



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



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

Beef Taco
Pepperoni Pizza
Protein Pack
Corn
Red Peppers / Cucumber Cups
Choice of Fruit

Mini Corn Dogs
Buffalo Chicken Pizza
PB&J Box
Green Beans
Broccoli / Carrot Cups
Choice of Fruit

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

Oven Fried Chicken
Buffalo Chicken Pizza
Chicken Tender Salad
Sweet Potato Tots
Celery / Tomato Cups
Choice of Fruit

Beef Nachos w/ Queso
Cheese Sticks w/ Marinara
Yogurt Parfait
Corn
Red Pepper/Cucumber Cups
Choice of Fruit

BBQ Teriyaki Chicken-Rice
Pepperoni Pizza
Spicy Boneless Wings w/ Doritos
Peas and Carrots
Fresh Romaine Salad
Choice of Fruit

Toasted Bacon & Cheese
Buffalo Chicken Pizza
Crispy Chicken Sandwich
Green Beans
Broccoli/ Carrot Cups
Choice of Fruit

Chicken Fillet Sandwich
Pepperoni Pizza
Boneless Chicken Wings
Sweet Potato Tots
Fresh Romaine Salad
Choice of Fruit

Lasagna w/ Breadstick
Calzone w/ Marinara
Spicy Chicken Sandwich
Broccoli
Celery / Tomato Cups
Choice of Fruit

Walking Tacos
Buffalo Chicken Pizza
Yogurt Parfait
Refried Beans
Fresh Romaine Salad
Choice of Fruit

Frito Chili Pie
Pepperoni Pizza
Spicy Chicken Wings
Corn
Red Peppers / Cucumber Cups
Choice of Fruit

HOLIDAY

HOLIDAY

BBQ Sandwich w/ Slaw
Spicy Chicken Sandwich
Steamed Broccoli
Celery / Tomato Cups
Choice of Fruit

Spicy Tenders w/ Biscuit
Buffalo Chicken Pizza
Sweet Potato Fries
Fresh Romaine Salad
Choice of Fruit

Beef Burrito Bowl w/ Rice
Pepperoni Pizza
Spicy Boneless Wings w/ Doritos
Black Bean & Corn Salad
Red Peppers / Cucumber Cups
Choice of Fruit

Orange Sriracha Chicken
Buffalo Chicken Pizza
Crispy Chicken Sandwich
Steamed Broccoli, Rice
Cauliflower / Carrot Cups
Choice of Fruit

Cowboy Nachos w/ Queso
Pepperoni Pizza
Boneless Chicken Wings
Corn
Fresh Romaine Salad
Choice of Fruit

Chicken & Waffles
Cheese Pizza
Boneless Wing Salad
Green Beans
Celery / Tomato Cups
Choice of Fruit

