



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

Mini Corn Dogs
 Pizza
 Hummus Plate
 Green Beans
 Broccoli & Carrot Cup
 Choice of Fruit

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

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

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

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

Toasted Bacon & Cheese
 Buffalo Chicken Pizza
 Cottage Cheese Plate
 Corn
 Broccoli & Carrot Cup
 Choice of Fruit

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

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

Lasagna Roll
 Garlic Breadstick
 Cheeseburger
 Yogurt Parfait
 Green Beans
 Fresh Romaine Salad
 Choice of Fruit

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

Pancakes & Sausage Links
 Pizza
 Hummus Plate
 Hash Brown
 Broccoli & Carrot Cup
 Choice of Fruit

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

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

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

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

Orange Sirach Chicken
 Pizza
 Cottage Cheese Plate
 Broccoli
 Fresh Romaine Salad
 Choice of Fruit

Cowboy Nachos
 Calzones w/ Marinara
 Yogurt Smoothie
 Refried Beans
 Broccoli & Carrot Cup
 Choice of Fruit

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

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

