

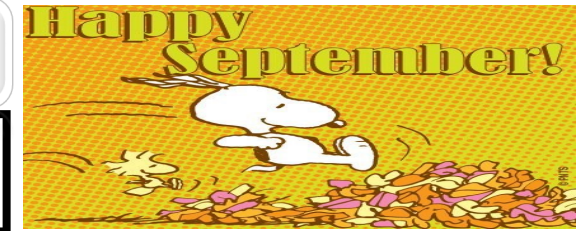
**Bluffton-Harrison Elementary School**  
**This Institute is an equal opportunity provider**

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



# SEPTEMBER 2020

**Daily Tiger Choices:**  
**Hot Meal Service**  
 or  
**PB&J Meal— Includes**  
 Peanut Butter/Grape Jelly

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

Condiments Offered Daily  
 0g-11g

Mon	Tue	Wed	Thu	Fri
	Breaded Cheeseburger 18g Cheese Slice 1g Hamburger Bun 28g French Fries 17g Carrots 6g Peaches 14g Milk 24g <b>Total 102g</b>	Popcorn Chicken 14g WG Pretzel 14g Broccoli 8g Mixed Fruit 18g- Dip Cup 11g Milk 20g <b>Total 85g</b>	<b>Tiger Basket</b> Chicken Strips—2ea 38g w/ Texas Toast & Gravy Margarine Cup 0g French Fries 17g Applesauce 14g Milk 24g <b>Total 93g</b>	Hot Dog 1g Hot Dog Bun 22g Baked Beans 53g Peach Cup 19g Milk 20g <b>Total Carbs 125g</b>
7 	8 Mini Corn Dogs-6ea 30g Emoji Fries 18g Carrots 6g Peaches 14g Milk 20g <b>Total 88g</b>	9 Breaded Pork Chop 15g Hamburger Bun 28g Cheese Slice 1g Baked Beans 53g Mixed Fruit 18g Milk 20g <b>Total 135g</b>	10 Chicken & Noodles 21g Mashed Potatoes 14g White Dinner Roll 19g w/Butter Cup 0g Green Beans 4g Applesauce 14g Milk 20g	11 Pizza— Cheese 33g Peas 16g Strawberry Cup 22g Cookie 17g Milk 20g <b>Total 108g</b>
Pancakes-2ea 26g Scrambled Eggs 2g Turkey Sausage Patty 0g Hash Brown 27g Carrots 4g Syrup Cup 31g Pears 16g Milk 20g <b>Total 126g</b>	15 Pizza— Cheese 33g Peas 16g Peaches 14g Cookie 17g Milk 20g <b>Total 100g</b>	16 Fish Filet 16g Hamburger Bun 28g Cheese Slices 1g Baked Beans 53g Tartar Sauce 3g Mixed Fruit 18g Milk 20g <b>Total 139g</b>	17 Chicken Drumstick 5g White Dinner Roll 19g Margarine Cup 0g Green Beans 3g Applesauce 14g Milk 24g <b>Total Carbs 65g</b>	18 Lil' Smoked Sausages 1g Mac & Cheese 19g WG Pretzel 14g Broccoli 8g Peach Cup 19g Milk 20g <b>Total 81g</b>
Chicken & Waffle 21 Chicken Tenders 11g WG Waffle 37g Hash Brown 27g Carrots 4g Pears 17g Syrup Cup 31g Milk 20g <b>Total 147g</b>	22 Chicken Patty 15g Cheese Slice 1g Hamburger Bun 28g Broccoli 8g Peaches 14g Milk 20g <b>Total 86g</b>	23 Hamburger 2g Cheese Slice 1g Hamburger Bun 28g Tater Tots 16g Green Beans 4g Mixed Fruit 18g Milk 20g <b>Total 89g</b>	24 Beef Nacho Boat -3oz 22g 2oz Lettuce 0g Shredded Cheese Cup 2g Corn & Black Bean Salsa 31g Applesauce 14g Milk 20g <b>Total 89g</b>	25 <b>Tiger Basket</b> Chicken Strips—2ea 38g w/ Texas Toast & Gravy Margarine Cup 0g French Fries 17g Applesauce 14g Milk 24g <b>Total 93g</b>
28 Fiestada Pizza 43g Spanish Rice 44g Churro 27g Corn 16g Pears 17g- Milk 20g <b>Total 167g</b>	29 Breaded Cheeseburger 18g Cheese Slice 1g Hamburger Bun 28g French Fries 17g Carrots 6g Peaches 14g Milk 24g <b>Total 102g</b>	30 Popcorn Chicken 14g WG Pretzel 14g Broccoli 8g Mixed Fruit 18g- Dip Cup 11g Milk 20g <b>Total 85g</b>		