

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

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MAY 2019

Daily Tiger Choices:

Tiger Grab N Go Pepperoni 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
		Fiestada Pizza 43g ¹ Spanish Rice 44g Churro 27g Corn 16g Peaches 14g Milk 24g Total 168g	Turkey Manhattan 31g ² Corn 16g WG Cookie 28g Applesauce 14g Milk 24g Total 113g	Hot Dog 1g ³ WG Bun 20g Potato Smiles 15g Green Beans 4g Peach Cup 19g Milk 24g Total Carbs 83g
Breaded Pork Chop 18g ⁶ WG Bun 26g Cheese Slice 1g Colby Jack 0g Baked Beans 43g Pears 16g Milk 24g Total 128g	Cheese Stuffed Crust Pizza ⁷ Pepperoni or Cheese 38g Carrots 6g Peaches 14g Milk 24g Total Carbs 82g	Grilled Cheese 23g ⁸ Mini Ravioli 16g Broccoli 8g Cheese Sauce 4g Mixed Fruit 17g Milk 24g Total 92g	Tater Tot Casserole 36g ⁹ Green Beans 3g Dinner Roll 19g w/Margarine Cup 0g Applesauce 14g Milk 24g Total 96g	Popcorn Chicken 20g ¹⁰ WG Pretzel 30g Peas 16g Blueberries 8g Dip Cup 3-11g Milk 24g Total 109g
Chicken & Waffle 13 Chicken Tenders 6g WG Waffle 37g Hash Brown 27g Carrots 12g Pears 16g Milk 24g Syrup Cup 31g Total 153g	Burrito—Beef & Bean ¹⁴ W/ White Queso 43g Salsa 8g Tortilla Chips 21g Peaches 14g Milk 24g Total Carbs 110g	Hamburger Patty 2g ¹⁵ 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 ¹⁶ Mashed Potatoes 14g WG Dinner Roll 19g w/Butter Cup 0g Corn 15g Applesauce 14g Milk 24g Total 136g	Hot Turkey & Cheese 22g ¹⁷ Tater Tots 11g Green Beans 2g Peach Cup 19g Milk 24g Total 78g
WG Pancakes 26g ²⁰ Scrambled Eggs 3g Bacon Slices 0g Hash Brown 27g Syrup Cup 31g Pears 16g Milk 24g Total 127g	Pizza—Cheese, Pepperoni ²¹ or Sausage 33g Green Beans 4g Peaches 14g Milk 24g Total Carbs 75g	Hot Ham & Cheese ²² Sandwich 39g Tater Tots 11g Carrots 6g Mixed Fruit 17g Milk 24g Total Carbs 97g	Spaghetti w/ Meat Sauce 38g ²³ WG Bosco Stick 25g Lettuce Salad w/Ranch 6g Applesauce 14g Milk 24g Total 107g	Taco Boat 21g ²⁴ Refried Beans 20g Lettuce & Cheese Cup 2g Salsa 26g Tostito Chips 18g Strawberry Cup 18g Milk 24g Total 129g
No School ²⁷  Memorial DAY	Chicken Patty 16g ²⁸ Cheese Slice 1g WG Bun 22g Peas 12g Peach Cup 19g Milk 24g Total 94g	Fiestada Pizza 43g ²⁹ Spanish Rice 44g Churro 27g Corn 16g Peaches 14g Milk 24g Total 168g	Last Student Day ³⁰ Uncrustable 32g Cheese Stick 1g RF Doritos 20g Raw Veggie Option 1-11g Fruit of the Day 8-28g Milk 24g Total Carbs 116g	