

November 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



Tuesday

Wednesday



Thursday

Friday

5
Pillsbury Mini Bagels
Yogurt & Pop-Tart
Cereal w/ Toast
Fruit & 100% Fruit Juice

6
Waffle & Sausage
Sandwich
Hardboiled Egg & Biscuit
Cereal w/ Toast
Fruit & 100% Fruit Juice

7
Biscuit & Gravy
Yogurt & Cereal Bar
Cereal w/ Toast
Fruit & 100% Fruit Juice

1
Belgian Waffles w/ Chicken
Hardboiled Egg & Croissant
Cereal w/ Toast
Fruit & 100% Fruit Juice

2
Sausage Biscuit
Yogurt & Pop-Tart
Cereal w/ Toast
Fruit & 100% Fruit Juice

12
Pillsbury Mini Cinnis
Yogurt & Pop-Tart
Cereal w/ Toast
Fruit & 100% Fruit Juice

13
French Toast Sticks
Hardboiled Egg & Biscuit
Cereal w/ Toast
Fruit & 100% Fruit Juice

14
Bacon, Eggs, and Toast
Yogurt & Cereal Bar
Cereal w/ Toast
Fruit & 100% Fruit Juice

15
Belgian Waffles w/ Chicken
Hardboiled Egg & Croissant
Cereal w/ Toast
Fruit & 100% Fruit Juice

16
Sausage Biscuit
Yogurt & Pop-Tart
Cereal w/ Toast
Fruit & 100% Fruit Juice

19
Thanksgiving Break

20
Thanksgiving Break

21
Thanksgiving Break

22
Thanksgiving Break

23
Thanksgiving Break

26
Pillsbury Mini Bagels
Yogurt & Pop-Tart
Cereal w/ Toast
Fruit & 100% Fruit Juice

27
Waffle & Sausage
Sandwich
Hardboiled Egg & Biscuit
Cereal w/ Toast
Fruit & 100% Fruit Juice

28
Biscuit & Gravy
Yogurt & Cereal Bar
Cereal w/ Toast
Fruit & 100% Fruit Juice

29
Pillsbury Mini Pancakes
Hardboiled Egg & Croissant
Cereal w/ Toast
Fruit & 100% Fruit Juice

30
Chicken Biscuit
Yogurt & Pop-Tart
Cereal w/ Toast
Fruit & 100% Fruit Juice