

# April 2018

## Buford Middle School

### BREAKFAST



Check [www.bufordcityschools.org/nutrition](http://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

Spring Break **2**

Spring Break **3**

Spring Break **4**

Spring Break **5**

Spring Break **6**

Warm Delights **9**  
Choice of Cereal and Milk  
Yogurt and Honey Grahams  
Fruit and 100% Fruit Juice

French Toast Sticks **10**  
Choice of Cereal and Milk  
Yogurt and Pop Tart  
Fruit and 100% Fruit Juice

Bacon, Egg and Toast **11**  
Choice of Cereal and Milk  
Yogurt and Trix Bar  
Fruit and 100% Fruit Juice

Chicken and Waffles **12**  
Choice of Cereal and Milk  
Yogurt and Honey Grahams  
Fruit and 100% Fruit Juice

Sausage Biscuit **13**  
Choice of Cereal and Milk  
Yogurt and Pop Tart  
Fruit and 100% Fruit Juice

Pancakes and Sausage **16**  
Choice of Cereal and Milk  
Yogurt and Honey Grahams  
Fruit and 100% Fruit Juice

Egg and Cheese Omelets **17**  
Choice of Cereal and Milk  
Yogurt and Pop Tart  
Fruit and 100% Fruit Juice

Biscuits and Gravy **18**  
Choice of Cereal and Milk  
Yogurt and Trix Bar  
Fruit and 100% Fruit Juice

French Toast Casserole **19**  
Choice of Cereal and Milk  
Yogurt and Honey Grahams  
Fruit and 100% Fruit Juice

Chicken Biscuit **20**  
Choice of Cereal and Milk  
Yogurt and Pop Tart  
Fruit and 100% Fruit Juice

Warm Delights **23**  
Choice of Cereal and Milk  
Yogurt and Honey Grahams  
Fruit and 100% Fruit Juice

French Toast Sticks **24**  
Choice of Cereal and Milk  
Yogurt and Pop Tart  
Fruit and 100% Fruit Juice

Bacon, Egg and Toast **25**  
Choice of Cereal and Milk  
Yogurt and Trix Bar  
Fruit and 100% Fruit Juice

Chicken and Waffles **26**  
Choice of Cereal and Milk  
Yogurt and Honey Grahams  
Fruit and 100% Fruit Juice

Sausage Biscuit **27**  
Choice of Cereal and Milk  
Yogurt and Pop Tart  
Fruit and 100% Fruit Juice

Pancakes and Sausage **30**  
Choice of Cereal and Milk  
Yogurt and Honey Grahams  
Fruit and 100% Fruit Juice

