

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 \$1.80/day
 Lunch \$2.65/day

MY SCHOOL BUCKS PAY FOR MEALS ONLINE
 MySchoolBucks.com



DECEMBER 2018

Daily Tiger Choices:

Tiger Pack

- Peanut Butter/Grape Jelly
- Uncrustable
- Cheese Stick

- (String Cheese or Colby Jack)
- Reduced Fat Nacho Doritos
- Fresh Veggie Pack
- (See choices below varies daily)
- Fruit of the Day
- Milk

Tiger Chef Salad




- (Romaine Lettuce, 1oz Cheese, 2oz Ham, 1oz Pea & Black Bean Cup, Carrots, Broccoli, Celery & Grape Tomatoes)
- Fat Free Ranch or Honey French Dressing
- Fruit of the Day
- Milk

Fresh Tiger Veggie Packs Vary Daily:

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

Flavored Milk Varieties & Condiments Offered Daily

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

Mon	Tue	Wed	Thu	Fri
Chicken Patty 16g 3 Cheese Slice 1g WG Bun 22g Peas 12g Pears 16g Milk 24g Total Carbs 122g	Turkey Manhattan 31g 4 Corn 16g Peaches 14g Milk 24g Total Carbs 114g	Grilled Cheese 28g 5 Sandwich Mini Ravioli 15g Broccoli Cuts 5g Mixed Fruit 15g Milk 24g Total Carbs 72g	Pulled Pork 8g 6 Hamburger Bun 28g BBQ Sauce Option 18g Carrots 6g Applesauce 14g Milk 24g Total Carbs 121g	WG Pancakes 39g 7 Turkey Sausage Patty 0g Hash Rounds 16g Peach Cup 19g Maple Syrup Cup 31g Milk 24g Total Carbs 95g
Breaded Pork Chop 18g 10 WG Bun 26g Cheese Slice 1g Baked Beans 37g Pears 16g Milk 24g Total Carbs 122g	Stuffed Crust Pizza 11 Pepperoni or Cheese 38g Peas 12g Peaches 14g Milk 24g Total Carbs 88g	Corn Dog on a Stick 30g 12 Waffle Fries 29g Green Beans 4g Mixed Fruit 15g Milk 24g Total Carbs 88g	Nacho Bel Grande 36g 13 Salsa 8g Corn 16g Applesauce 14g Milk 24g Total Carbs 98g	Popcorn Chicken 14g 14 WG Pretzel 14g Broccoli 5g Blueberries 8g Milk 24g Total Carbs 65g
Chicken & Waffle 17 Chicken Tenders 5g WG Waffle 37g Hash Rounds 16g Carrots 6g Pears 16g Milk 24g Total Carbs 105g	Hot Dog 1g 18 WG Bun 20g Baked Beans 27g Peaches 14g Milk 24g Total Carbs 90g	Hamburger Patty 2g 19 Hamburger Bun 28g Cheese Slice 1g Peas 12g Seasoned Wedges 20g Mixed Fruit 15g Milk 24g Total Carbs 102g	Chicken & Noodles 56g 20 Mashed Potatoes 14g WG Dinner Roll w/Butter Cup 19g Corn 15g Applesauce 28g Milk 24g Total Carbs 177g	Walking Dorito Taco 43g 21 Refried Beans 20g Lettuce & Cheese Cup 2g Salsa with Chips 8g Strawberry Cup 22g Milk 24g Total Carbs 139g
	<p>No School Christmas Break</p>			
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