

# February 2019

## Buford Middle School



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



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

**4**  
Turkey & Cheese Ciabatta  
Cheese & Pepperoni Pizza  
Greek Salad Bar w/ Roll  
Green Beans  
Choice of Fruit

**5**  
Hamburger  
Beef Hot Dog  
Cobb Salad Bar w/ Roll  
Cheesy Broccoli  
Choice of Fruit

**6**  
Chicken & Waffles  
Cheese & Pepperoni Pizza  
Chop Salad Bar w/ Roll  
Roasted Sweet Potatoes  
Choice of Fruit

**7**  
Beef Nachos  
PB&J Box  
Fiesta Salad Bar w/ Roll  
Corn  
Choice of Fruit

**8**  
Wings w/ Roll  
Cheese & Pepperoni Pizza  
Pasta Salad Bar w/ Roll  
Baked Beans  
Choice of Fruit

**11**  
Mini Corn Dogs  
Cheese & Pepperoni Pizza  
Greek Salad Bar w/ Roll  
Corn  
Choice of Fruit

**12**  
Chicken Sandwich  
Chicken Alfredo  
Cobb Salad Bar w/ Roll  
Green Beans  
Choice of Fruit

**13**  
BBQ Sandwich  
Cheese & Pepperoni Pizza  
Chop Salad Bar w/ Roll  
Baked Beans  
Choice of Fruit

**14**  
Burrito Bowl w/ Rice  
Pizza Crunchers  
Fiesta Salad Bar w/ Roll  
Roasted Baby Carrots  
Choice of Fruit

**15**  
Oven Fried Chicken w/ Roll  
Cheese & Pepperoni Pizza  
Pasta Salad Bar w/ Roll  
Mashed Potatoes  
Choice of Fruit

**18**  
Winter Holiday

**19**  
Winter Holiday

**20**  
Winter Holiday

**21**  
Winter Holiday

**22**  
Winter Holiday

**25**  
Beef Taco  
Cheese & Pepperoni Pizza  
Greek Salad Bar w/ Roll  
Corn  
Choice of Fruit

**26**  
Chicken Tetrizzini w/ Roll  
Buffalo Chicken Flatbread  
Cobb Salad Bar w/ Roll  
Green Beans  
Choice of Fruit

**27**  
Sloppy Joes  
Cheese & Pepperoni Pizza  
Chop Salad Bar w/ Roll  
French Fries  
Choice of Fruit

**28**  
Philly Cheese Steak  
Toasted Ham & Cheese  
Fiesta Salad Bar w/ Roll  
Sweet Potato  
Choice of Fruit

