

October 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

1
Pillsbury Mini Cinnis
Yogurt & Pop-Tart
Cereal w/ Toast
Fruit & 100% Fruit Juice

2
French Toast Sticks
Hardboiled Egg & Biscuit
Cereal w/ Toast
Fruit & 100% Fruit Juice

3
Bacon, Eggs, and Toast
Yogurt & NutriGrain Bar
Cereal w/ Toast
Fruit & 100% Fruit Juice

4
Belgian Waffles w/ Chicken
Hardboiled Egg & Croissant
Cereal w/ Toast
Fruit & 100% Fruit Juice

5
NO SCHOOL

8
NO SCHOOL

9
Waffle & Sausage
Sandwich
Hardboiled Egg & Biscuit
Cereal w/ Toast
Fruit & 100% Fruit Juice

10
Biscuit & Gravy
Yogurt & NutriGrain Bar
Cereal w/ Toast
Fruit & 100% Fruit Juice

11
Pillsbury Mini Pancakes
Hardboiled Egg & Croissant
Cereal w/ Toast
Fruit & 100% Fruit Juice

12
Chicken Biscuit
Yogurt & Pop-Tart
Cereal w/ Toast
Fruit & 100% Fruit Juice

15
Pillsbury Mini Cinnis
Yogurt & Pop-Tart
Cereal w/ Toast
Fruit & 100% Fruit Juice

16
French Toast Sticks
Hardboiled Egg & Biscuit
Cereal w/ Toast
Fruit & 100% Fruit Juice

17
Bacon, Eggs, and Toast
Yogurt & NutriGrain Bar
Cereal w/ Toast
Fruit & 100% Fruit Juice

18
Belgian Waffles w/ Chicken
Hardboiled Egg & Croissant
Cereal w/ Toast
Fruit & 100% Fruit Juice

19
Sausage Biscuit
Yogurt & Pop-Tart
Cereal w/ Toast
Fruit & 100% Fruit Juice

22
Pillsbury Mini Bagels
Yogurt & Pop-Tart
Cereal w/ Toast
Fruit & 100% Fruit Juice

23
Waffle & Sausage
Sandwich
Hardboiled Egg & Biscuit
Cereal w/ Toast
Fruit & 100% Fruit Juice

24
Biscuit & Gravy
Yogurt & NutriGrain Bar
Cereal w/ Toast
Fruit & 100% Fruit Juice

25
Pillsbury Mini Pancakes
Hardboiled Egg & Croissant
Cereal w/ Toast
Fruit & 100% Fruit Juice

26
Chicken Biscuit
Yogurt & Pop-Tart
Cereal w/ Toast
Fruit & 100% Fruit Juice

29
Pillsbury Mini Cinnis
Yogurt & Pop-Tart
Cereal w/ Toast
Fruit & 100% Fruit Juice

30
French Toast Sticks
Hardboiled Egg & Biscuit
Cereal w/ Toast
Fruit & 100% Fruit Juice

31
Bacon, Eggs, and Toast
Yogurt & NutriGrain Bar
Cereal w/ Toast
Fruit & 100% Fruit Juice

