



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

4
 Ravioli w/ Roll
 Turkey & Cheese Ciabatta
 Greek Salad Bar w/ Roll
 Roasted Sweet Potato
 Choice of Fruit

5
 PB&J Box
 Spaghetti & Meatballs
 Cobb Salad Bar w/ Roll
 Green Beans
 Choice of Fruit

6
 Sausage Biscuit
 Chicken & Waffles
 Chop Salad Bar w/ Roll
 Tater Tots
 Choice of Fruit

7
 Beef Nachos
 Pizza Crunchers
 Fiesta Salad Bar w/ Roll
 Corn
 Choice of Fruit

8
 Cheese Pizza
 Pepperoni Pizza
 Pasta Salad Bar w/ Roll
 Broccoli
 Choice of Fruit

11
 Mini Corn Dogs
 Chicken Sandwich
 Greek Salad Bar w/ Roll
 Green Beans
 Choice of Fruit

12
 Turkey & Cheese Roll Up
 Chicken Alfredo
 Cobb Salad Bar w/ Roll
 Corn
 Choice of Fruit

13
 Oven Fried Chicken w/ Roll
 BBQ Sandwich
 Chop Salad Bar w/ Roll
 Mashed Potatoes
 Choice of Fruit

14
 Chicken Nachos
 Orange Chicken w/ Rice
 Fiesta Salad Bar w/ Roll
 Roasted Baby Carrots
 Choice of Fruit

15
 Cheese Pizza
 Pepperoni Pizza
 Pasta Salad Bar w/ Roll
 Baked Beans
 Choice of Fruit

18
 Student Holiday

19
 Pancakes & Sausage
 Chicken Biscuit
 Cobb Salad Bar w/ Roll
 Green Beans
 Choice of Fruit

20
 Lasagna w/ Roll
 Teriyaki Chicken
 Chop Salad Bar w/ Roll
 Cheesy Broccoli
 Choice of Fruit

21
Early Release
 Corn Dog
 Chips
 Baby Carrots
 Celery Sticks
 Sliced Apples

22
Early Release
 Chicken Sandwich
 Chips
 Baby Carrots
 Broccoli
 Sliced Apples

25
 Peach Cobbler Parfait
 Oven Fried Chicken w/ Roll
 Greek Salad Bar w/ Roll
 Corn
 Choice of Fruit

26
 Chicken Tetrizzini w/ Roll
 Pepperoni Pizza Munch-Able
 Build your own Pizza Kit
 Cobb Salad Bar w/ Roll
 Green Peas
 Choice of Fruit

27
 Cheeseburger
 Beef Hot Dog
 Chop Salad Bar w/ Roll
 Baked Beans
 Choice of Fruit

28
 Chicken Nachos
 Philly Cheese Steak
 Fiesta Salad Bar w/ Roll
 Sweet Potato
 Choice of Fruit

29
 Cheese Pizza
 Pepperoni Pizza
 Pasta Salad Bar w/ Roll
 Green Beans
 Choice of Fruit