



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

Spring Break

2

Spring Break

3

Spring Break

4

Spring Break

5

Spring Break

8

French Toast Bites
Yogurt & Pop-Tart
Cereal w/ Toast
Fruit & 100% Fruit Juice

9

Sausage Waffle Sandwich
Yogurt w/ Mini Loaf
Cereal w/ Toast
Fruit & 100% Fruit Juice

10

Biscuit & Gravy
Yogurt & Cereal Bar
Cereal w/ Toast
Fruit & 100% Fruit Juice

11

Pillsbury Mini Pancakes
Yogurt w/ Mini Loaf
Cereal w/ Toast
Fruit & 100% Fruit Juice

12

Chicken Biscuit
Yogurt & Pop-Tart
Cereal w/ Toast
Fruit & 100% Fruit Juice

15

Pillsbury Mini Cinnis
Yogurt & Pop-Tart
Cereal w/ Toast
Fruit & 100% Fruit Juice

16

French Toast Sticks
Yogurt w/ Mini Loaf
Cereal w/ Toast
Fruit & 100% Fruit Juice

17

Bacon, Eggs, and Toast
Yogurt & Cereal Bar
Cereal w/ Toast
Fruit & 100% Fruit Juice

18

Belgian Waffles w/ Chicken
Yogurt w/ Mini Loaf
Cereal w/ Toast
Fruit & 100% Fruit Juice

19

Sausage Biscuit
Yogurt & Pop-Tart
Cereal w/ Toast
Fruit & 100% Fruit Juice

22

French Toast Bites
Yogurt & Pop-Tart
Cereal w/ Toast
Fruit & 100% Fruit Juice

23

Sausage Waffle Sandwich
Yogurt w/ Mini Loaf
Cereal w/ Toast
Fruit & 100% Fruit Juice

24

Biscuit & Gravy
Yogurt & Cereal Bar
Cereal w/ Toast
Fruit & 100% Fruit Juice

25

Pillsbury Mini Pancakes
Yogurt w/ Mini Loaf
Cereal w/ Toast
Fruit & 100% Fruit Juice

26

Chicken Biscuit
Yogurt & Pop-Tart
Cereal w/ Toast
Fruit & 100% Fruit Juice

29

Pillsbury Mini Cinnis
Yogurt & Pop-Tart
Cereal w/ Toast
Fruit & 100% Fruit Juice

30

French Toast Sticks
Yogurt w/ Mini Loaf
Cereal w/ Toast
Fruit & 100% Fruit Juice

