

September 2018

Buford Academy

LUNCH



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

NO SCHOOL

3

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

4

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

5

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

6

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

7

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

10

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

11

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

12

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

13

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

14

Toasted Ham & Cheese
Sloppy Joes
Greek Salad Bar w/ Roll
Corn
Choice of Fruit

17

Chicken Tetrazzini
Buffalo Chicken Pizza
Cobb Salad Bar w/ Roll
Green Peas
Choice of Fruit

18

Cheeseburger
Pork Carnita Taco
Chop Salad Bar w/ Roll
French Fries
Choice of Fruit

19

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

20

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

21

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

24

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

25

Beef Hot Dog
Chicken & Waffles
Chop Salad Bar w/ Roll
Baked Beans
Choice of Fruit

26

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

27

Early Release
Cheeseburger
Chips
Baby Carrots
Broccoli
Sliced Apples

28

