

October 2017

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

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

2

Tuesday

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

3

Wednesday

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

4

Thursday

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

5

Friday

No School

6

No School

9

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

10

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

11

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

12

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

13

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

16

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

17

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

18

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

19

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

20

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

23

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

24

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

25

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

26

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

27

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

30

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

31

