

January 2019

Buford Elementary School

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



Tuesday

Wednesday

Thursday

Friday

Winter Break

Winter Break

Winter Break

Winter Break

Student Holiday

Student Holiday

Sausage Biscuit
Chicken & Waffles
Tater Tots
Veggie & Fruit Bar

Beef Nachos
Pizza Crunchers
Corn
Veggie & Fruit Bar

Pepperoni Pizza
Cheese Pizza
Broccoli
Veggie & Fruit Bar

Mini Corn Dogs
Chicken Sandwich
Green Beans
Veggie & Fruit Bar

Turkey & Cheese Roll Up
w/ Doritos
Chicken Alfredo
Corn
Veggie & Fruit Bar

Oven Fried Chicken w/ Roll
BBQ Sandwich
Mashed Potatoes
Veggie & Fruit Bar

Burrito Bowl w/ Rice
Orange Chicken w/ Rice
Roasted Baby Carrots
Veggie & Fruit Bar

Pepperoni Pizza
Cheese Pizza
Baked Beans
Veggie & Fruit Bar

MLK Holiday

Wings w/ Roll
Mac & Cheese w/ Roll
Green Beans
Veggie & Fruit Bar

Lasagna w/ Roll
Teriyaki Chicken
Cheesy Broccoli
Veggie & Fruit Bar

PB&J Box
Chicken Nachos
Pinto Beans
Veggie & Fruit Bar

Pepperoni Pizza
Cheese Pizza
Sweet Potato Fries
Veggie & Fruit Bar

Toasted Ham & Cheese
Sloppy Joes
French Fries
Veggie & Fruit Bar

Chicken Tetrazzini
Cheesy Chicken Flatbread
Green Peas
Veggie & Fruit Bar

Beef Hot Dog
Cheeseburger
Baked Beans
Veggie & Fruit Bar

Chicken Tenders w/ Roll
Philly Cheese Steak
Sweet Potato
Veggie & Fruit Bar

