



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

2
Turkey & Cheese Roll Up w/ Doritos
Chicken Alfredo
Cobb Salad Bar w/ Roll
Corn
Choice of Fruit

3
Oven Fried Chicken w/ Roll
BBQ Sandwich
Chop Salad Bar w/ Roll
Mashed Potatoes
Choice of Fruit

4
Burrito Bowl w/ Rice
Orange Chicken w/ Rice
Fiesta Salad Bar w/ Roll
Roasted Baby Carrots
Choice of Fruit

5
NO SCHOOL

8
NO SCHOOL

9
Wings w/ Roll
Mac & Cheese w/ Roll
Cobb Salad Bar w/ Roll
Green Beans
Choice of Fruit

10
Lasagna w/ Roll
Teriyaki Chicken
Chop Salad Bar w/ Roll
Cheesy Broccoli
Choice of Fruit

11
Chicken Nachos
PB&J Box
Fiesta Salad Bar w/ Roll
Pinto Beans
Choice of Fruit

12
Early Release
Chicken Sandwich
Chips
Baby Carrots
Broccoli
Sliced Apples

15
Toasted Ham & Cheese
Sloppy Joes
Greek Salad Bar w/ Roll
French Fries
Choice of Fruit

16
Chicken Tetrazzini
Cheesy Chicken Flatbread
Cobb Salad Bar w/ Roll
Green Peas
Choice of Fruit

17
Cheeseburger
Beef Hot Dog
Chop Salad Bar w/ Roll
Baked Beans
Choice of Fruit

18
Chicken Tenders w/ Roll
Philly Cheese Steak
Fiesta Salad Bar w/ Roll
Sweet Potato
Choice of Fruit

19
Cheese Pizza
Pepperoni Pizza
Pasta Salad Bar w/ Roll
Green Beans
Choice of Fruit

22
Ravioli w/ Roll
Turkey & Cheese Ciabatta
Greek Salad Bar w/ Roll
Roasted Sweet Potato
Choice of Fruit

23
PB&J Box
Spaghetti & Meatballs
Cobb Salad Bar w/ Roll
Green Beans
Choice of Fruit

24
Sausage Biscuit
Chicken & Waffles
Chop Salad Bar w/ Roll
Tater Tots
Choice of Fruit

25
Beef Nachos
Pizza Crunchers
Fiesta Salad Bar w/ Roll
Corn
Choice of Fruit

26
Run Raiser
Cheeseburger
Chips
Baby Carrots
Broccoli
Sliced Apples

29
Mini Corn Dogs
Chicken Sandwich
Greek Salad Bar w/ Roll
Green Beans
Choice of Fruit

30
Turkey & Cheese Roll Up w/ Doritos
Chicken Alfredo
Cobb Salad Bar w/ Roll
Corn
Choice of Fruit

31
Oven Fried Chicken w/ Roll
BBQ Sandwich
Chop Salad Bar w/ Roll
Mashed Potatoes
Choice of Fruit

