Sausage Links |
| • January 17, 2020- Steak Biscuit | January 31, 2020- Steak Biscuit |

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.

- January 7, 2020 -Homemade Meatloaf or Toasted Philly Steak Sandwich, Buttered Mashed Potatoes, Seasoned Lima Beans, Warm Roll, Fresh Lettuce and Tomato Salad
- January 8, 2020 –Crispy Chicken Nuggets (2), Warm Roll, Fresh Caesar Salad, Baked Sweet Potato Fries, Warm Cookie
- January 9, 2020 –Saucy BBQ Pork Sandwich or Crispy Corndog w/Chips, Baked Beans, Sweet Cole Slaw, Crispy Garden Salad
- January 10, 2020- Spicy Beef Nachos or Cheesy Chicken Fajita Wrap, Crispy Lettuce/Tomato/Spicy Salsa, Seasoned Pinto Beans, Warm Cinnamon Apples, Celery/Carrots w/Ranch
- January 13, 2020 - Spicy Chicken Sandwich (2), Crispy Lettuce and Tomato Salad, Baked Beans, Icy Fruit Freeze
- January 14, 2020-Manager's Choice or Mini Calzones w/Dip, Fresh Garden Salad, Seasoned Green Beans, Roll, Warm Sugar Cookie
- January 15, 2020- Meatball Sub or Homemade Tator Tot Casserole w/Warm Roll, Orange Glazed Carrots, Fresh Spinach Salad
- January 16, 2020- Crispy Chicken Nuggets (2), Buttered Corn, Fresh Garden Salad, Warm Roll, Double Chocolate Cookie
- January 17, 2020- Chili w/Scoop Chips or Hot Dog, Fresh Caesar Salad, Baked Potato, Homemade Broccoli w/Cheese, Warm Cinnamon Roll
- January 21, 2020- Crispy Chicken and Waffle (2), Baked Potato Triangle, Sliced Tomatoes, Chilled Juice Cup, Fresh Kale Salad, Sweet Donut Holes
- January 22, 2020- Manager's Choice or Breaded Country Fried Steak w/Buttermilk Biscuit, Buttered Mashed Potatoes, Seasoned Black-eyed Peas, Fresh Lettuce/Tomato Salad
- January 23, 2020- Crispy Beef Nuggets or Baked Italian Chicken w/Warm Roll, Seasoned Yellow Rice, Fresh Veggies w/Dip, Seasoned Lima Beans
- January 24, 2020- Spicy Chicken Sandwich (2), Fresh Lettuce/Tomato/Pickle, Baked French Fries, Homemade Apple Crisp
- January 27, 2020- Homemade Poppy Seed Chicken w/Steamed Rice or Cheeseburger on Bun, Fresh Caesar Salad, Seasoned Corn, Warm Roll
- January 28, 2020- Crispy Chicken Tenders (2) Fresh Garden Salad, Seasoned Black-eyed Peas, Warm Roll, Celebration Cookie
- January 29, 2020- Manager's Choice or Homemade Spaghetti w/Cheese Biscuit, Fresh Kale Salad, Seasoned Green Beans
- January 30, 2020- - Taco Soup w/Cheese, Scoop Chips or Cheesy Pan Pizza (2), Fresh Spinach Salad, Baked Onion Rings, Chocolate Birthday Cupcake w/Ice-cream
- January 31, 2020- Crispy Chicken Sandwich (2), Fresh Lettuce/Tomato/Pickle, Baked Potato Wedges, Icy Fruit Cup

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