



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

French Toast Sticks **1**
 2 Bowls of WG Cereal
 Yogurt w/ Grahams
 Fruit & 100% Fruit Juice

Egg & Cheese **2**
 Croissant
 2 Bowls of WG Cereal
 Yogurt w/ Trix Bar
 Fruit & 100% Fruit Juice

Blueberry Mini-Loaf **3**
 2 Bowls of WG Cereal
 Yogurt w/ Trix Bar
 Fruit & 100% Fruit Juice

Oatmeal Bar **4**
 2 Bowls of WG Cereal
 Yogurt w/ Grahams
 Fruit & 100% Fruit Juice

Chicken Biscuit **5**
 2 Bowls of WG Cereal
 Yogurt w/Pop Tart
 Fruit & 100% Fruit Juice

Bacon, Egg & Toast **8**
 2 Bowls of WG Cereal
 Yogurt w/ Grahams
 Fruit & 100% Fruit Juice

Mini Pancakes **9**
 2 Bowls of WG Cereal
 Yogurt w/ Trix Bar
 Fruit & 100% Fruit Juice

Egg & Cheese Biscuit **10**
 2 Bowls of WG Cereal
 Yogurt w/ Trix Bar
 Fruit & 100% Fruit Juice

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

Sausage Biscuit **12**
 2 Bowls of WG Cereal
 Yogurt w/Pop Tart
 Fruit & 100% Fruit Juice

French Toast Sticks **15**
 2 Bowls of WG Cereal
 Yogurt w/ Grahams
 Fruit & 100% Fruit Juice

Egg & Cheese **16**
 Croissant
 2 Bowls of WG Cereal
 Yogurt w/ Trix Bar
 Fruit & 100% Fruit Juice

Blueberry Mini-Loaf **17**
 2 Bowls of WG Cereal
 Yogurt w/ Trix Bar
 Fruit & 100% Fruit Juice

Oatmeal Bar **18**
 2 Bowls of WG Cereal
 Yogurt w/ Grahams
 Fruit & 100% Fruit Juice

Chicken Biscuit **19**
 2 Bowls of WG Cereal
 Yogurt w/Pop Tart
 Fruit & 100% Fruit Juice

Bacon, Egg & Toast **22**
 2 Bowls of WG Cereal
 Yogurt w/ Grahams
 Fruit & 100% Fruit Juice

Mini Pancakes **23**
 2 Bowls of WG Cereal
 Yogurt w/ Trix Bar
 Fruit & 100% Fruit Juice

Egg & Cheese Biscuit **24**
 2 Bowls of WG Cereal
 Yogurt w/ Trix Bar
 Fruit & 100% Fruit Juice

Grits Bowl & Sausage **25**
 2 Bowls of WG Cereal
 Yogurt w/ Grahams
 Fruit & 100% Fruit Juice

Sausage Biscuit **26**
 2 Bowls of WG Cereal
 Yogurt w/Pop Tart
 Fruit & 100% Fruit Juice

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Memorial Day

30

No School

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No School

