

# December 2017

## Buford Middle School

### BREAKFAST



Check [www.bufordcityschools.org](http://www.bufordcityschools.org) for updated menus.

Choice of Milk offered daily.

Menus subject to change.

**"This institution is an equal opportunity provider."**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods.

Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

### Monday



### Tuesday

### Wednesday



### Thursday

### Friday

**Warm Delights** 4  
2 Bowls of WG Cereal  
Yogurt w/ Honey Grahams  
Fruit & 100% Fruit Juice

**French Toast Sticks** 5  
2 Bowls of WG Cereal  
Yogurt w/ Pop Tart  
Fruit & 100% Fruit Juice

**Bacon, Egg & Toast** 6  
2 Bowls of WG Cereal  
Yogurt w/ Trix Bar  
Fruit & 100% Fruit Juice

**Belgian Waffle W/ Chicken** 7  
2 Bowls of WG Cereal  
Yogurt w/ Honey Grahams  
Fruit & 100% Fruit Juice

**Chicken Biscuit** 1  
2 Bowls of WG Cereal  
Yogurt w/ Pop Tart  
Fruit & 100% Fruit Juice

**Sausage Biscuit** 8  
2 Bowls of WG Cereal  
Yogurt w/ Pop Tart  
Fruit & 100% Fruit Juice

**Pancakes & Sausage** 11  
2 Bowls of WG Cereal  
Yogurt w/ Honey Grahams  
Fruit & 100% Fruit Juice

**Egg & Cheese Omelet W/ Croissant** 12  
2 Bowls of WG Cereal  
Yogurt w/ Pop Tart  
Fruit & 100% Fruit Juice

**Biscuit W/ Gravy** 13  
2 Bowls of WG Cereal  
Yogurt w/ Trix Bar  
Fruit & 100% Fruit Juice

**French Toast Casserole W/ Sausage** 14  
2 Bowls of WG Cereal  
Yogurt w/ Honey Grahams  
Fruit & 100% Fruit Juice

**Chicken Biscuit** 15  
2 Bowls of WG Cereal  
Yogurt w/ Pop Tart  
Fruit & 100% Fruit Juice

Winter Break 18

Winter Break 19

Winter Break 20

Winter Break 21

Winter Break 22

Winter Break 25

Winter Break 26

Winter Break 27

Winter Break 28

Winter Break 29