

**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

**AUGUST 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
2	3	4	5	6
Breaded Chicken Patty 15g Cheese Slice 1g Hamburger Bun 28g Broccoli 5g Peaches 14g Milk 24g <b>Total 87g</b>	9	10	11	12
Hot Dog 1g Hot Dog Bun 22g French Fries 17g Trix Yogurt Cup 15g Pears 17g Milk 20g <b>Total Carbs 92g</b>	16	17	18	19
Pancakes-3ea 39g Scrambled Eggs 3g Tater Tots 24g Syrup Cup 31g Pears 17g Milk 24g <b>Total 138g</b>	23	24	25	26
Chicken Quesadilla 43g Spanish Rice 44g Corn 16g Pears 17g- Milk 20g <b>Total 140g</b>	29	30	31	

2  
3  
4  
1