

January 2018

Buford Middle School

BREAKFAST



Check 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

WINTER BREAK

WINTER BREAK

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

Belgian Waffles w/ Chicken
2 WG Bowls of Cereal
Yogurt w/ Honey Grahams
Fruit & 100% Fruit Juice

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

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

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

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

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

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

MLK HOLIDAY

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

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

Belgian Waffles w/ Chicken
2 WG Bowls of Cereal
Yogurt w/ Honey Grahams
Fruit & 100% Fruit Juice

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

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

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

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

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

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

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

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

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

