

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

OCTOBER 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, 2oz Cheese,
 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, Cauli-
 flower, Bell Pepper Mix, Car-
 rots, Celery & Broccoli

Flavored Milk Varieties & Condiments Offered Daily

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

Mon	Tue	Wed	Thu	Fri	
Tangerine Chicken 25g Teriyaki Noodles 44g Broccoli 5g Pears 16g Milk 24g Total Carbs 121g	Hot Dog 1g WG Bun 20g Baked Beans 27g Peaches 14g Milk 24g Total Carbs 86g	Chicken Patty 16g Cheese Slice 1g WG Bun 26g Corn 16g Mixed Fruit 15g Milk 24g Total Carbs 103g	Spaghetti w/ Meat Sauce 56g 4" WG Bosco Stick 14g Green Beans 0g Applesauce 14g Milk 24g Total Carbs 118g	Turkey Pot Pie 56g Peas 11g Dinner Roll 19g Margarine Cup 0g WG Cookie 18g Strawberry Cup 18g Milk 24g Total Carbs 146g	
Chicken Patty 16g Cheese Slice 1g WG Bun 22g Corn or 16g Baked Beans 27g Pears 16g Milk 24g Total Carbs 122g	Corn Dog on a Stick 30g French Fries 15g Green Beans 4g Peaches 14g Milk 24g Total Carbs 87g	Grilled Cheese 28g Sandwich Mini Ravioli 15g Broccoli Cuts 5g Mixed Fruit 15g Milk 24g Total Carbs 72g	Cavatini Pasta 54g WG Bosco Stick Lettuce Salad 0g Ranch Dressing 1oz 10g Applesauce 14g Milk 24g Total Carbs 102g	Breaded Pork Chop 18g WG Bun 26g Cheese Slice 1g Peas 11g Peach Cup 19g Milk 24g Total Carbs 99g	
WG Pancakes- 2ea 39g Omelet w/ Cheddar Hash Brown 27g Pears 16g Maple Syrup Cup Milk 24g Total Carbs 106g	No School Parent/Teacher Conference		Hamburger Patty 2g WG Bun 26g Cheese Slice 1g Baked Beans 27g French Fries 15g Milk 24g Total Carbs 95g	Nacho Bel Grande 36g Salsa 8g Corn 16g Applesauce 14g Milk 24g Total Carbs 98g	
<h1 style="color: red;">No School Fall Break</h1>					
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