

# January 2019

## Buford High School

### 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 & NutriGrain Bar  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

Pillsbury Mini Pancakes  
Hardboiled Egg & Croissant  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

Chicken Biscuit  
Yogurt & Pop-Tart  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

Pillsbury Mini Cinnis  
Yogurt & Pop-Tart  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

French Toast Sticks  
Hardboiled Egg & Biscuit  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

Bacon, Eggs, and Toast  
Yogurt & NutriGrain Bar  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

Belgian Waffles w/ Chicken  
Hardboiled Egg & Croissant  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

Sausage Biscuit  
Yogurt & Pop-Tart  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

MLK Holiday

Waffle & Sausage  
Sandwich  
Hardboiled Egg & Biscuit  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

Biscuit & Gravy  
Yogurt & NutriGrain Bar  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

Pillsbury Mini Pancakes  
Hardboiled Egg & Croissant  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

Chicken Biscuit  
Yogurt & Pop-Tart  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

Pillsbury Mini Cinnis  
Yogurt & Pop-Tart  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

French Toast Sticks  
Hardboiled Egg & Biscuit  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

Bacon, Eggs, and Toast  
Yogurt & NutriGrain Bar  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

Belgian Waffles w/ Chicken  
Hardboiled Egg & Croissant  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

