



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

Egg and Cheese Omelet **1**
Choice of Cereal and Milk
Yogurt and Pop Tart
Fruit and 100% Juice

Biscuits and Gravy **2**
Choice of Cereal and Milk
Yogurt and Trix Bar
Fruit and 100% Juice

French Toast Casserole **3**
Choice of Cereal and Milk
Yogurt and Honey Grahams
Fruit and 100% Juice

Chicken Biscuits **4**
Choice of Cereal and Milk
Yogurt and Pop Tart
Fruit and 100% Juice

Warm Delights **7**
Choice of Cereal and Milk
Yogurt and Honey Grahams
Fruit and 100% Juice

French Toast Sticks **8**
Choice of Cereal and Milk
Yogurt and Pop Tart
Fruit and 100% Juice

Bacon, Egg, and Toast **9**
Choice of Cereal and Milk
Yogurt and Trix Bar
Fruit and 100% Juice

Chicken and Waffles **10**
Choice of Cereal and Milk
Yogurt and Honey Grahams
Fruit and 100% Juice

Sausage Biscuits **11**
Choice of Cereal and Milk
Yogurt and Pop Tart
Fruit and 100% Juice

Pancakes and Sausage **14**
Choice of Cereal and Milk
Yogurt and Honey Grahams
Fruit and 100% Juice

Egg and Cheese Omelet **15**
Choice of Cereal and Milk
Yogurt and Pop Tart
Fruit and 100% Juice

Biscuits and Gravy **16**
Choice of Cereal and Milk
Yogurt and Trix Bar
Fruit and 100% Juice

French Toast Casserole **17**
Choice of Cereal and Milk
Yogurt and Honey Grahams
Fruit and 100% Juice

Chicken Biscuits **18**
Choice of Cereal and Milk
Yogurt and Pop Tart
Fruit and 100% Juice

Warm Delights **21**
Choice of Cereal and Milk
Yogurt and Honey Grahams
Fruit and 100% Juice

French Toast Sticks **22**
Choice of Cereal and Milk
Yogurt and Pop Tart
Fruit and 100% Juice

Bacon, Egg and Toast **23**
Choice of Cereal and Milk
Yogurt and Trix Bar
Fruit and 100% Juice

Chicken and Waffles **24**
Choice of Cereal and Milk
Yogurt and Honey Grahams
Fruit and 100% Juice

Sausage Biscuits **25**
Choice of Cereal and Milk
Yogurt and Pop Tart
Fruit and 100% Juice

SUMMER VACATION!!! **28**

SUMMER VACATION!!! **29**

SUMMER VACATION!!! **30**

SUMMER VACATION!!! **31**

