

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

JANUARY 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
				1
Chicken & Waffle 4 Chicken Tenders 11g WG Waffle 37g Hash Brown 27g Carrots 4g Pears 17g Syrup Cup 31g Milk 20g Total 147g	5 Mini Corn Dogs-6ea 42g- Green Beans 3g Peaches 14g Milk 24g Total 83g	6 Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Veggie Beans 45g Potato Wedges 16g- Mixed Fruit 15g Milk 24g Total 131g	7 Beef Nacho Boat – 22g 2oz Lettuce 0g Shredded Cheese Cup 2g Corn & Black Bean Salsa 31g Applesauce 14g Milk 20g Total 89g	8 Breaded Chicken Patty 15g Cheese Slice 1g Hamburger Bun 28g Broccoli 8g Mixed Berry Cup 22g Milk 20g Total 93g
11 Hot Dog 1g Hot Dog Bun 22g French Fries 17g Trix Yogurt Cup 15g Pears 17g Milk 20g Total Carbs 92g	12 Pizza– Cheese or Pepperoni 33g Broccoli 5g Cookie 17g Peaches 14g Milk 24g Total Carbs 93g	13 Breaded Cheeseburger 18g Cheese Slice 1g Hamburger Bun 28g French Fries 17g Carrots 6g Mixed Fruit 15g Milk 24g Total 109g	14 Spaghetti w/ Meat Sauce 38g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 24g Total 107g	15 Fiestada Pizza 43g Spanish Rice– 1/2C 23g Churro 28g Corn 15g Peach Cup 19g Milk 24g Total 152g
18 Pancakes-3ea 39g Scrambled Eggs 3g Tater Tots 24g Syrup Cup 31g Pears 17g Milk 24g Total 138g	19 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	20 Breaded Pork Chop 15g Hamburger Bun 28g Cheese Slice 1g Baked Beans 53g Mixed Fruit 18g Milk 20g Total 135g	21 Chicken Drumstick 5g White Dinner Roll 19g Margarine Cup 0g Green Beans 3g Applesauce 14g Milk 20g Total Carbs 61g	22 Pizza— Cheese 33g Carrots 4g Strawberry Cup 22g Cookie 17g Milk 20g Total 96g
25 Chicken Quesadilla 43g Spanish Rice 44g Corn 16g Pears 17g- Milk 20g Total 140g	26 Marinated Grilled Chicken 16g White Bun 22g Corn 15g Peaches 14g Milk 24g Total 91g	27 Popcorn Chicken 14g WG Pretzel 14g Broccoli 8g Mixed Fruit 18g- Dip Cup 11g Milk 20g Total 85g	28 Turkey Manhattan 32g Green Beans 3g Cookie 17g Applesauce 14g Milk 24g Total 90g	29 Hot Dog 1g Hot Dog Bun 22g French Fries 17g Trix Yogurt Cup 15g Mixed Berry Cup 22g Milk 20g Total Carbs 97g