



Updated menus are available at <http://www.bufordcityschools.org/departments/nutrition>.
Choice of milk offered daily.
Menus subject to change.
"This institution is and 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

6
Pillsbury Mini Cinnis
Yogurt & Pop-Tart
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

7
French Toast Sticks
Hardboiled Egg & Biscuit
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

8
Bacon, Eggs, and Toast
Yogurt & NutriGrain Bar
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

9
Belgian Waffles w/ Chicken
Hardboiled Egg & Croissant
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

10
Sausage Biscuit
Yogurt & Pop-Tart
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

13
Pillsbury Mini Bagels
Yogurt & Pop-Tart
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

14
Waffle & Sausage
Sandwich
Hardboiled Egg & Biscuit
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

15
Biscuit & Gravy
Yogurt & NutriGrain Bar
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

16
Pillsbury Mini Pancakes
Hardboiled Egg & Croissant
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

17
Chicken Biscuit
Yogurt & Pop-Tart
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

20
Pillsbury Mini Cinnis
Yogurt & Pop-Tart
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

21
French Toast Sticks
Hardboiled Egg & Biscuit
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

22
Bacon, Eggs, and Toast
Yogurt & NutriGrain Bar
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

23
Belgian Waffles w/ Chicken
Hardboiled Egg & Croissant
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

24
Sausage Biscuit
Yogurt & Pop-Tart
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

27
Pillsbury Mini Bagels
Yogurt & Pop-Tart
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

28
Waffle & Sausage
Sandwich
Hardboiled Egg & Biscuit
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

29
Biscuit & Gravy
Yogurt & NutriGrain Bar
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

30
Pillsbury Mini Pancakes
Hardboiled Egg & Croissant
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

31
Chicken Biscuit
Yogurt & Pop-Tart
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

NO SCHOOL