

**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 2021

**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)

1/2C Vegetable (1-30g)

1/2C Fruit (8-28g)

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

Flavored Milk Varieties  
 11-24g

Mon	Tue	Wed	Thu	Fri
Chicken & Waffle Chicken Tenders 11g WG Waffle 37g Hash Brown 27g Carrots 4g Peaches 17g Syrup Cup 31g Milk 20g <b>Total 147g</b>	1 Mini Corn Dogs-6ea 42g- Green Beans 3g Peaches 14g Milk 24g <b>Total 83g</b>	2 Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Veggie Beans 45g Potato Wedges 16g- Mixed Fruit 15g Milk 24g <b>Total 131g</b>	3 Beef Nacho Boat— 22g 2oz Lettuce 0g Shredded Cheese Cup 2g Corn & Black Bean Salsa 31g Applesauce 14g Milk 20g <b>Total 89g</b>	4 Breaded Chicken Patty 15g Cheese Slice 1g Hamburger Bun 28g Broccoli 8g Mixed Berry Cup 22g Milk 20g <b>Total 93g</b>
Hot Dog 1g Hot Dog Bun 22g French Fries 17g Trix Yogurt Cup 15g Peaches 17g Milk 20g <b>Total Carbs 92g</b>	8 Pizza— Cheese or Pepperoni 33g Broccoli 5g Cookie 17g Peaches 14g Milk 24g <b>Total Carbs 93g</b>	9 Breaded Cheeseburger 18g Cheese Slice 1g Hamburger Bun 28g French Fries 17g Carrots 6g Mixed Fruit 15g Milk 24g <b>Total 109g</b>	10 Spaghetti w/ Meat Sauce 38g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 24g <b>Total 107g</b>	11 Fiestada Pizza 43g Spanish Rice— 1/2C 23g Churro 28g Corn 15g Peach Cup 19g Milk 24g <b>Total 152g</b>
Pancakes-2ea 26g Scrambled Eggs 2g Turkey Sausage Patty 0g Hash Brown 27g Carrots 4g Syrup Cup 31g Peaches 16g Milk 20g <b>Total 126g</b>	15 <b>No School            Parent / Teacher            Conferences</b>	16 Breaded Pork Chop 15g Hamburger Bun 28g Cheese Slice 1g Baked Beans 53g Mixed Fruit 18g Milk 20g <b>Total 135g</b>	17 Chicken Drumstick 5g White Dinner Roll 19g Margarine Cup 0g Green Beans 3g Applesauce 14g Milk 20g <b>Total Carbs 61g</b>	18 <b>No School</b>
22	23	24	25	26
<b>No School ~ Spring Break !</b>				
Chicken Quesadilla 43g Spanish Rice 44g Corn 16g Peaches 17g- Milk 20g <b>Total 140g</b>	29 Marinated Grilled Chicken 16g White Bun 22g Carrots 6g Peaches 14g Milk 24g <b>Total 82g</b>	30 Popcorn Chicken 14g WG Pretzel 14g Broccoli 8g Mixed Fruit 18g- Dip Cup 11g Milk 20g <b>Total 85g</b>	31	31