



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

2

3

4

7
Warm Delights
2 Bowls of WG Cereals
Yogurt w/ Honey Grahams
Fruit & 100% Apple Juice

8
French Toast Sticks
2 Bowls of WG Cereals
Yogurt w/ Pop Tart
Fruit & 100% Apple Juice

9
Bacon, Egg & Toast
2 Bowls of WG Cereals
Yogurt w/ Trix Bar
Fruit & 100% Apple Juice

10
Belgian Waffle
w/ Chicken
2 Bowls of WG Cereals
Yogurt w/ Honey Grahams
Fruit & 100% Apple Juice

11
Sausage Biscuit
2 Bowls of WG Cereals
Yogurt w/ Pop-Tart
Fruit & 100% Apple Juice

14
Pancakes w/ Sausage
2 Bowls of WG Cereals
Yogurt w/ Honey Grahams
Fruit & 100% Apple Juice

15
Egg & Cheese
Omelet w/ Croissant
2 Bowls of WG Cereals
Yogurt w/ Pop Tart
Fruit & 100% Apple Juice

16
Biscuit & Gravy
2 Bowls of WG Cereals
Yogurt w/ Trix Bar
Fruit & 100% Apple Juice

17
French Toast Casserole
2 Bowls of WG Cereals
Yogurt w/ Honey Grahams
Fruit & 100% Apple Juice

18
Chicken Biscuit
2 Bowls of WG Cereals
Yogurt w/ Pop-Tart
Fruit & 100% Apple Juice

21
Warm Delights
2 Bowls of WG Cereals
Yogurt w/ Honey Grahams
Fruit & 100% Apple Juice

22
French Toast Sticks
2 Bowls of WG Cereals
Yogurt w/ Pop Tart
Fruit & 100% Apple Juice

23
Bacon, Egg & Toast
2 Bowls of WG Cereals
Yogurt w/ Trix Bar
Fruit & 100% Apple Juice

24
Belgian Waffle
w/ Chicken
2 Bowls of WG Cereals
Yogurt w/ Honey Grahams
Fruit & 100% Apple Juice

25
Sausage Biscuit
2 Bowls of WG Cereals
Yogurt w/ Pop-Tart
Fruit & 100% Apple Juice

28
Pancakes w/ Sausage
2 WG Cereals
Yogurt w/ Honey Grahams
Fruit & 100% Apple Juice

29
Egg & Cheese
Omelet w/ Croissant
2 WG Cereals
Yogurt w/ Pop Tart
Fruit & 100% Apple Juice

30
Biscuit & Gravy
2 WG Cereals
Yogurt w/ Trix Bar
Fruit & 100% Apple Juice

31
French Toast Casserole
2 WG Cereals
Yogurt w/ Honey Grahams
Fruit & 100% Apple Juice