

February 2019

BHS Grab N Go Line

LUNCH



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



Buffalo Chicken Salad **1**
 PB&J Box
 Yogurt Parfait
 Choice of Fruit

Chicken Tender Salad **4**
 PB&J Box
 Yogurt Parfait
 Choice of Fruit

Spicy Wing Salad **5**
 PB&J Box
 Buffalo Wrap
 Choice of Fruit

Chicken Caesar Salad **6**
 PB&J Box
 Protein Pack
 Choice of Fruit

Asian Crunch Salad **7**
 PB&J Box
 Turkey & Cheese Ciabatta
 Choice of Fruit

Buffalo Chicken Salad **8**
 PB&J Box
 Yogurt Parfait
 Choice of Fruit

Chicken Tender Salad **11**
 PB&J Box
 Yogurt Parfait
 Choice of Fruit

Spicy Wing Salad **12**
 PB&J Box
 Buffalo Wrap
 Choice of Fruit

Chicken Caesar Salad **13**
 PB&J Box
 Protein Pack
 Choice of Fruit

Asian Crunch Salad **14**
 PB&J Box
 Turkey & Cheese Ciabatta
 Choice of Fruit

Buffalo Chicken Salad **15**
 PB&J Box
 Yogurt Parfait
 Choice of Fruit

Winter Holiday **18**

Winter Holiday **19**

Winter Holiday **20**

Winter Holiday **21**

Winter Holiday **22**

Chicken Tender Salad **25**
 PB&J Box
 Yogurt Parfait
 Choice of Fruit

Spicy Wing Salad **26**
 PB&J Box
 Buffalo Wrap
 Choice of Fruit

Chicken Caesar Salad **27**
 PB&J Box
 Protein Pack
 Choice of Fruit

Asian Crunch Salad **28**
 PB&J Box
 Turkey & Cheese Ciabatta
 Choice of Fruit

