

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



NOVEMBER 2020

Daily Tiger Choices:
Hot Meal Service
 or
PB&J Meal– Includes
 Peanut Butter/Grape Jelly,
 Honey, Chocolate or
 Strawberry.
(flavors vary on availability)

Uncrustable 32g

Cheese Stick– Varies
 String Cheese (1g) or
 Colby Jack (0g)


Reduced Fat Nacho Doritos
 (20g)

3/4C Vegetable (1-30g)

1/2C Fruit (8-28g)

Milk
 White (11g) or
 Chocolate (20g)

Flavored Milk Varieties
 11-24g

| Mon | Tue | Wed | Thu | Fri |
|---|---|--|--|---|
| Teriyaki Dippers– 6ea 21g White Rice 2g White Dinner Roll 19g Margarine Cup 0g Broccoli 3g Pears 16g Milk 24g Total 85g | 2 3 Marinated Grilled Chicken 16g White Bun 22g Corn 15g Peaches 14g Milk 24g Total 91g | 4 Breaded Pork Chop 15g Hamburger Bun 28g Cheese Slice 1g Baked Beans 53g Mixed Fruit 18g Milk 20g Total 135g | 5 Chicken Drumstick 5g White Dinner Roll 19g Margarine Cup 0g Green Beans 3g Applesauce 14g Milk 20g Total Carbs 61g | 6 Pizza— Cheese 33g Carrots 4g Strawberry Cup 22g Cookie 17g Milk 20g Total 96g |
| 9 Chicken & Waffle Chicken Tenders 11g WG Waffle 37g Hash Brown 27g Carrots 4g Pears 17g Syrup Cup 31g Milk 20g | 10 Mini Corn Dogs-6ea 42g- Potato Smiles– 6ea 27g Peaches 14g Milk 24g Total 107g | 11 Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Veggie Beans 45g Potato Wedges 16g- Mixed Fruit 15g Milk 24g Total 131g | 12 Beef Nacho Boat – 22g 2oz Lettuce 0g Shredded Cheese Cup 2g Corn & Black Bean Salsa 31g Applesauce 14g Milk 20g | 13 Breaded Chicken Patty 15g Cheese Slice 1g Hamburger Bun 28g Broccoli 8g Mixed Berry Cup 22g Milk 20g Total 94g |
| 16 Pancakes-3ea 39g Scrambled Eggs 3g Tater Tots 24g Syrup Cup 31g Pears 17g Milk 24g Total 138g | 17 Tiger Basket Chicken Strips– 2ea 38g w/ Texas Toast & Gravy Margarine Cup 0g French Fries 17g Green Beans 3g Peaches 14g Milk 24g Total 96g | 18 Breaded Cheeseburger 18g Cheese Slice 1g Hamburger Bun 28g French Fries 17g Carrots 6g Mixed Fruit 15g Milk 24g Total 103g | 19 Spaghetti w/ Meat Sauce 38g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 24g Total 107g | 20 Fiestada Pizza 43g Spanish Rice– 1/2C 23g Churro 28g Corn 15g Pineapple 19g Milk 24g Total 152g |
| 23 Hot Dog 1g Hot Dog Bun 22g French Fries 17g Trix Yogurt Cup 15g Pears 17g Milk 20g Total Carbs 92g | 24 Pizza– Cheese or Pepperoni 33g Peas 11g Cookie 17g Peaches 14g Milk 24g Total Carbs 99g | 25 E-Learning Day | 26 No School ~ Thanksgiving Break  | 27 |
| 30 Chicken Quesadilla 43g Spanish Rice 44g Corn 16g Pears 17g- Milk 20g Total 140g | | | | |