



# APRIL | 2018

**Bluffton Harrison Elementary School**  
*This Institute is an equal opportunity provider*

**Don't forget Bluffton Harrison MSD Serves Breakfast Daily! Start your tiger out with a Nutritional Advantage!**  
**Served Daily 7:40am-8:00am**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Sausage Pancake Stick 26g Hashbrown 27g Cheese Omelet 4g Maple Syrup 31g Ketchup 0g <b>Total Carbs 124g</b>	<b>3</b> Cavatini Pasta 44g Bosco Breadstick 14g Lettuce Salad Blend 2g Ranch Dressing 5g Applesauce 14g Milk 20g <b>Total Carbs 99g</b>	<b>4</b> Grilled Cheese Sand 30g WG Bread Green Beans 3g Broccoli Florets 5g Mixed Fruit 15g Milk 20g <b>Total Carbs 73g</b>	<b>5</b> Lasagna Roll 36g Mozzarella Cheese 1g Bosco Breadstick 14g Lettuce Salad with Ranch 17g Peaches 17g Milk 20g <b>Total Carbs 105g</b>	<b>6</b> Pizza 33g Baked Beans 26g Blueberries 11g Milk 20g <b>Total Carbs 90g</b>
<b>9</b> Macaroni and Cheese 26g Broccoli Florets 5g Corn 16g Peanut Butter and Jelly Sandwich 51g Pears 16g Milk 20g <b>Total Carbs 134g</b> Breaded Chicken Patty 15g	<b>10</b> Pepperoni Pizza Bagel 10g Crinkle Carrots 6g Applesauce 14g Milk 20g <b>Total Carbs 50g</b>	<b>11</b> Corn Dog on a Stick 30g French Fries 17g Green Beans 3g Mixed Fruit 15g Ketchup Packet 0g Mustard Packet 0g Milk 20g <b>Total Carbs 85g</b>	<b>12</b> Build your own Turkey Sub 16g Raw Veggie Pack 20g Peaches 17g Milk 20g <b>Total Carbs 73g</b>	<b>13</b> Popcorn Chicken 14g Baked Beans 26g Pretzel 14g BBQ Sauce Cup 11g Ketchup 0g Frozen Peaches 19g Milk 20g <b>Total Carbs 104g</b>
<b>16</b> WG Bun 26g Cheese Slice 1g Broccoli 5g Corn 16g Ketchup/Mustard 0g Pears 16g Milk 20g <b>Total Carbs 99g</b>	<b>17</b> Hamburger Patty 2g WG Hamburger Bun 26g Cheese Slice 1g French Fries 17g Applesauce 14g Milk 20g <b>Total Grams 80g</b>	<b>18</b> Breakfast Casserole 8g Choc. Chip Granola Bar 16g Carrots 24g Mixed Fruit 15g Milk 20g <b>Total Grams 83g</b>	<b>19</b> Chicken & Noodles 27g Mashed Potatoes 36g Dinner Roll/Butter Cup 19g Peaches 17g Milk 20g <b>Total Carbs 147g</b>	<b>20</b> Taco Boat with Fajita Chicken 25g Lettuce / Cheese Cup 4g Tostitos 18g Refried Beans 20g Salsa 8g Frozen Strawberry Cup 22g Milk 20g <b>Total Carbs 117g</b>
<b>23</b> Tangerine Chicken 25g Teriyaki Noodles 44g Egg Roll 22g Pears 16g Milk 20g <b>Total Grams 127g</b>	<b>24</b> Broccoli Cheddar Potato 48g RF Doritos 20g Cheese Stick 1g Applesauce 14g Milk 20g <b>Total Carbs 103g</b>	<b>25</b> Hot Dog on WG Bun 21g Potato Wedges 17g Green Beans 3g Baked Beans 26g Mixed Fruit 15g Ketchup/Mustard 0g Milk 20g <b>Total Carbs 102g</b>	<b>26</b> Spaghetti 36g Lettuce Salad/Ranch 16g Bosco Breadstick 14g Peaches 17g Milk 20g <b>Total Carbs 103g</b>	<b>27</b> Biscuit & Gravy 27g Hashbrown 27g Scrambled Eggs 1g Broccoli 5g Frozen Peaches 19g Milk 20g <b>Total Carbs 99g</b>
<b>30</b> Sausage Pancake Stick 26g Hashbrown 27g Cheese Omelet 4g Maple Syrup 31g Ketchup 0g Milk 20g <b>Total Carbs 124g</b>				

**NEWS**

**Daily Tiger Choices:**  
 Tiger Pack  
 Peanut Butter/Grape Jelly  
 Uncrustable  
 Cheese Stick (String Cheese)  
 Reduced Fat Nacho Doritos  
 Fresh Veggie Pack (See choices below varies daily)  
 Fruit of the Day  
 Milk

**Tiger Chef Salad**  
 (Romaine Lettuce, 1oz Cheese, Ham, 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  
**Tiger Menu's Subject to Change**

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