



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.



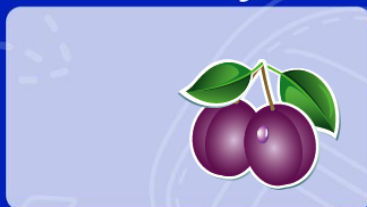
Monday

Tuesday

Wednesday

Thursday

Friday



1
Chicken Biscuit
Yogurt & Pop-Tart
Cereal w/ Toast
Fruit & 100% Fruit Juice

4
Pillsbury Mini Cinnis
Yogurt & Pop-Tart
Cereal w/ Toast
Fruit & 100% Fruit Juice

5
French Toast Sticks
Yogurt w/ Mini Loaf
Cereal w/ Toast
Fruit & 100% Fruit Juice

6
Bacon, Eggs, and Toast
Yogurt & Cereal Bar
Cereal w/ Toast
Fruit & 100% Fruit Juice

7
Belgian Waffles w/ Chicken
Yogurt w/ Mini Loaf
Cereal w/ Toast
Fruit & 100% Fruit Juice

8
Sausage Biscuit
Yogurt & Pop-Tart
Cereal w/ Toast
Fruit & 100% Fruit Juice

11
Pillsbury Mini Bagels
Yogurt & Pop-Tart
Cereal w/ Toast
Fruit & 100% Fruit Juice

12
Sausage Waffle Sandwich
Yogurt w/ Mini Loaf
Cereal w/ Toast
Fruit & 100% Fruit Juice

13
Biscuit & Gravy
Yogurt & Cereal Bar
Cereal w/ Toast
Fruit & 100% Fruit Juice

14
Pillsbury Mini Pancakes
Yogurt w/ Mini Loaf
Cereal w/ Toast
Fruit & 100% Fruit Juice

15
Chicken Biscuit
Yogurt & Pop-Tart
Cereal w/ Toast
Fruit & 100% Fruit Juice

18
Student Holiday

19
French Toast Sticks
Yogurt w/ Mini Loaf
Cereal w/ Toast
Fruit & 100% Fruit Juice

20
Bacon, Eggs, and Toast
Yogurt & Cereal Bar
Cereal w/ Toast
Fruit & 100% Fruit Juice

21
Belgian Waffles w/ Chicken
Yogurt w/ Mini Loaf
Cereal w/ Toast
Fruit & 100% Fruit Juice

22
Sausage Biscuit
Yogurt & Pop-Tart
Cereal w/ Toast
Fruit & 100% Fruit Juice

25
Pillsbury Mini Bagels
Yogurt & Pop-Tart
Cereal w/ Toast
Fruit & 100% Fruit Juice

26
Sausage Waffle Sandwich
Yogurt w/ Mini Loaf
Cereal w/ Toast
Fruit & 100% Fruit Juice

27
Biscuit & Gravy
Yogurt & Cereal Bar
Cereal w/ Toast
Fruit & 100% Fruit Juice

28
Pillsbury Mini Pancakes
Yogurt w/ Mini Loaf
Cereal w/ Toast
Fruit & 100% Fruit Juice

29
Chicken Biscuit
Yogurt & Pop-Tart
Cereal w/ Toast
Fruit & 100% Fruit Juice