



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

**4**  
Cheeseburger  
Pepperoni Pizza  
Spicy Boneless Wings w/ Roll  
Baked Beans  
Broccoli & Carrot Cups  
Choice of Fruit

**5**  
Spaghetti & Meatballs  
Pepperoni Pizza  
Baked Potato Bar w/ Chili  
Cheesy Broccoli  
Romaine Salad  
Choice of Fruit

**6**  
Chicken & Waffles  
Pepperoni Pizza  
Asian Nuggets w/ Roll  
Sweet Potato Fries  
Celery & Tomato Cups  
Choice of Fruit

**7**  
Beef Nachos  
Pepperoni Pizza  
Chicken Sandwich  
Corn  
Romaine Salad  
Choice of Fruit

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

**8**  
Lasagna w/ Roll  
Pepperoni Pizza  
Chicken Wings w/ Roll  
Green Beans  
Red Pepper & Cucumber Cups  
Choice of Fruit

**11**  
Mini Corn Dogs  
Pepperoni Pizza  
Spicy Boneless Wings w/ Roll  
Roasted Baby Carrots  
Broccoli & Tomato Cups  
Choice of Fruit

**12**  
Chicken Alfredo  
Pepperoni Pizza  
Baked Potato Bar w/ Bacon  
Green Beans  
Romaine Salad  
Choice of Fruit

**13**  
BBQ Sandwich  
Pepperoni Pizza  
Asian Nuggets w/ Roll  
Baked Beans  
Celery & Carrot Cup  
Choice of Fruit

**14**  
Beef Burrito Bowl w/ Rice  
Pepperoni Pizza  
Chicken Sandwich  
Corn  
Romaine Salad  
Choice of Fruit

**15**  
Oven Fried Chicken w/ Roll  
Pepperoni Pizza  
Chicken Wings w/ Roll  
Mashed Potatoes  
Red Pepper & Cucumber Cups  
Choice of Fruit

**18**  
Winter Holiday

**19**  
Winter Holiday

**20**  
Winter Holiday

**21**  
Winter Holiday

**22**  
Winter Holiday

**25**  
Pork Carnita Taco  
Pepperoni Pizza  
Spicy Boneless Wings w/ Roll  
Corn  
Broccoli & Carrot Cups  
Choice of Fruit

**26**  
Chicken Tetrizzini  
Pepperoni Pizza  
Baked Potato Bar w/ Bacon  
Green Beans  
Romaine Salad  
Choice of Fruit

**27**  
Sloppy Joes  
Pepperoni Pizza  
Asian Nuggets w/ Roll  
French Fries  
Celery & Tomato Cups  
Choice of Fruit

**28**  
Philly Cheese Steak  
Pepperoni Pizza  
Chicken Sandwich  
Sweet Potato  
Romaine Salad  
Choice of Fruit

