



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

Tuesday

1

Winter Break

Wednesday

2

Winter Break

Thursday

3

Winter Break

Friday

4

Winter Break

14

Chicken Tender Salad
PB&J Box
Yogurt Parfait
Choice of Fruit

15

Spicy Wing Salad
PB&J Box
Buffalo Wrap
Choice of Fruit

16

Chicken Caesar Salad
PB&J Box
Protein Pack
Choice of Fruit

17

Asian Crunch Salad
PB&J Box
Turkey & Cheese Ciabatta
Choice of Fruit

18

Buffalo Chicken Salad
PB&J Box
Yogurt Parfait
Choice of Fruit

21

MLK Holiday

22

Spicy Wing Salad
PB&J Box
Buffalo Wrap
Choice of Fruit

23

Chicken Caesar Salad
PB&J Box
Protein Pack
Choice of Fruit

24

Asian Crunch Salad
PB&J Box
Turkey & Cheese Ciabatta
Choice of Fruit

25

Buffalo Chicken Salad
PB&J Box
Yogurt Parfait
Choice of Fruit

28

Chicken Tender Salad
PB&J Box
Yogurt Parfait
Choice of Fruit

29

Spicy Wing Salad
PB&J Box
Buffalo Wrap
Choice of Fruit

30

Chicken Caesar Salad
PB&J Box
Protein Pack
Choice of Fruit

31

Asian Crunch Salad
PB&J Box
Turkey & Cheese Ciabatta
Choice of Fruit

