

# January 2019

## Buford Academy

### LUNCH



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



7

Student Holiday

14

Mini Corn Dogs  
 Chicken Sandwich  
 Greek Salad Bar w/ Roll  
 Green Beans  
 Choice of Fruit

21

MLK Holiday

28

Toasted Ham & Cheese  
 Sloppy Joes  
 Greek Salad Bar w/ Roll  
 French Fries  
 Choice of Fruit

### Tuesday

1

Winter Break

8

Student Holiday

15

Turkey & Cheese Roll Up  
 Chicken Alfredo  
 Cobb Salad Bar w/ Roll  
 Corn  
 Choice of Fruit

22

Wings w/ Roll  
 Mac & Cheese w/ Roll  
 Cobb Salad Bar w/ Roll  
 Green Beans  
 Choice of Fruit

29

Chicken Tetrazzini  
 Cheesy Chicken Flatbread  
 Cobb Salad Bar w/ Roll  
 Green Peas  
 Choice of Fruit

### Wednesday

2

Winter Break

9

Sausage Biscuit  
 Chicken & Waffles  
 Chop Salad Bar w/ Roll  
 Tater Tots  
 Choice of Fruit

16

Oven Fried Chicken w/ Roll  
 BBQ Sandwich  
 Chop Salad Bar w/ Roll  
 Mashed Potatoes  
 Choice of Fruit

23

Lasagna w/ Roll  
 Teriyaki Chicken  
 Chop Salad Bar w/ Roll  
 Cheesy Broccoli  
 Choice of Fruit

30

Cheeseburger  
 Beef Hot Dog  
 Chop Salad Bar w/ Roll  
 Baked Beans  
 Choice of Fruit

### Thursday

3

Winter Break

10

Beef Nachos  
 Pizza Crunchers  
 Fiesta Salad Bar w/ Roll  
 Corn  
 Choice of Fruit

17

Burrito Bowl w/ Rice  
 Orange Chicken w/ Rice  
 Fiesta Salad Bar w/ Roll  
 Roasted Baby Carrots  
 Choice of Fruit

24

Chicken Nachos  
 PB&J Box  
 Fiesta Salad Bar w/ Roll  
 Pinto Beans  
 Choice of Fruit

31

Chicken Tenders w/ Roll  
 Philly Cheese Steak  
 Fiesta Salad Bar w/ Roll  
 Sweet Potato  
 Choice of Fruit

### Friday

4

Winter Break

11

Cheese Pizza  
 Pepperoni Pizza  
 Pasta Salad Bar w/ Roll  
 Broccoli  
 Choice of Fruit

18

Cheese Pizza  
 Pepperoni Pizza  
 Pasta Salad Bar w/ Roll  
 Baked Beans  
 Choice of Fruit

25

Cheese Pizza  
 Pepperoni Pizza  
 Pasta Salad Bar w/ Roll  
 Sweet Potato Fries  
 Choice of Fruit

