



Updated menus are available at <http://www.bufordcityschools.org/departments/nutrition>
 . Choice of milk offered daily.
 Menus subject to change.
 "This institution is and 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

NO SCHOOL

Thursday

Friday

6
 Pillsbury Mini Cinnis
 Yogurt & Pop-Tart
 Cereal w/ Toast
 Fruit & 100% Fruit Juice

7
 French Toast Sticks
 Hardboiled Egg & Biscuit
 Cereal w/ Toast
 Fruit & 100% Fruit Juice

8
 Bacon, Eggs, and Toast
 Yogurt & NutriGrain Bar
 Cereal w/ toast
 Fruit & 100% Fruit Juice

9
 Belgian Waffles w/ Chicken
 Hardboiled Egg & Croissant
 Cereal w/ Toast
 Fruit & 100% Fruit Juice

10
 Sausage Biscuit
 Yogurt & Pop-Tart
 Cereal w/ Toast
 Fruit & 100% Fruit Juice

13
 Pillsbury Mini Bagels
 Yogurt & Pop-Tart
 Cereal w/ Toast
 Fruit & 100% Fruit Juice

14
 Waffle & Sausage
 Sandwich
 Hardboiled Egg & Biscuit
 Cereal w/ Toast
 Fruit & 100% Fruit Juice

15
 Biscuit & Gravy
 Yogurt & NutriGrain Bar
 Cereal w/ Toast
 Fruit & 100% Fruit Juice

16
 Pillsbury Mini Pancakes
 Hardboiled Egg & Croissant
 Cereal w/ Toast
 Fruit & 100% Fruit Juice

17
 Chicken Biscuit
 Yogurt & Pop-Tart
 Cereal w/ Toast
 Fruit & 100% Fruit Juice

20
 Pillsbury Mini Cinnis
 Yogurt & Pop-Tart
 Cereal w/ Toast
 Fruit & 100% Fruit Juice

21
 French Toast Sticks
 Hardboiled Egg & Biscuit
 Cereal w/ Toast
 Fruit & 100% Fruit Juice

22
 Bacon, Eggs, and Toast
 Yogurt & NutriGrain Bar
 Cereal w/ toast
 Fruit & 100% Fruit Juice

23
 Belgian Waffles w/ Chicken
 Hardboiled Egg & Croissant
 Cereal w/ Toast
 Fruit & 100% Fruit Juice

24
 Sausage Biscuit
 Yogurt & Pop-Tart
 Cereal w/ Toast
 Fruit & 100% Fruit Juice

27
 Pillsbury Mini Bagels
 Yogurt & Pop-Tart
 Cereal w/ Toast
 Fruit & 100% Fruit Juice

28
 Waffle & Sausage
 Sandwich
 Hardboiled Egg & Biscuit
 Cereal w/ Toast
 Fruit & 100% Fruit Juice

29
 Biscuit & Gravy
 Yogurt & NutriGrain Bar
 Cereal w/ Toast
 Fruit & 100% Fruit Juice

30
 Pillsbury Mini Pancakes
 Hardboiled Egg & Croissant
 Cereal w/ Toast
 Fruit & 100% Fruit Juice

31
 Chicken Biscuit
 Yogurt & Pop-Tart
 Cereal w/ Toast
 Fruit & 100% Fruit Juice