



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

Cheeseburger **4**
 Pepperoni Pizza
 Spicy Boneless Wings w/ Roll
 Baked Beans
 Broccoli & Carrot Cups
 Choice of Fruit

Spaghetti & Meatballs **5**
 Pepperoni Pizza
 Baked Potato Bar w/ Bacon
 Cheesy Broccoli
 Romaine Salad
 Choice of Fruit

Chicken & Waffles **6**
 Pepperoni Pizza
 Asian Nuggets w/ Roll
 Sweet Potato Fries
 Celery & Tomato Cups
 Choice of Fruit

Beef Nachos w/ Queso **7**
 Pepperoni Pizza
 Chicken Sandwich
 Corn
 Romaine Salad
 Choice of Fruit

Spicy Tenders w/ Roll **1**
 Pepperoni Pizza
 Chicken Wings w/ Roll
 Collard Greens
 Red Pepper & Cucumber Cups
 Choice of Fruit

Lasagna w/ Roll **8**
 Pepperoni Pizza
 Oven Fried Chicken w/ Roll
 Green Beans
 Red Pepper & Cucumber Cups
 Choice of Fruit

Mini Corn Dogs **11**
 Pepperoni Pizza
 Spicy Boneless Wings w/ Roll
 Roasted Baby Carrots
 Celery & Tomato Cups
 Choice of Fruit

Chicken Alfredo **12**
 Pepperoni Pizza
 Chicken Sandwich
 Green Beans
 Romaine Salad
 Choice of Fruit

BBQ Sandwich **13**
 Pepperoni Pizza
 Asian Nuggets w/ Roll
 Baked Beans
 Celery & Carrots
 Choice of Fruit

Chicken Nachos w/ Queso **14**
 Pepperoni Pizza
 Chicken Sandwich
 Corn
 Romaine Salad
 Choice of Fruit

Oven Fried Chicken w/ Roll **15**
 Pepperoni Pizza
 Chicken Wings w/ Roll
 Mashed Potatoes
 Red Pepper & Cucumber Cups
 Choice of Fruit

Student Holiday **18**

Sriracha Orange Chicken **19**
 Pepperoni Pizza
 Baked Potato Bar w/ Chili
 Roasted Sweet Potato
 Romaine Salad
 Choice of Fruit

Pancakes w/ Sausage **20**
 Pepperoni Pizza
 Asian Nuggets w/ Roll
 Steamed Broccoli
 Celery & Tomato Cups
 Choice of Fruit

Beef Nachos w/ Queso **21**
 Pepperoni Pizza
 Chicken Sandwich
 Pinto Beans
 Romaine Salad
 Choice of Fruit

Chicken Tenders w/ Roll **22**
 Pepperoni Pizza
 Oven Fried Chicken w/ Roll
 Green Beans
 Red Pepper & Cucumber Cups
 Choice of Fruit

Pork Carnita Taco **25**
 Pepperoni Pizza
 Spicy Boneless Wings w/ Roll
 Corn
 Broccoli & Carrot Cups
 Choice of Fruit

Chicken Tetrizzini **26**
 Pepperoni Pizza
 Chicken Sandwich
 Green Beans
 Romaine Salad
 Choice of Fruit

Oven Fried Chicken w/ Roll **27**
 Pepperoni Pizza
 Asian Nuggets w/ Roll
 French Fries
 Celery & Tomato Cups
 Choice of Fruit

Chicken Nachos w/ Queso **28**
 Pepperoni Pizza
 Chicken Sandwich
 Sweet Potato
 Romaine Salad
 Choice of Fruit

Spicy Tenders w/ Roll **29**
 Pepperoni Pizza
 Chicken Wings w/ Roll
 Collard Greens
 Red Pepper & Cucumber Cups
 Choice of Fruit