

# December 2017

## Buford Middle School



Check [www.bufordcityschools.org/nutrition](http://www.bufordcityschools.org/nutrition) 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

Mini Corn Dogs  
Pizza  
PB&J Box  
Green Beans  
Broccoli & Carrot Cups  
Choice of Fruit

4

Chicken Alfredo w/ Breadstick  
Turkey & Cheese Roll Up  
Yogurt Smoothie  
Broccoli  
Fresh Romaine Salad  
Choice of Fruit

5

Oven Fried Chicken w/ Biscuit  
Buffalo Chicken Pizza  
Chicken Tender Salad  
Mashed Potatoes  
Celery & Tomato Cups  
Choice of Fruit

6

Beef Nachos w/ Queso  
Cheese Sticks w/ Marinara  
Yogurt Parfait  
Black Beans  
Bell Pepper & Cucumber Cups  
Choice of Fruit

7

Beef Taco  
Pizza  
Protein Pack  
Corn  
Bell Pepper & Cucumber Cups  
Choice of Fruit

1

Toasted Bacon & Cheese  
Buffalo Chicken Pizza  
Protein Pack  
Corn  
Broccoli & Carrot Cups  
Choice of Fruit

11

Walking Taco w/ Doritos  
Chicken Tenders w/ Roll  
Yogurt Smoothie  
Refried Beans  
Choice of Fruit

12

Buffalo Chicken Sliders  
Pizza  
Cobb Salad  
Waffle Fries  
Celery & Tomato Cups  
Choice of Fruit

13

Lasagna  
Garlic Breadstick  
Cheeseburger  
Yogurt Parfait  
Green Beans  
Fresh Romaine Salad  
Choice of Fruit

14

BBQ Teriyaki Chicken w/ Rice  
Pizza  
Protein Pack  
Peas & Carrot  
Fresh Romaine Salad  
Choice of Fruit

8

Frito Chili Pie  
Buffalo Chicken Pizza  
Protein Pack  
Broccoli  
Bell Pepper & Cucumber Cups  
Choice of Fruit

15

Winter Break

18

Winter Break

19

Winter Break

20

Winter Break

21

Winter Break

22

Christmas Day

25

Winter Break

26

Winter Break

27

Winter Break

28

Winter Break

29