

# September 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

3

NO SCHOOL

4

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

5

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

6

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

7

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

10

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

11

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

12

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

13

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

14

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

17

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

18

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

19

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

20

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

21

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

24

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

25

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

26

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

27

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

28

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

