

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 \$1.90/day
 Lunch \$2.75/day

MY SCHOOL BUCKS
 PAY FOR MEALS ONLINE
 MySchoolBucks.com



AUGUST 2019

Daily Tiger Choices:

Tiger Grab N Go Cheesy Pizza Meal

- WG Pita Bread (1ea) 26g
- Marinara Sauce (3oz) 3g
- Mozzarella Cheese (4oz) 0g
- Raw Veggie Option (1-11g)
- Fruit of the Day 8-28g
- Milk 24g

Tiger Grab N Go 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

Tiger Chef Salad

- Romaine Lettuce 4g, 1oz Cheese 0g, 2oz Ham 3g, 1oz Pea 4g & 1oz Black Bean Cup 5g, Carrots 4g, Broccoli 1g, Celery 1g & Grape Tomatoes 2g
- 1.5oz Homemade White Salad Dressing 13g or 1.5oz Homemade French Dressing 11g
- Fruit of the Day 8-28g
- Milk 24g

Raw Tiger Veggie Packs Vary Daily:

- (1oz Ranch 10g & 1oz Peanut Butter Cup 8g Offered)
- Cucumbers, Tomatoes, Cauliflower, Bell Pepper Mix,
- Carrots, Celery & Broccoli (1-11g)

Flavored Milk Varieties 11-24g

& Condiments Offered Daily (0g-11g)

* Tiger Menu's Subject to Change

Mon	Tue	Wed	Thu	Fri
			1	2
5	6	7	8	9
12	13	14	15	16
Breaded Pork Chop 18g WG Bun 26g Cheese Slice 1g Baked Beans 43g Peas 16g Milk 24g Total 128g	Cheese Stuffed Crust Pizza Pepperoni or Cheese 38g Carrots 6g Peaches 14g Milk 24g Total Carbs 82g	Grilled Cheese 23g Mini Ravioli 16g Broccoli 8g Cheese Sauce 4g Mixed Fruit 17g Milk 24g Total 92g	Tater Tot Casserole 36g Green Beans 3g Dinner Roll 19g w/Margarine Cup 0g Applesauce 14g Milk 24g Total 96g	Popcorn Chicken 20g WG Pretzel 30g Peas 16g Blueberries 8g Dip Cup 3-11g Milk 24g Total 109g
19	20	21	22	23
Chicken & Waffle Chicken Tenders 6g WG Waffle 37g Hash Brown 27g Carrots 12g Peas 16g Milk 24g Syrup Cup 31g	Burrito— Beef & Bean W/ White Queso 43g Salsa 8g Tortilla Chips 21g Peaches 14g Milk 24g Total Carbs 110g	Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Bacon Slices 0g Baked Beans 37g Seasoned Wedges 20g Mixed Fruit 17g Milk 24g Total 129g	Chicken & Noodles 50g Mashed Potatoes 14g WG Dinner Roll 19g w/Butter Cup 0g Corn 15g Applesauce 14g Milk 24g Total 136g	Hot Turkey & Cheese 22g Tater Tots 11g Green Beans 2g Peach Cup 19g Milk 24g Total 78g
26	27	28	29	30
WG Pancakes 26g Scrambled Eggs 3g Bacon Slices 0g Hash Brown 27g Syrup Cup 31g Peas 16g Milk 24g Total 127g	Pizza—Cheese, Pepperoni or Sausage 33g Green Beans 4g Peaches 14g Milk 24g Total Carbs 75g	Hot Ham & Cheese Sandwich 39g Tater Tots 11g Carrots 6g Mixed Fruit 17g Milk 24g Total Carbs 97g	Spaghetti w/ Meat Sauce 38g WG Bosco Stick 25g Lettuce Salad w/Ranch 6g Applesauce 14g Milk 24g Total 107g	Taco Boat 21g Refried Beans 20g Lettuce & Cheese Cup 2g Salsa 26g Tostito Chips 18g Strawberry Cup 18g Milk 24g Total 129g