

November 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



1
 Burrito Bowl w/ Rice
 Orange Chicken w/ Rice
 Fiesta Salad Bar w/ Roll
 Roasted Baby Carrots
 Choice of Fruit

2
 Cheese Pizza
 Pepperoni Pizza
 Pasta Salad Bar w/ Roll
 Baked Beans
 Choice of Fruit

5
 Pancakes & Sausage
 Chicken Biscuit
 Greek Salad Bar w/ Roll
 Hash Browns
 Choice of Fruit

6
 Wings w/ Roll
 Mac & Cheese w/ Roll
 Cobb Salad Bar w/ Roll
 Green Beans
 Choice of Fruit

7
 Lasagna w/ Roll
 Teriyaki Chicken
 Chop Salad Bar w/ Roll
 Cheesy Broccoli
 Choice of Fruit

8
 Chicken Nachos
 PB&J Box
 Fiesta Salad Bar w/ Roll
 Pinto Beans
 Choice of Fruit

9
 Cheese Pizza
 Pepperoni Pizza
 Pasta Salad Bar w/ Roll
 Sweet Potato Fries
 Choice of Fruit

12
 Toasted Ham & Cheese
 Sloppy Joes
 Greek Salad Bar w/ Roll
 French Fries
 Choice of Fruit

13
 Chicken Tetrizzini w/ Roll
 Cheesy Chicken Flatbread
 Cobb Salad Bar w/ Roll
 Green Peas
 Choice of Fruit

14
 Cheeseburger
 Beef Hot Dog
 Chop Salad Bar w/ Roll
 Baked Beans
 Choice of Fruit

15
 Chicken Tenders w/ Roll
 Philly Cheese Steak
 Fiesta Salad Bar w/ Roll
 Sweet Potato
 Choice of Fruit

16
 Cheese Pizza
 Pepperoni Pizza
 Pasta Salad Bar w/ Roll
 Green Beans
 Choice of Fruit

19
 Thanksgiving Break

20
 Thanksgiving Break

21
 Thanksgiving Break

22
 Thanksgiving Break

23
 Thanksgiving Break

26
 Ravioli w/ Roll
 Turkey & Cheese Ciabatta
 Greek Salad Bar w/ Roll
 Roasted Sweet Potato
 Choice of Fruit

27
 PB&J Box
 Spaghetti & Meatballs
 Cobb Salad Bar w/ Roll
 Green Beans
 Choice of Fruit

28
 Sausage Biscuit
 Chicken & Waffles
 Chop Salad Bar w/ Roll
 Tater Tots
 Choice of Fruit

29
 Beef Nachos
 Pizza Crunchers
 Fiesta Salad Bar w/ Roll
 Corn
 Choice of Fruit

30
 Cheese Pizza
 Pepperoni Pizza
 Pasta Salad Bar w/ Roll
 Broccoli
 Choice of Fruit