



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.



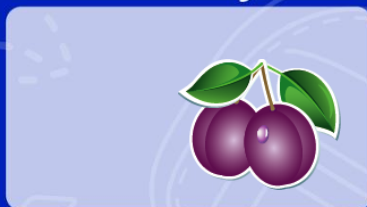
### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



1  
Chicken Biscuit  
Yogurt & Pop-Tart  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

4  
Pillsbury Mini Cinnis  
Yogurt & Pop-Tart  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

5  
French Toast Sticks  
Yogurt w/ Mini Loaf  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

6  
Bacon, Eggs, and Toast  
Yogurt & Cereal Bar  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

7  
Belgian Waffles w/ Chicken  
Yogurt w/ Mini Loaf  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

8  
Sausage Biscuit  
Yogurt & Pop-Tart  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

11  
Pillsbury Mini Bagels  
Yogurt & Pop-Tart  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

12  
Sausage Waffle Sandwich  
Yogurt w/ Mini Loaf  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

13  
Biscuit & Gravy  
Yogurt & Cereal Bar  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

14  
Pillsbury Mini Pancakes  
Yogurt w/ Mini Loaf  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

15  
Chicken Biscuit  
Yogurt & Pop-Tart  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

18  
Student Holiday

19  
French Toast Sticks  
Yogurt w/ Mini Loaf  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

20  
Bacon, Eggs, and Toast  
Yogurt & Cereal Bar  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

21  
Belgian Waffles w/ Chicken  
Yogurt w/ Mini Loaf  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

22  
Sausage Biscuit  
Yogurt & Pop-Tart  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

25  
Pillsbury Mini Bagels  
Yogurt & Pop-Tart  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

26  
Sausage Waffle Sandwich  
Yogurt w/ Mini Loaf  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

27  
Biscuit & Gravy  
Yogurt & Cereal Bar  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

28  
Pillsbury Mini Pancakes  
Yogurt w/ Mini Loaf  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

29  
Chicken Biscuit  
Yogurt & Pop-Tart  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice