

# December 2018

## Buford Academy

### 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

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

3

### Tuesday

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

4

### Wednesday

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

5

### Thursday

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

6

### Friday

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

7

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

10

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

11

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

12

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

13

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

14

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

17

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

18

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

19

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

20

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

21

Winter Break

24

Winter Break

25

Winter Break

26

Winter Break

27

Winter Break

28

Winter Break

31

