

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 2022

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 (1g)

Reduced Fat Nacho Doritos
 (20g)

1/2C Vegetable (1-30g)

1/2C Fruit (8-28g)

Milk
 White (11g) or
 Chocolate (24g)

Flavored Milk Varieties
 11-24g

Mon	Tue	Wed	Thu	Fri
			Sloppy Joe 8g Hamburger Bun 28g WG Cookie 27g Peas 11g Peaches 14g Milk 24g Total 112g	Lasagna Roll 2 w/ Meat Sauce 35g WG Bosco Stick 14g Green Beans 11g Applesauce 14g Milk 24g Total 98g
 LABOR DAY 5	Mini Corn Dogs-6ea 42g- Green Beans 3g Peaches 14g Milk 24g Total 83g	Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Veggie Beans 45g Potato Wedges 16g- Mixed Fruit 15g Milk 24g Total 131g	Beef Nacho Boat – 22g 2oz Lettuce 0g Shredded Cheese Cup 2g Corn & Black Bean Salsa 31g Applesauce 14g Milk 24g Total 93g	Breaded Chicken Patty 15g Cheese Slice 1g Hamburger Bun 28g Broccoli 8g Mixed Berry Cup 22g Milk 24g Total 97g
Hot Dog 1g Hot Dog Bun 22g French Fries 17g Trix Yogurt Cup 15g Pears 17g Milk 24g Total Carbs 96g	Pizza— Cheese or Pepperoni 33g Broccoli 5g Cookie 17g Peaches 14g Milk 24g Total Carbs 93g	Chicken Drumstick 5g White Dinner Roll 19g Margarine Cup 0g Green Beans 3g Applesauce 14g Milk 24g Total Carbs 65g	Spaghetti w/ Meat Sauce 38g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 24g Total 107g	Pizza— Cheese 33g Carrots 4g Strawberry Cup 22g Cookie 17g Milk 24g Total 100g
Pancakes-3ea 39g Scrambled Eggs 3g Tater Tots 24g Syrup Cup 31g Pears 17g Milk 24g Total 138g	Hot Ham & Cheese Sandwich 37g Tater Tots 16g Carrots 6g Peaches 14g Milk 24g Total Carbs 97g	Breaded Pork Chop 15g Hamburger Bun 28g Cheese Slice 1g Baked Beans 53g Mixed Fruit 18g Milk 24g Total 139g	Chicken & Noodles 21g Mashed Potatoes 14g White Dinner Roll w/Butter Cup 19g Green Beans 0g Applesauce 4g Applesauce 14g Milk 20g Total 92g	<h2>No School</h2>
Pulled Pork 8g Hamburger Bun 28g BBQ Sauce Option 18g Carrots 6g Applesauce 14g Milk 24g Total Carbs 121g	Marinated Grilled Chicken 16g White Bun 22g Corn 15g Peaches 14g Milk 24g Total 91g	Popcorn Chicken 14g WG Pretzel 14g Broccoli 8g Mixed Fruit 18g- Dip Cup 11g Milk 24g Total 89g	Turkey Manhattan 32g Green Beans 3g Cookie 17g Applesauce 14g Milk 24g Total 90g	Hot Dog 1g Hot Dog Bun 22g French Fries 17g Trix Yogurt Cup 15g Mixed Berry Cup 22g Milk 24g Total Carbs 101g