



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

4  
Ravioli w/ Roll  
Turkey & Cheese Ciabatta  
Greek Salad Bar w/ Roll  
Roasted Sweet Potato  
Choice of Fruit

5  
PB&J Box  
Spaghetti & Meatballs  
Cobb Salad Bar w/ Roll  
Green Beans  
Choice of Fruit

6  
Sausage Biscuit  
Chicken & Waffles  
Chop Salad Bar w/ Roll  
Tater Tots  
Choice of Fruit

7  
Beef Nachos  
Pizza Crunchers  
Fiesta Salad Bar w/ Roll  
Corn  
Choice of Fruit

8  
Super Bowl Tailgate  
NFL Nachos  
Sack'em Chicken Sandwiches  
Pass the Pasta Salad Bar  
Time Out Tater Tots  
Kick Off Carrots  
Toss Up of Fruit

11  
Mini Corn Dogs  
Chicken Sandwich  
Greek Salad Bar w/ Roll  
Green Beans  
Choice of Fruit

12  
Turkey & Cheese Roll Up  
Chicken Alfredo  
Cobb Salad Bar w/ Roll  
Corn  
Choice of Fruit

13  
Oven Fried Chicken w/ Roll  
BBQ Sandwich  
Chop Salad Bar w/ Roll  
Mashed Potatoes  
Choice of Fruit

14  
Burrito Bowl w/ Rice  
Orange Chicken w/ Rice  
Fiesta Salad Bar w/ Roll  
Roasted Baby Carrots  
Choice of Fruit

15  
Cheese Pizza  
Pepperoni Pizza  
Pasta Salad Bar w/ Roll  
Baked Beans  
Choice of Fruit

18  
Winter Holiday

19  
Winter Holiday

20  
Winter Holiday

21  
Winter Holiday

22  
Winter Holiday

25  
Toasted Ham & Cheese  
Sloppy Joes  
Greek Salad Bar w/ Roll  
French Fries  
Choice of Fruit

26  
Chicken Tetrizzini w/ Roll  
Cheesy Chicken Flatbread  
Cobb Salad Bar w/ Roll  
Green Peas  
Choice of Fruit

27  
Cheeseburger  
Beef Hot Dog  
Chop Salad Bar w/ Roll  
Baked Beans  
Choice of Fruit

28  
Chicken Tenders w/ Roll  
Philly Cheese Steak  
Fiesta Salad Bar w/ Roll  
Sweet Potato  
Choice of Fruit

