

January 2019

Buford Academy

BREAKFAST



Updated menus are available at <http://www.bufordcityschools.org/departments/nutrition>.
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

Winter Break

Winter Break

Winter Break

Winter Break

Student Holiday

Student Holiday

Biscuit & Gravy
Yogurt & Cereal Bar
Cereal w/ Toast
Fruit & 100% Fruit Juice

Pillsbury Mini Pancakes
Hardboiled Egg & Croissant
Cereal w/ Toast
Fruit & 100% Fruit Juice

Chicken Biscuit
Yogurt & Pop-Tart
Cereal w/ Toast
Fruit & 100% Fruit Juice

Pillsbury Mini Cinnis
Yogurt & Pop-Tart
Cereal w/ Toast
Fruit & 100% Fruit Juice

French Toast Sticks
Hardboiled Egg & Biscuit
Cereal w/ Toast
Fruit & 100% Fruit Juice

Bacon, Eggs, and Toast
Yogurt & Cereal Bar
Cereal w/ Toast
Fruit & 100% Fruit Juice

Belgian Waffles w/ Chicken
Hardboiled Egg & Croissant
Cereal w/ Toast
Fruit & 100% Fruit Juice

Sausage Biscuit
Yogurt & Pop-Tart
Cereal w/ Toast
Fruit & 100% Fruit Juice

MLK Holiday

Waffle & Sausage
Sandwich
Hardboiled Egg & Biscuit
Cereal w/ Toast
Fruit & 100% Fruit Juice

Biscuit & Gravy
Yogurt & Cereal Bar
Cereal w/ Toast
Fruit & 100% Fruit Juice

Pillsbury Mini Pancakes
Hardboiled Egg & Croissant
Cereal w/ Toast
Fruit & 100% Fruit Juice

Chicken Biscuit
Yogurt & Pop-Tart
Cereal w/ Toast
Fruit & 100% Fruit Juice

Pillsbury Mini Cinnis
Yogurt & Pop-Tart
Cereal w/ Toast
Fruit & 100% Fruit Juice

French Toast Sticks
Hardboiled Egg & Biscuit
Cereal w/ Toast
Fruit & 100% Fruit Juice

Bacon, Eggs, and Toast
Yogurt & Cereal Bar
Cereal w/ Toast
Fruit & 100% Fruit Juice

Belgian Waffles w/ Chicken
Hardboiled Egg & Croissant
Cereal w/ Toast
Fruit & 100% Fruit Juice

