

May 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

6

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

7

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

8

Sausage Biscuit
Fruit & 100% Fruit Juice
Choice of Milk

9

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

10

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

13

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

14

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

15

Chicken Biscuit
Fruit & 100% Fruit Juice
Choice of Milk

16

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

17

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

20

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

21

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

22

Sausage Biscuit
Fruit & 100% Fruit Juice
Choice of Milk

23

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

24

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

27

Memorial Day

28

Summer Break

29

Summer Break

30

Summer Break

31

Summer Break