



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
 Turkey & Cheese Ciabatta
 Cheese & Pepperoni Pizza
 Greek Salad Bar w/ Roll
 Green Beans
 Choice of Fruit

5
 Hamburger
 Beef Hot Dog
 Cobb Salad Bar w/ Roll
 Cheesy Broccoli
 Choice of Fruit

6
 Chicken & Waffles
 Cheese & Pepperoni Pizza
 Chop Salad Bar w/ Roll
 Roasted Sweet Potatoes
 Choice of Fruit

7
 Beef Nachos
 PB&J Box
 Fiesta Salad Bar w/ Roll
 Corn
 Choice of Fruit

8
 Wings w/ Roll
 Cheese & Pepperoni Pizza
 Pasta Salad Bar w/ Roll
 Baked Beans
 Choice of Fruit

11
 Mini Corn Dogs
 Cheese & Pepperoni Pizza
 Greek Salad Bar w/ Roll
 Corn
 Choice of Fruit

12
 Chicken Sandwich
 Chicken Alfredo
 Cobb Salad Bar w/ Roll
 Green Beans
 Choice of Fruit

13
 BBQ Sandwich
 Cheese & Pepperoni Pizza
 Chop Salad Bar w/ Roll
 Baked Beans
 Choice of Fruit

14
 Burrito Bowl w/ Rice
 Pizza Crunchers
 Fiesta Salad Bar w/ Roll
 Roasted Baby Carrots
 Choice of Fruit

15
 Oven Fried Chicken w/ Roll
 Cheese & Pepperoni Pizza
 Pasta Salad Bar w/ Roll
 Mashed Potatoes
 Choice of Fruit

18
 Student Holiday

19
 Orange Sriracha Chicken
 Teriyaki Chicken
 Cobb Salad Bar w/ Roll
 Edamame Succotash
 Choice of Fruit

20
 Lasagna w/ Roll
 Cheese & Pepperoni Pizza
 Chop Salad Bar w/ Roll
 Cheesy Broccoli
 Choice of Fruit

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

22
Early Release
 Cheeseburger
 Chips
 Baby Carrots
 Broccoli
 Sliced Apples

25
 Beef Taco
 Cheese & Pepperoni Pizza
 Greek Salad Bar w/ Roll
 Corn
 Choice of Fruit

26
 Chicken Tetrizzini w/ Roll
 Buffalo Chicken Flatbread
 Cobb Salad Bar w/ Roll
 Green Beans
 Choice of Fruit

27
 Sloppy Joes
 Cheese & Pepperoni Pizza
 Chop Salad Bar w/ Roll
 French Fries
 Choice of Fruit

28
 Philly Cheese Steak
 Toasted Ham & Cheese
 Fiesta Salad Bar w/ Roll
 Sweet Potato
 Choice of Fruit

29
 Baked Penne & Meatballs
 Cheese & Pepperoni Pizza
 Pasta Salad Bar w/ Roll
 Broccoli
 Choice of Fruit