



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

8

Student Holiday

Wednesday

2

Winter Break

9

Chicken & Waffles
Pepperoni Pizza
Asian Nuggets w/ Roll
Sweet Potato Fries
Celery & Tomato Cups
Choice of Fruit

Thursday

3

Winter Break

10

Beef Nachos w/ Queso
Pepperoni Pizza
Chicken Sandwich
Corn
Romaine Salad
Choice of Fruit

Friday

4

Winter Break

11

Lasagna w/ Roll
Pepperoni Pizza
Chicken Wings w/ Roll
Green Beans
Red Pepper & Cucumber Cups
Choice of Fruit

14
Mini Corn Dogs
Pepperoni Pizza
Spicy Boneless Wings w/ Roll
Roasted Baby Carrots
Celery & Tomato Cups
Choice of Fruit

15
Chicken Alfredo
Pepperoni Pizza
Baked Potato Bar w/ Bacon
Green Beans
Romaine Salad
Choice of Fruit

16
BBQ Sandwich
Pepperoni Pizza
Asian Nuggets w/ Roll
Baked Beans
Celery & Carrots
Choice of Fruit

17
Beef Burrito Bowl w/ Rice
Pepperoni Pizza
Chicken Sandwich
Corn
Romaine Salad
Choice of Fruit

18
Oven Fried Chicken w/ Roll
Pepperoni Pizza
Chicken Wings w/ Roll
Mashed Potatoes
Red Pepper & Cucumber Cups
Choice of Fruit

21
MLK Holiday

22
Sriracha Orange Chicken
Pepperoni Pizza
Baked Potato Bar w/ Chili
Roasted Sweet Potato
Romaine Salad
Choice of Fruit

23
Grilled Cheese w/ Soup
Pepperoni Pizza
Asian Nuggets w/ Roll
Steamed Broccoli
Celery & Tomato Cups
Choice of Fruit

24
Chicken Nachos w/ Queso
Pepperoni Pizza
Chicken Sandwich
Pinto Beans
Romaine Salad
Choice of Fruit

25
Chicken Tenders w/ Roll
Pepperoni Pizza
Chicken Wings w/ Roll
Green Beans
Red Pepper & Cucumber Cups
Choice of Fruit

28
Pork Carnita Taco
Pepperoni Pizza
Spicy Boneless Wings w/ Roll
Corn
Broccoli & Carrot Cups
Choice of Fruit

29
Chicken Tetrizzini w/ Roll
Pepperoni Pizza
Baked Potato Bar w/ Bacon
Green Beans
Romaine Salad
Choice of Fruit

30
Sloppy Joes
Pepperoni Pizza
Asian Nuggets w/ Roll
French Fries
Celery & Tomato Cups
Choice of Fruit

31
Philly Cheese Steak
Pepperoni Pizza
Chicken Sandwich
Sweet Potato
Romaine Salad
Choice of Fruit

