

February 2019

Buford High 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

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

4

Waffle & Sausage
Sandwich
Yogurt w/ Mini Loaf
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

5

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

6

Pillsbury Mini Pancakes
Yogurt w/ Mini Loaf
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

7

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

8

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

11

French Toast Sticks
Yogurt w/ Mini Loaf
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

12

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

13

Belgian Waffles w/ Chicken
Yogurt w/ Mini Loaf
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

14

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

15

Winter Holiday

18

Winter Holiday

19

Winter Holiday

20

Winter Holiday

21

Winter Holiday

22

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

25

Waffle & Sausage
Sandwich
Yogurt w/ Mini Loaf
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

26

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

27

Pillsbury Mini Pancakes
Yogurt w/ Mini Loaf
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

28

