

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



MARCH 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	
Pretzel Dog 31g Mac & Cheese 29g Roasted Broccoli 2g Pears 16g Milk 24g Total 105g	Breaded Cheeseburger 18g Cheese Slice 1g Hamburger Bun 28g French Fries 17g Peaches 14g Milk 24g Total 102g	Chicken Patty 16g Cheese Slice 1g White Bun 22g Corn 15g Mixed Fruit 15g Milk 24g Total 90g	Chicken Drumstick-2ea 10g Mashed Potatoes 14g White Dinner Roll 19g Margarine Cup 0g Green Beans 3g Applesauce 14g Milk 24g Total Carbs 84g	Pizza- Cheese or Pepperoni 33g Peas 11g Cookie 17g Strawberry Cup 22g Milk 24g Total Carbs 107g	
Popcorn Chicken 14g WG Pretzel 14g Green Beans 3g Pears 16g Dip Cup 11g Milk 24g Total 82g	Mini Corn Dogs-6ea 30g Emoji Fries g Roasted Carrots 6g Peaches 14g Milk 24g Total 94g	Breaded Pork Chop 15g Hamburger Bun 28g Cheese Slice 1g Baked Beans 43g Mixed Fruit 15g Milk 24g Total 126g	Fiestada Pizza 43g Spanish Rice- 1/2C 23g Churro 28g Corn 15g Peach Cup 19g Milk 24g Total 152g	Chicken & Noodles 50g Mashed Potatoes 14g White Dinner Roll 19g w/Butter Cup 0g Green Beans 4g Applesauce 14g Milk 24g Total 125g	
Chicken & Waffle 16 Chicken Tenders 5g WG Waffle 37g Hash Brown 27g Peaches 14g Milk 24g Syrup Cup 31g Total 140g	No School Parent Teacher Conference		Fish Filet 53g Hamburger Bun 28g Cheese Slices 1g Baked Beans 43g Tartar Sauce 3g Mixed Fruit 15g Milk 24g Total Carbs 128g	Uncrustable 32g Cheese Stick 1g RF Doritos 20g Raw Veggie Option 1-11g Applesauce Cup 14g Milk 24g Total Carbs 102g	No School Spring Break
23	24	25	26	27	
Pancakes-2ea 26g Scrambled Eggs 2g Turkey Sausage Patty 0g Hash Brown 27g Syrup Cup 31g Pears 17g Milk 24g Total 127g	Cheese Stuffed Crust Pizza Pepperoni or Cheese 38g Roasted Carrots 6g Peaches 14g Milk 24g Total Carbs 87g				

2
3
4
1
2