



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  
 Ravioli w/ Roll  
 Turkey & Cheese Ciabatta  
 Roasted Sweet Potato  
 Veggie & Fruit Bar

5  
 PB&J Box  
 Spaghetti & Meatballs  
 Green Beans  
 Veggie & Fruit Bar

6  
 Sausage Biscuit  
 Chicken & Waffles  
 Tater Tots  
 Veggie & Fruit Bar

7  
 Beef Nachos  
 Pizza Crunchers  
 Corn  
 Veggie & Fruit Bar

8  
 Pepperoni Pizza  
 Cheese Pizza  
 Broccoli  
 Veggie & Fruit Bar

11  
 Mini Corn Dogs  
 Chicken Sandwich  
 Green Beans  
 Veggie & Fruit Bar

12  
 Turkey & Cheese Roll Up  
 w/ Doritos  
 Chicken Alfredo  
 Corn  
 Veggie & Fruit Bar

13  
 Oven Fried Chicken w/ Roll  
 BBQ Sandwich  
 Mashed Potatoes  
 Veggie & Fruit Bar

14  
 Chicken Nachos  
 Orange Chicken w/ Rice  
 Roasted Baby Carrots  
 Veggie & Fruit Bar

15  
 Pepperoni Pizza  
 Cheese Pizza  
 Baked Beans  
 Veggie & Fruit Bar

18  
 Student Holiday

19  
 Pancakes w/ Sausage  
 Chicken Biscuit  
 Green Beans  
 Veggie & Fruit Bar

20  
 Lasagna w/ Roll  
 Teriyaki Chicken  
 Cheesy Broccoli  
 Veggie & Fruit Bar

21  
Early Release  
 Corn Dog  
 Chips  
 Baby Carrots  
 Celery Sticks  
 Sliced Apples

22  
Early Release  
 Chicken Sandwich  
 Chips  
 Baby Carrots  
 Broccoli  
 Sliced Apples

25  
 Peach Cobbler Parfait  
 Oven Fried Chicken w/ Roll  
 Corn  
 Veggie & Fruit Bar

26  
 Pepperoni Pizza Munch-Able  
 \*Build your own Pizza Kit\*  
 Chicken Tetrazzini  
 Green Peas  
 Veggie & Fruit Bar

27  
 Beef Hot Dog  
 Cheeseburger  
 Baked Beans  
 Veggie & Fruit Bar

28  
 Chicken Nachos  
 Philly Cheese Steak  
 Sweet Potato  
 Veggie & Fruit Bar

29  
 Pepperoni Pizza  
 Cheese Pizza  
 Green Beans  
 Veggie & Fruit Bar