



Check www.bufordcityschools.org/nutrition for updated menu. 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

Pancakes and Sausage **5**
 Choice of Cereal
 Yogurt and Honey Grahams
 Fruit and 100% Fruit Juice

Egg and Cheese Omelet **6**
 Croissant
 Choice of Cereal
 Yogurt and Pop Tart
 Fruit and 100% Fruit Juice

Biscuits and Gravy **7**
 Choice of Cereal
 Yogurt and Trix Bar
 Fruit and 100% Fruit Juice

French Toast Casserole **8**
 Choice of Cereal
 Yogurt and Honey Grahams
 Fruit and 100% Fruit Juice

Chicken Biscuit **9**
 Choice of Cereal
 Yogurt and Pop Tart
 Fruit and 100% Fruit Juice

No School

French Toast Sticks **13**
 Choice of Cereal
 Yogurt and Pop Tart
 Fruit and 100% Fruit Juice

Bacon Eggs and Toast **14**
 Choice of Cereal
 Yogurt and Trix Bar
 Fruit and 100% Fruit Juice

Chicken and Waffles **15**
 Choice of Cereal
 Yogurt and Honey Grahams
 Fruit and 100% Fruit Juice

Sausage Biscuit **16**
 Choice of Cereal
 Yogurt and Pop Tart
 Fruit and 100% Fruit Juice

Pancakes and Sausage **19**
 Choice of Cereal
 Yogurt and Honey Grahams
 Fruit and 100% Fruit Juice

Egg and Cheese Omelet **20**
 Croissant
 Choice of Cereal
 Yogurt and Pop Tart
 Fruit and 100% Fruit Juice

Biscuits and Gravy **21**
 Choice of Cereal
 Yogurt and Trix Bar
 Fruit and 100% Fruit Juice

French Toast Casserole **22**
 Choice of Cereal
 Yogurt and Honey Grahams
 Fruit and 100% Fruit Juice

Chicken Biscuit **23**
 Choice of Cereal
 Yogurt and Pop Tart
 Fruit and 100% Fruit Juice

Warm Delights **26**
 Choice of Cereal
 Yogurt and Honey Grahams
 Fruit and 100% Fruit Juice

French Toast Sticks **27**
 Choice of Cereal
 Yogurt and Pop Tart
 Fruit and 100% Fruit Juice

Bacon Eggs and Toast **28**
 Choice of Cereal
 Yogurt and Trix Bar
 Fruit and 100% Fruit Juice

Chicken and Waffles **29**
 Choice of Cereal
 Yogurt and Honey Grahams
 Fruit and 100% Fruit Juice

Sausage Biscuit **30**
 Choice of Cereal
 Yogurt and Pop Tart
 Fruit and 100% Fruit Juice