

January 2019

BHS Grab N Go Breakfast

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

Breakfast in Commons

Breakfast in Commons

Breakfast in Commons

Go Big Yogurt w/ Mini Loaf
Fruit & 100% Fruit Juice
Choice of Milk

Yo-Go Cooler w/ Lil Squares
Fruit & 100% Fruit Juice
Choice of Milk

Go Big Yogurt w/ Pop-Tart
Fruit & 100% Fruit Juice
Choice of Milk

Yo-Go Cooler w/ NutriGrain Bar
Fruit & 100% Fruit Juice
Choice of Milk

Parfait w/ Granola
Fruit & 100% Fruit Juice
Choice of Milk

MLK Holiday

Yo-Go Cooler w/ Lil Squares
Fruit & 100% Fruit Juice
Choice of Milk

Go Big Yogurt w/ Pop-Tart
Fruit & 100% Fruit Juice
Choice of Milk

Yo-Go Cooler w/ NutriGrain Bar
Fruit & 100% Fruit Juice
Choice of Milk

Parfait w/ Granola
Fruit & 100% Fruit Juice
Choice of Milk

Go Big Yogurt w/ Mini Loaf
Fruit & 100% Fruit Juice
Choice of Milk

Yo-Go Cooler w/ Lil Squares
Fruit & 100% Fruit Juice
Choice of Milk

Go Big Yogurt w/ Pop-Tart
Fruit & 100% Fruit Juice
Choice of Milk

Yo-Go Cooler w/ NutriGrain Bar
Fruit & 100% Fruit Juice
Choice of Milk

