



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
 Chicken Tender Salad
 PB&J Box
 Yogurt Parfait
 Choice of Fruit

5
 Spicy Wing Salad
 PB&J Box
 Buffalo Wrap
 Choice of Fruit

6
 Chicken Caesar Salad
 PB&J Box
 Protein Pack
 Choice of Fruit

7
 Asian Crunch Salad
 PB&J Box
 Turkey & Cheese Ciabatta
 Choice of Fruit

8
 Buffalo Chicken Salad
 PB&J Box
 Yogurt Parfait
 Choice of Fruit

11
 Chicken Tender Salad
 PB&J Box
 Yogurt Parfait
 Choice of Fruit

12
 Spicy Wing Salad
 PB&J Box
 Buffalo Wrap
 Choice of Fruit

13
 Chicken Caesar Salad
 PB&J Box
 Protein Pack
 Choice of Fruit

14
 Asian Crunch Salad
 PB&J Box
 Turkey & Cheese Ciabatta
 Choice of Fruit

15
 Buffalo Chicken Salad
 PB&J Box
 Yogurt Parfait
 Choice of Fruit

18
 Student Holiday

19
 Spicy Wing Salad
 PB&J Box
 Buffalo Wrap
 Choice of Fruit

20
 Chicken Caesar Salad
 PB&J Box
 Protein Pack
 Choice of Fruit

21
 Asian Crunch Salad
 PB&J Box
 Turkey & Cheese Ciabatta
 Choice of Fruit

22
 Buffalo Chicken Salad
 PB&J Box
 Yogurt Parfait
 Choice of Fruit

25
 Chicken Tender Salad
 PB&J Box
 Yogurt Parfait
 Choice of Fruit

26
 Spicy Wing Salad
 PB&J Box
 Buffalo Wrap
 Choice of Fruit

27
 Chicken Caesar Salad
 PB&J Box
 Protein Pack
 Choice of Fruit

28
 Asian Crunch Salad
 PB&J Box
 Turkey & Cheese Ciabatta
 Choice of Fruit

29
 Buffalo Chicken Salad
 PB&J Box
 Yogurt Parfait
 Choice of Fruit