

February 2018

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.



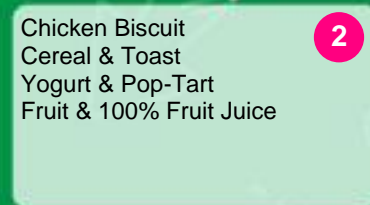
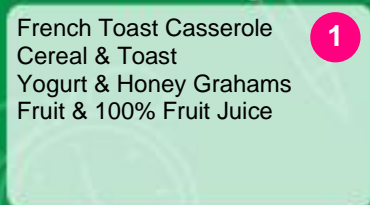
Monday

Tuesday

Wednesday

Thursday

Friday



Warm Delights Cereal & Toast
Yogurt & Honey Grahams
Fruit & 100% Fruit Juice **5**

Egg & Cheese Omelet w/ Croissant
Cereal & Toast
Yogurt & Pop-Tart
Fruit & 100% Fruit Juice **6**

Biscuit & Gravy Cereal & Toast
Yogurt & Trix Bar
Fruit & 100% Fruit Juice **7**

Dutch Waffles w/ Chicken Cereal & Toast
Yogurt & Honey Grahams
Fruit & 100% Fruit Juice **8**

Sausage Biscuit Cereal & Toast
Yogurt & Pop-Tart
Fruit & 100% Fruit Juice **9**

Pancakes w/ Sausage Cereal & Toast
Yogurt & Honey Grahams
Fruit & 100% Fruit Juice **12**

French Toast Sticks Cereal & Toast
Yogurt & Pop-Tart
Fruit & 100% Fruit Juice **13**

Bacon, Egg, & Toast Cereal & Toast
Yogurt & Trix Bar
Fruit & 100% Fruit Juice **14**

French Toast Casserole Cereal & Toast
Yogurt & Honey Grahams
Fruit & 100% Fruit Juice **15**

Chicken Biscuit Cereal & Toast
Yogurt & Pop-Tart
Fruit & 100% Fruit Juice **16**

HOLIDAY **19**

HOLIDAY **20**

Biscuit & Gravy Cereal & Toast
Yogurt & Trix Bar
Fruit & 100% Fruit Juice **21**

Dutch Waffles w/ Chicken Cereal & Toast
Yogurt & Honey Grahams
Fruit & 100% Fruit Juice **22**

Sausage Biscuit Cereal & Toast
Yogurt & Pop-Tart
Fruit & 100% Fruit Juice **23**

Pancakes w/ Sausage Cereal & Toast
Yogurt & Honey Grahams
Fruit & 100% Fruit Juice **26**

French Toast Sticks Cereal & Toast
Yogurt & Pop-Tart
Fruit & 100% Fruit Juice **27**

Bacon, Egg, & Toast Cereal & Toast
Yogurt & Trix Bar
Fruit & 100% Fruit Juice **28**

