



Check www.bufordcityschools.org/nutrition for updated menus. Choice of Milk offered daily. Menus subject to change.
"This 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

1
WINTER BREAK

2
WINTER BREAK

3
 Chicken & Waffles
 Buffalo Chicken Pizza
 Boneless Wing Salad
 Green Beans
 Celery & Tomato Cups
 Choice of Fruit

4
 Turkey, Bacon & Swiss Sub
 Boneless Wings w/ Doritos
 Yogurt Parfait
 Sweet Potato Tots
 Fresh Romaine Salad
 Choice of Fruit

5
 Beef Taco
 Pizza
 Protein Pack
 Corn
 Bell Pepper & Cucumber Cups
 Choice of Fruit

8
 Mini Corn Dogs
 Pizza
 PB & J Box
 Green Beans
 Broccoli & Carrot Cups
 Choice of Fruit

9
 Chicken Alfredo
 w/ Breadstick
 Toasted Turkey & Cheese
 Yogurt Smoothie
 Broccoli
 Fresh Romaine Salad
 Choice of Fruit

10
 Oven Fried Chicken
 w/ Biscuit
 Buffalo Chicken Pizza
 Chicken Tender Salad
 Mashed Potatoes
 Celery & Tomato Cup
 Choice of Fruit

11
 Beef Nachos w/ Queso
 Cheese Sticks w/ Marinara
 Yogurt Parfait
 Black Beans
 Bell Pepper & Cucumber Cup
 Choice of Fruit

12
 BBQ Teriyaki Chicken
 w/ Rice
 Pizza
 Protein Pack
 Peas & Carrots
 Fresh Romaine Salad
 Choice of Fruit

15
MLK HOLIDAY

16
 Walking Taco
 w/ Queso & Doritos
 Chicken Tender w/ Roll
 Yogurt Smoothie
 Refried Beans
 Choice of Fruit

17
 Buffalo Chicken Sliders
 Pizza
 Cobb Salad
 Waffle Fries
 Celery & Tomato Cup
 Choice of Fruit

18
 Lasagna
 Garlic Breadstick
 Cheeseburger
 Yogurt Parfait
 Green Beans
 Choice of Fruit

19
 Frito Chili Pie
 Buffalo Chicken Pizza
 Protein Pack
 Broccoli
 Bell Pepper & Cucumber Cup
 Choice of Fruit

22
 Pancakes & Sausage Links
 Pizza
 Protein Pack
 Hash Browns
 Broccoli & Carrot Cups
 Choice of Fruit

23
 Beef Burrito Bowl w/ Rice
 Turkey & Cheese Roll Up
 Yogurt Smoothie
 Broccoli
 Fresh Romaine Salad
 Choice of Fruit

24
 BBQ Sandwich
 Buffalo Chicken Pizza
 Chicken Tender Salad
 Baked Beans
 Bell Pepper & Cucumber Cups
 Choice of Fruit

25
 Chicken Nachos w/ Queso
 PB&J Box
 Yogurt Parfait
 Sweet Potato Tots
 Celery & Tomato Cups
 Choice of Fruit

26
 Spicy Tenders w/ Roll
 Pizza
 Protein Pack
 Green Beans
 Fresh Romaine Salad
 Choice of Fruit

29
 Orange Sriracha Chicken
 Pizza
 Protein Pack
 Broccoli
 Fresh Romaine Salad
 Choice of Fruit

30
 Cowboy Nachos w/ Queso
 Calzone w/ Marinara
 Yogurt Smoothie
 Refried Beans
 Broccoli & Carrot Cups
 Choice of Fruit

31
 Chicken & Waffles
 Buffalo Chicken Pizza
 Boneless Wing Salad
 Green Beans
 Celery & Tomato Cups
 Choice of Fruit

