



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

Mini Corn Dogs
 Cheese & Pepperoni Pizza **5**
 Hummus Plate
 Green Beans
 Carrot and Broccoli Cup
 Choice of Fruit

Chicken Alfredo
 Toasted Turkey & Cheese **6**
 Fruit Smoothie
 Broccoli
 Fresh Romaine Salad
 Choice of Fruit

Oven Fried Chicken
 w/ Biscuit **7**
 Buffalo Chicken Pizza
 Chicken Tender Salad
 Mashed Potatoes
 Red Pepper and Cucumber
 Choice of Fruit

Turkey, Bacon
 & Swiss Sub **1**
 Boneless Wings
 Peach Parfait
 Tater Tots
 Fresh Romaine Salad
 Choice of Fruit

Taco Bar **2**
 Cheese & Pepperoni Pizza
 Protein Pack
 Corn
 Red Pepper Cucumber Cup
 Choice of Fruit

No School **12**

Walking Tacos – Beef
 Chicken Tenders w/ Roll **13**
 Smoothie
 Refried Beans
 Fresh Romaine Salad
 Choice of Fruit

Chicken Sandwich
 Cheese & Pepperoni Pizza **14**
 Cobb Salad
 Waffle Fries
 Celery and Tomato Cup
 Choice of Fruit

Early Release Sack Lunch **15**
 Corn Dog & Chips
 Baby Carrots
 Broccoli
 Applesauce

Early Release Sack Lunch **16**
 Chicken Sandwich & Chips
 Celery Sticks
 Baby Carrots
 Raisins

Pancakes & Sausage
 Cheese & Pepperoni Pizza **19**
 PB&J Box
 Hash Brown Stick
 Broccoli and Carrot Cup
 Choice of Fruit

Beef Burrito Bowl w/ Rice
 Turkey & Cheese Roll up **20**
 Fruit Smoothie
 Broccoli
 Fresh Romaine Salad
 Choice of Fruit

BBQ Sandwich w/ Slaw
 Buffalo Chicken Pizza **21**
 Chicken Tender Salad
 Baked Beans
 Pepper and Cucumber Cup
 Choice of Fruit

Chicken Nachos
 PB&J Box **22**
 Fruit Parfait
 Black Beans
 Celery and Tomato Cup
 Choice of Fruit

Spicy Tenders w/ Roll **23**
 Cheese & Pepperoni Pizza
 Protein Pack
 Green Beans
 Side Salad
 Choice of Fruit

Sriracha Chicken w/ Rice
 Cheese & Pepperoni Pizza **26**
 PB&J Box
 Broccoli
 Fresh Romaine Salad
 Choice of Fruit

Cowboy Nachos
 Calzones w/ Marinara **27**
 Fruit Smoothie
 Refried Beans
 Broccoli and Carrot Cup
 Choice of Fruit

Chicken and Waffles
 Buffalo Chicken Pizza **28**
 Boneless Wing Salad
 Green Beans
 Celery and Tomato Cup
 Choice of Fruit

Turkey Bacon Swiss Sub
 Boneless Wings **29**
 Peach Parfait
 Tater Tots
 Fresh Romaine Salad
 Choice of Fruit

Taco Bar **30**
 Cheese & Pepperoni Pizza
 Protein Pack
 Corn
 Red Pepper Cucumber Cup
 Choice of Fruit