



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

1

Spring Break

### Tuesday

2

Spring Break

### Wednesday

3

Spring Break

### Thursday

4

Spring Break

### Friday

5

Spring Break

8

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

9

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

10

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

11

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

12

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

15

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

16

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

17

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

18

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

19

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

22

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

23

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

24

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

25

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

26

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

29

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

30

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

