



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

7
Sausage Waffle Sandwich
Yogurt w/ Mini Loaf
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

8
Biscuit & Gravy
Yogurt & Cereal Bar
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

9
Pillsbury Mini Pancakes
Yogurt w/ Mini Loaf
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

10
Chicken Biscuit
Yogurt & Pop-Tart
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

13
Pillsbury Mini Cinnis
Yogurt & Pop-Tart
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

14
French Toast Sticks
Yogurt w/ Mini Loaf
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

15
Bacon, Eggs, and Toast
Yogurt & Cereal Bar
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

16
Belgian Waffles w/ Chicken
Yogurt w/ Mini Loaf
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

17
Sausage Biscuit
Yogurt & Pop-Tart
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

20
French Toast Bites
Yogurt & Pop-Tart
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

21
Sausage Waffle Sandwich
Yogurt w/ Mini Loaf
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

22
Biscuit & Gravy
Yogurt & Cereal Bar
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

23
Pillsbury Mini Pancakes
Yogurt w/ Mini Loaf
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

24
Chicken Biscuit
Yogurt & Pop-Tart
2 Bowls of WG Cereal
Fruit & 100% Fruit Juice

27
Memorial Day

28
Summer Break

29
Summer Break

30
Summer Break

31
Summer Break