



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.



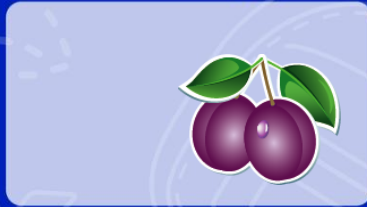
### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



1  
 Chicken Biscuit  
 Yogurt & Pop-Tart  
 Cereal w/ Toast  
 Fruit & 100% Fruit Juice

4  
 Pillsbury Mini Cinnis  
 Yogurt & Pop-Tart  
 Cereal w/ Toast  
 Fruit & 100% Fruit Juice

5  
 French Toast Sticks  
 Yogurt w/ Mini Loaf  
 Cereal w/ Toast  
 Fruit & 100% Fruit Juice

6  
 Bacon, Eggs, and Toast  
 Yogurt & Cereal Bar  
 Cereal w/ Toast  
 Fruit & 100% Fruit Juice

7  
 Belgian Waffles w/ Chicken  
 Yogurt w/ Mini Loaf  
 Cereal w/ Toast  
 Fruit & 100% Fruit Juice

8  
 Sausage Biscuit  
 Yogurt & Pop-Tart  
 Cereal w/ Toast  
 Fruit & 100% Fruit Juice

11  
 Pillsbury Mini Bagels  
 Yogurt & Pop-Tart  
 Cereal w/ Toast  
 Fruit & 100% Fruit Juice

12  
 Sausage Waffle Sandwich  
 Yogurt w/ Mini Loaf  
 Cereal w/ Toast  
 Fruit & 100% Fruit Juice

13  
 Biscuit & Gravy  
 Yogurt & Cereal Bar  
 Cereal w/ Toast  
 Fruit & 100% Fruit Juice

14  
 Pillsbury Mini Pancakes  
 Yogurt w/ Mini Loaf  
 Cereal w/ Toast  
 Fruit & 100% Fruit Juice

15  
 Chicken Biscuit  
 Yogurt & Pop-Tart  
 Cereal w/ Toast  
 Fruit & 100% Fruit Juice

18  
 Student Holiday

19  
 French Toast Sticks  
 Yogurt w/ Mini Loaf  
 Cereal w/ Toast  
 Fruit & 100% Fruit Juice

20  
 Bacon, Eggs, and Toast  
 Yogurt & Cereal Bar  
 Cereal w/ Toast  
 Fruit & 100% Fruit Juice

21  
 Belgian Waffles w/ Chicken  
 Yogurt w/ Mini Loaf  
 Cereal w/ Toast  
 Fruit & 100% Fruit Juice

22  
 Sausage Biscuit  
 Yogurt & Pop-Tart  
 Cereal w/ Toast  
 Fruit & 100% Fruit Juice

25  
 Pillsbury Mini Bagels  
 Yogurt & Pop-Tart  
 Cereal w/ Toast  
 Fruit & 100% Fruit Juice

26  
 Sausage Waffle Sandwich  
 Yogurt w/ Mini Loaf  
 Cereal w/ Toast  
 Fruit & 100% Fruit Juice

27  
 Biscuit & Gravy  
 Yogurt & Cereal Bar  
 Cereal w/ Toast  
 Fruit & 100% Fruit Juice

28  
 Pillsbury Mini Pancakes  
 Yogurt w/ Mini Loaf  
 Cereal w/ Toast  
 Fruit & 100% Fruit Juice

29  
 Chicken Biscuit  
 Yogurt & Pop-Tart  
 Cereal w/ Toast  
 Fruit & 100% Fruit Juice