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 $1.90/day
Lunch $2.75/day

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

JANUARY 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	
		1 **2020**	2	3	1
6 Pretzel Dog 31g Mac & Cheese 29g Broccoli 5g Pears 16g Milk 24g **Total 105g**	7 Breaded Cheeseburger 18g Cheese Slice 1g Hamburger Bun 28g French Fries 17g Peaches 14g Milk 24g **Total 102g**	8 Chicken Patty 16g Cheese Slice 1g WG Bun 22g Peas 12g Mixed Fruit 15g Milk 24g **Total 90g**	9 Taco Soup 27g Corn Chips 16g Corn 15g Dinner Roll 19g Margarine Cup 0g Applesauce 14g Milk 24g **Total 115g**	10 Pizza– Cheese or Pepperoni 33g Peas 11g Cookie 17g Strawberry Cup 22g Milk 24g **Total Carbs 107g**	2
13 Popcorn Chicken 14g WG Pretzel 14g Green Beans 3g Pears 16g Dip Cup 11g Milk 24g **Total 82g**	14 Mini Corn Dogs-6ea 30g Waffle Fries 20g- Carrots 6g Peaches 14g Milk 24g **Total 94g**	15 Breaded Pork Chop 15g Hamburger Bun 28g Cheese Slice 1g Baked Beans 43g Mixed Fruit 15g Milk 24g **Total 126g**	16 Grilled Cheese 28g Mini Ravioli 17g Peas 11g Applesauce 14g Milk 24g **Total 94g**	17 Fiestada Pizza 43g Spanish Rice– 1/2C 23g Churro 28g Corn 15g Peach Cup 19g Milk 24g **Total 152g**	3
20 Pancakes-2ea 26g Scrambled Eggs 2g Turkey Sausage Patty 0g Hash Brown 27g Syrup Cup 31g Pears 17g Milk 24g **Total 127g**	21 Breaded Chicken Patty 15g Cheese Slice 1g Hamburger Bun 28g Broccoli 5g Peaches 14g Milk 24g **Total 87g**	22 Fish Filet 53g Hamburger Bun 28g Cheese Slices 1g Baked Beans 43g Tartar Sauce 3g Mixed Fruit 15g Milk 24g **Total Carbs 167g**	23 Chicken & Noodles 22g Mashed Potatoes 14g White Dinner Roll 19g Margarine Cup 0g Green Beans 3g Applesauce 14g Milk 24g **Total Carbs 96g**	24 Beef Nacho Boat –3oz 24g Refried Beans 20g Lettuce & Cheese Cup 2g Salsa 8g Strawberry Cup 22g Milk 24g **Total 100g**	4
27 Chicken & Waffle Chicken Tenders 5g WG Waffle 37g Hash Brown 27g Pears 16g Milk 24g Syrup Cup 31g **Total 140g**	28 Cheese Stuffed Crust Pizza Pepperoni or Cheese 38g Peas 11g Peaches 14g Milk 24g **Total Carbs 87g**	29 Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Bacon Slices 0g French Fries 15g- Mixed Fruit 18g Milk 24g **Total 88g**	30 Spaghetti w/ Meat Sauce 38g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 24g **Total 107g**	31 Hot Dog 1g Hot Dog Bun 22g Broccoli 5g Peach Cup 19g Milk 24g **Total Carbs 71g**	1