

# January 2019

## Buford Middle 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

1

Winter Break

2

Winter Break

3

Winter Break

4

Winter Break

7

Student Holiday

8

Student Holiday

9

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

10

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

11

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

14

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

15

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

16

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

17

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

18

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

21

MLK Holiday

22

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

23

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

24

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

25

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

28

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

29

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

30

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

31

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

