

February 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

4

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

5

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

6

Sausage Biscuit
Fruit & 100% Fruit Juice
Choice of Milk

7

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

8

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

11

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

12

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

13

Chicken Biscuit
Fruit & 100% Fruit Juice
Choice of Milk

14

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

15

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

18

Winter Holiday

19

Winter Holiday

20

Winter Holiday

21

Winter Holiday

22

Winter Holiday

25

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

26

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

27

Sausage Biscuit
Fruit & 100% Fruit Juice
Choice of Milk

28

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

