



Check www.bufordcityschools.org/nutrition for updated menus. Choice of milk offered daily. Menus subject to change.
“This is an equal opportunity provider.”



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.



Monday

Grill Cheese & Soup **1**
 Pizza
 Yogurt Smoothie
 Broccoli
 Bell Pepper/Cucumber Cup
 Choice of Fruit

Asian Nuggets w/ Rice **8**
 Pizza
 Protein Pack
 Peas & Carrots
 Broccoli/Carrot Cup
 Choice of Fruit

Pancakes & Sausage **15**
 Pizza
 Yogurt Smoothie
 Hash Brown Patties
 Carrot/Broccoli Cup
 Choice of Fruit

Chicken Parm Sandwich **22**
 Pizza
 Protein Pack
 French Fries
 Carrot/Broccoli Cup
 Choice of Fruit

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Memorial Day

Tuesday

Turkey, Bacon & Swiss Sub **2**
 General Tao's Bowl
 Protein Pack
 Sweet Potato Tots
 Side Salad & Choice of Fruit

Chicken Tetrizzini **9**
 Breadstick
 Ravioli w/Cheese
 Yogurt Smoothie
 Broccoli, Side Salad
 Choice of Fruit

Spaghetti w/ Breadstick **16**
 All Beef Hot Dog
 Protein Pack
 Green Beans
 Side Salad
 Choice of Fruit

Cheeseburger **23**
 Chips
 Pickles
 Onion
 Tomato
 Choice of Fruit

30

No School

Wednesday

Chicken and Waffles **3**
 Pizza
 Boneless Wing Salad
 Green Peas
 Celery/Tomato Cup
 Choice of Fruit

Mini Corn Dogs **10**
 Pizza
 Boneless Wing Salad
 Green Beans
 Celery/Tomato Cup
 Choice of Fruit

Boneless Wing **17**
 Pizza
 Asian Crunch Salad
 Waffle Fries
 Celery/Tomato Cup
 Choice of Fruit

Spicy Tenders w/ Roll **24**
 Pizza
 Boneless Wing Salad
 Green Beans
 Celery/Tomato Cup
 Choice of Fruit

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No School

Thursday

Chicken Nachos **4**
 Hummus Plate
 Yogurt Parfait
 Black Beans
 Side Salad
 Choice of Fruit

Chili w/Roll **11**
 Toasted Turkey & Cheese
 Yogurt Parfait
 Corn
 Side Salad
 Choice of Fruit

Beef Nachos **18**
 Hummus Plate
 Yogurt Parfait
 Refried Beans
 Side Salad
 Choice of Fruit

Lasagna **25**
 Mini Calzone
 Yogurt Parfait
 Broccoli
 Side Salad
 Choice of Fruit

26

Friday

Oven Fried Chicken **5**
 Pizza
 Yogurt Smoothie
 Mashed Potatoes
 Carrot/Broccoli Cup
 Choice of Fruit

Chicken Tenders **12**
 Pizza
 Hummus Plate
 Baked Beans
 Bell Pepper/Cucumber Cup
 Choice of Fruit

Sweet & Sour Bowl **19**
 Pizza
 Yogurt Smoothie
 Broccoli
 Bell Pepper/Cucumber Cup
 Choice of Fruit

Street Taco **26**
 Pizza
 Hummus Plate
 Refried Beans
 Bell Pepper/Cucumber Cup
 Choice of Fruit

