

April 2019

Buford High School Grab N' Go

BREAKFAST



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
Fruit & 100% Fruit Juice
Choice of Milk

9

Coffee Cooler w/ Lil Squares
Fruit & 100% Fruit Juice
Choice of Milk

10

Sausage Biscuit
Fruit & 100% Fruit Juice
Choice of Milk

11

Parfait w/ Granola
Fruit & 100% Fruit Juice
Choice of Milk

12

Chicken Waffle Sandwich
Fruit & 100% Fruit Juice
Choice of Milk

15

French Toast Bites
Fruit & 100% Fruit Juice
Choice of Milk

16

Coffee Cooler w/ Lil Squares
Fruit & 100% Fruit Juice
Choice of Milk

17

Chicken Biscuit
Fruit & 100% Fruit Juice
Choice of Milk

18

Parfait w/ Granola
Fruit & 100% Fruit Juice
Choice of Milk

19

Sausage Waffle Sandwich
Fruit & 100% Fruit Juice
Choice of Milk

22

French Toast Bites
Fruit & 100% Fruit Juice
Choice of Milk

23

Coffee Cooler w/ Lil Squares
Fruit & 100% Fruit Juice
Choice of Milk

24

Sausage Biscuit
Fruit & 100% Fruit Juice
Choice of Milk

25

Parfait w/ Granola
Fruit & 100% Fruit Juice
Choice of Milk

26

Chicken Waffle Sandwich
Fruit & 100% Fruit Juice
Choice of Milk

29

French Toast Bites
Fruit & 100% Fruit Juice
Choice of Milk

30

Coffee Cooler w/ Lil Squares
Fruit & 100% Fruit Juice
Choice of Milk

