



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

4
Go Big Yogurt w/ Mini Loaf
Fruit & 100% Fruit Juice
Choice of Milk

5
Coffee Cooler w/ Lil Squares
Fruit & 100% Fruit Juice
Choice of Milk

6
Chicken Biscuit
Fruit & 100% Fruit Juice
Choice of Milk

7
Parfait w/ Granola
Fruit & 100% Fruit Juice
Choice of Milk

8
Sausage Waffle Sandwich
Fruit & 100% Fruit Juice
Choice of Milk

11
Go Big Yogurt w/ Mini Loaf
Fruit & 100% Fruit Juice
Choice of Milk

12
Coffee Cooler w/ Lil Squares
Fruit & 100% Fruit Juice
Choice of Milk

13
Sausage Biscuit
Fruit & 100% Fruit Juice
Choice of Milk

14
Parfait w/ Granola
Fruit & 100% Fruit Juice
Choice of Milk

15
Chicken Waffle Sandwich
Fruit & 100% Fruit Juice
Choice of Milk

18
Student Holiday

19
Coffee Cooler w/ Lil Squares
Fruit & 100% Fruit Juice
Choice of Milk

20
Chicken Biscuit
Fruit & 100% Fruit Juice
Choice of Milk

21
Parfait w/ Granola
Fruit & 100% Fruit Juice
Choice of Milk

22
Sausage Waffle Sandwich
Fruit & 100% Fruit Juice
Choice of Milk

25
Go Big Yogurt w/ Mini Loaf
Fruit & 100% Fruit Juice
Choice of Milk

26
Coffee Cooler w/ Lil Squares
Fruit & 100% Fruit Juice
Choice of Milk

27
Sausage Biscuit
Fruit & 100% Fruit Juice
Choice of Milk

28
Parfait w/ Granola
Fruit & 100% Fruit Juice
Choice of Milk

29
Chicken Waffle Sandwich
Fruit & 100% Fruit Juice
Choice of Milk