



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



**Super Bowl Tailgate** 1  
 NFL Nachos  
 Sack'em Chicken Sandwiches  
 Time Out Tater Tots  
 Kick Off Carrots  
 Toss Up of Fruit

**4**  
 Ravioli w/ Roll  
 Turkey & Cheese Ciabatta  
 Roasted Sweet Potato  
 Veggie & Fruit Bar

**5**  
 PB&J Box  
 Spaghetti & Meatballs  
 Green Beans  
 Veggie & Fruit Bar

**6**  
 Sausage Biscuit  
 Chicken & Waffles  
 Tater Tots  
 Veggie & Fruit Bar

**7**  
 Beef Nachos  
 Pizza Crunchers  
 Corn  
 Veggie & Fruit Bar

**8**  
 Pepperoni Pizza  
 Cheese Pizza  
 Broccoli  
 Veggie & Fruit Bar

**11**  
 Mini Corn Dogs  
 Chicken Sandwich  
 Green Beans  
 Veggie & Fruit Bar

**12**  
 Turkey & Cheese Roll Up  
 w/ Doritos  
 Chicken Alfredo  
 Corn  
 Veggie & Fruit Bar

**13**  
 Oven Fried Chicken w/ Roll  
 BBQ Sandwich  
 Mashed Potatoes  
 Veggie & Fruit Bar

**14**  
 Burrito Bowl w/ Rice  
 Orange Chicken w/ Rice  
 Roasted Baby Carrots  
 Veggie & Fruit Bar

**15**  
 Pepperoni Pizza  
 Cheese Pizza  
 Baked Beans  
 Veggie & Fruit Bar

**18**  
 Winter Holiday

**19**  
 Winter Holiday

**20**  
 Winter Holiday

**21**  
 Winter Holiday

**22**  
 Winter Holiday

**25**  
 Toasted Ham & Cheese  
 Sloppy Joes  
 French Fries  
 Veggie & Fruit Bar

**26**  
 Chicken Tetrizzini w/ Roll  
 Cheesy Chicken Flatbread  
 Green Peas  
 Veggie & Fruit Bar

**27**  
 Beef Hot Dog  
 Cheeseburger  
 Baked Beans  
 Veggie & Fruit Bar

**28**  
 Chicken Tenders w/ Roll  
 Philly Cheese Steak  
 Sweet Potato  
 Veggie & Fruit Bar

