

December 2018

Buford Academy



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

3
Mini Corn Dogs
Chicken Sandwich
Greek Salad Bar w/ Roll
Green Beans
Choice of Fruit

4
Turkey & Cheese Roll Up
Chicken Alfredo
Cobb Salad Bar w/ Roll
Corn
Choice of Fruit

5
Oven Fried Chicken w/ Roll
BBQ Sandwich
Chop Salad Bar w/ Roll
Mashed Potatoes
Choice of Fruit

6
Burrito Bowl w/ Rice
Orange Chicken w/ Rice
Fiesta Salad Bar w/ Roll
Roasted Baby Carrots
Choice of Fruit

7
Cheese Pizza
Pepperoni Pizza
Pasta Salad Bar w/ Roll
Baked Beans
Choice of Fruit

10
Pancakes & Sausage
Chicken Biscuit
Greek Salad Bar w/ Roll
Hash Browns
Choice of Fruit

11
Wings w/ Roll
Mac & Cheese w/ Roll
Cobb Salad Bar w/ Roll
Green Beans
Choice of Fruit

12
Lasagna w/ Roll
Teriyaki Chicken
Chop Salad Bar w/ Roll
Cheesy Broccoli
Choice of Fruit

13
Chicken Nachos
PB&J Box
Fiesta Salad Bar w/ Roll
Pinto Beans
Choice of Fruit

14
Cheese Pizza
Pepperoni Pizza
Pasta Salad Bar w/ Roll
Sweet Potato Fries
Choice of Fruit

17
Toasted Ham & Cheese
Sloppy Joes
Greek Salad Bar w/ Roll
French Fries
Choice of Fruit

18
Chicken Tetrazzini
Cheesy Chicken Flatbread
Cobb Salad Bar w/ Roll
Green Peas
Choice of Fruit

19
Cheeseburger
Beef Hot Dog
Chop Salad Bar w/ Roll
Baked Beans
Choice of Fruit

20
Chicken Tenders w/ Roll
Philly Cheese Steak
Fiesta Salad Bar w/ Roll
Sweet Potato
Choice of Fruit

21
Cheese Pizza
Pepperoni Pizza
Pasta Salad Bar w/ Roll
Green Beans
Choice of Fruit

24
Winter Break

25
Winter Break

26
Winter Break

27
Winter Break

28
Winter Break

31
Winter Break

