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 $2.25/day
Lunch $2.75/day

MY SCHOOL BUCKS — PAY FOR MEALS ONLINE — MySchoolBucks.com

JANUARY 2025

Daily Tiger Choices:
Hot Meal Service
Or

Tiger 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

Raw Tiger Veggie Option Daily:
Cucumbers, Tomatoes, Cauliflower, Bell Peppers, Carrots, Celery & Broccoli (1-11g)

Flavored Milk Varieties 11-24g
1 Cup 1% White
1 Cup FF Chocolate

Condiments Offered Daily according to menu (0g-11g)

*** Tiger Menu's Subject to Change**

Mon	Tue	Wed	Thu	Fri
		1	2	3
6 Alfredo Casserole 48g WG Bosco Stick 25g Broccoli 5g Pineapple 17g Milk 24g Total Carbs 119g	7 Pizza Burger 3g Marina Cup 4g Hamburger Bun 28g Corn 15g French Fries 17g Peaches 14g Milk 24g Total 105g	8 Hamburger Patty 2g Hamburger Bun 28g Pickle Slices 0g Cheese Slice 1g Waffle Fries 19g Cookie 24g Pears 16g Milk 24g Total Carbs 114g	9 Tiger Bowl Mashed Potatoes, Corn Popcorn Chicken, White Gravy, Shredded Cheese 55g Peas 11g White Dinner Roll 19g Margarine Cup 0g Applesauce Cup 14g Milk 24g Total 123g	10 Pizza– Cheese, Pepperoni or Sausage 33g Green Beans 3g Cookie 23g Man Oranges 20g Milk 24g Total Carbs 103g
13 Marinated Grilled Chicken 6g White Bun 23g Gold Fish Crackers 9g Seasoned Potato 12g Peas 11g Strawberry Cup 22g Milk 24g Total Carbs 107g	14 Hot Dog 1g Hot Dog Bun 15g Chili Sauce 7g Cheese Sauce 2g Baked Beans 43g Cookie 24g Peaches 14g Milk 24g Total Carbs 130g	15 Breaded Chicken 15g Hamburger Bun 28g Cheese Slice 1g Mayo Pkt 0g California Blend 5g Mixed Fruit 17g Milk 24g Total Carbs 90g	16 Spaghetti w/ Meat Sauce 38g WG Bosco Stick 25g Lettuce Salad w/Ranch 8g Applesauce 14g Milk 24g Total Carbs 109g	17 Fiestada Pizza 43g Spanish Rice 23g Churro 28g Corn 15g Pear Cup 16g Milk 24g Total 149g
20 No School	21 French Toast Sticks 29g Scrambled Eggs 3g Bacon Slices 0g Hash Rounds 16g Syrup Cup 31g Pears 16g Milk 24g Total Carbs 119g	22 Potato Bar Taco-2oz 46g Breadstick 14g Broccoli 5g Cheese Sauce 3g Cookie 23g Peaches 14g Milk 24g Total carbs 129g	23 Chicken & Noodles 22g Mashed Potatoes 13g White Dinner Roll 19g Margarine Cup 0g Corn 16g Cookie 23g Applesauce 14g Milk 24g Total Carbs 131g	24 Mini Corn Dogs 30g Waffle Fries 29g Green Bean 15g Mixed Fruit 17g Milk 24g Total 115g
27 Burrito– Beef & Bean W/ White Queso 43g Salsa 8g Corn 16g Tortilla Chips 20g Pineapple 17g Milk 24g Total Carbs 128g	28 Teriyaki Dippers 9g WG Rice 25g WG Dinner Roll 19g Margarine Cup 0g Broccoli 5g Cheese Sauce 2g Applesauce Cup 14g Milk 24g Total 98g	29 Walking Dorito Taco 24g Salsa 8g Lettuce 2oz 0g Cheese Cup 1oz 1g Diced Tomato 2oz 3g Mixed Fruit 17g Cookie 24g Milk 24g Total Carbs 101g	30 Turkey Manhattan 31g White Dinner Roll 19g Margarine Cup 0g Peas 11g Man Oranges 20g Milk 24g Total Carbs 105g	31 Pizza– Cheese, Pepperoni or Sausage 33g Green Beans 3g Cookie 23g Peach Cup 19g Milk 24g Total Carbs 102g