



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  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

9

Sausage Waffle Sandwich  
Yogurt w/ Mini Loaf  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

10

Biscuit & Gravy  
Yogurt & Cereal Bar  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

11

Pillsbury Mini Pancakes  
Yogurt w/ Mini Loaf  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

12

Chicken Biscuit  
Yogurt & Pop-Tart  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

15

Pillsbury Mini Cinnis  
Yogurt & Pop-Tart  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

16

French Toast Sticks  
Yogurt w/ Mini Loaf  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

17

Bacon, Eggs, and Toast  
Yogurt & Cereal Bar  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

18

Belgian Waffles w/ Chicken  
Yogurt w/ Mini Loaf  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

19

Sausage Biscuit  
Yogurt & Pop-Tart  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

22

French Toast Bites  
Yogurt & Pop-Tart  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

23

Sausage Waffle Sandwich  
Yogurt w/ Mini Loaf  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

24

Biscuit & Gravy  
Yogurt & Cereal Bar  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

25

Pillsbury Mini Pancakes  
Yogurt w/ Mini Loaf  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

26

Chicken Biscuit  
Yogurt & Pop-Tart  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

29

Pillsbury Mini Cinnis  
Yogurt & Pop-Tart  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

30

French Toast Sticks  
Yogurt w/ Mini Loaf  
2 Bowls of WG Cereal  
Fruit & 100% Fruit Juice

