

**Bluffton-Harrison Elementary School**  
**This Institute is an equal opportunity provider**

Don't forget Bluffton-Harrison Elementary School  
 Serves Breakfast Daily!  
 Start your tiger out with a Nutritional Advantage!  
 Served Daily 7:40am—8:00am

Breakfast \$2.10/day  
 Lunch \$2.75/day

**MY SCHOOL BUCKS** **PAY FOR MEALS ONLINE**  
 MySchoolBucks.com

**FEBRUARY 2020**



**Daily Tiger Choices:**

**Tiger Grab N Go Cheesy Pizza Meal**

- WG Pita Bread (1ea) 26g
- Marinara Sauce (3oz) 3g
- Mozzarella Cheese (4oz) 0g
- Raw Veggie Option (1-11g)
- Fruit of the Day 8-28g
- Milk 24g

**Tiger Grab N Go PB&J Meal**

- Peanut Butter/Grape Jelly Uncrustable 32g-
- Cheese Stick (String Cheese 1g or Colby Jack 0g)
- Reduced Fat Nacho Doritos 20g
- Raw Veggie Option (1-11g)
- Fruit of the Day 8-28g
- Milk 24g

**Tiger Salad Options**

- Mondays:**  
 Chef Salad 54g  
 Fruit of the Day 8-28g  
 Milk 24g

**Tuesdays:**

- Cobb Salad 44g
- Fruit of the Day 8-28g
- Milk 24g

**Wednesdays:**

- Buffalo Chicken Salad 46g
- Fruit of the Day 8-28g
- Milk 24g

**Thursdays:**

- Southwest Chicken Salad 66g
- Fruit of the Day 8-28g
- Milk 24g

**Fridays:**

- Chef Salad 54g
- Fruit of the Day 8-28g
- Milk 24g

**Raw Tiger Veggie Packs Vary Daily:**

- (1oz Ranch 10g & 1oz Peanut Butter Cup 8g Offered) Cucumbers, Tomatoes, Cauliflower, Bell Pepper Mix, Carrots, Celery & Broccoli (1-11g)

**Flavored Milk Varieties 11-24g**

- & Condiments Offered Daily (0g-11g)

\* Tiger Menu's Subject to Change

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
Pretzel Dog 31g Mac & Cheese 29g Roasted Broccoli 2g Pears 16g Milk 24g <b>Total 105g</b>	Breaded Cheeseburger 18g Cheese Slice 1g Hamburger Bun 28g French Fries 17g Peaches 14g Milk 24g <b>Total 102g</b>	Chicken Patty 16g Cheese Slice 1g White Bun 22g Corn 15g Mixed Fruit 15g Milk 24g <b>Total 90g</b>	Chicken Drumstick-2ea g Mashed Potatoes 14g White Dinner Roll 19g Margarine Cup 0g Green Beans 3g Applesauce 14g Milk 24g <b>Total Carbs 96g</b>	Pizza-- Cheese or Pepperoni 33g Peas 11g Cookie 17g Strawberry Cup 22g Milk 24g <b>Total Carbs 107g</b>
10	11	12	13	14
Popcorn Chicken 14g WG Pretzel 14g Green Beans 3g Pears 16g Dip Cup 11g Milk 24g <b>Total 82g</b>	Mini Corn Dogs-6ea 30g Emoji Fries g Roasted Carrots 6g Peaches 14g Milk 24g <b>Total 94g</b>	Breaded Pork Chop 15g Hamburger Bun 28g Cheese Slice 1g Baked Beans 43g Mixed Fruit 15g Milk 24g <b>Total 126g</b>	Grilled Cheese 28g Mini Ravioli 17g Broccoli 5g Applesauce 14g Milk 24g <b>Total 94g</b>	Fiestada Pizza 43g Spanish Rice- 1/2C 23g Churro 28g Corn 15g Peach Cup 19g Milk 24g <b>Total 152g</b>
17	18	19	20	21
 <b>No School</b>	Chicken & Waffle Chicken Tenders 5g WG Waffle 37g Hash Brown 27g Peaches 14g Milk 24g Syrup Cup 31g <b>Total 140g</b>	Fish Filet 53g Hamburger Bun 28g Cheese Slices 1g Baked Beans 43g Tartar Sauce 3g Mixed Fruit 15g Milk 24g <b>Total Carbs 128g</b>	Beef & Noodles 22g Mashed Potatoes 14g White Dinner Roll 19g Margarine Cup 0g Green Beans 3g Applesauce 14g Milk 24g <b>Total Carbs 96g</b>	Beef Nacho Boat -3oz 22g Refried Beans 20g Lettuce & Cheese Cup 2g Salsa 8g Corn 15g Strawberry Cup 22g Milk 24g <b>Total 113g</b>
24	25	26	27	28
Pancakes-2ea 26g Scrambled Eggs 2g Turkey Sausage Patty 0g Hash Brown 27g Syrup Cup 31g Pears 17g Milk 24g <b>Total 127g</b>	Cheese Stuffed Crust Pizza Pepperoni or Cheese 38g Roasted Carrots 6g Peaches 14g Milk 24g <b>Total Carbs 87g</b>	Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Bacon Slices 0g French Fries 15g Mixed Fruit 15g Milk 24g <b>Total 88g</b>	Lasagna Roll w/ Meat Sauce 35g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 24g <b>Total 104g</b>	Hot Dog 1g Hot Dog Bun 22g Chili Sauce 7g Cheese Sauce 2g Roasted Broccoli 2g Peach Cup 19g Milk 24g <b>Total Carbs 77g</b>