

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

Don't forget Bluffton-Harrison Middle 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



SEPTEMBER 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
<p>No School 2</p> <p>LABOR DAY</p>	<p>3</p> <p>Mini Corn Dogs-6ea 30g</p> <p>French Fries 15g</p> <p>Glazed Carrots 12g</p> <p>Peaches 14g</p> <p>Milk 24g</p> <p>Total 95g</p>	<p>4</p> <p>Teriyaki Dippers- 4ea 6g</p> <p>White Rice 18g</p> <p>White Dinner Roll 19g</p> <p>Margarine Cup 0g</p> <p>Broccoli 5g</p> <p>Mixed Fruit 17g</p> <p>Milk 24g</p> <p>Total 89g</p>	<p>5</p> <p>Turkey Manhattan 32g</p> <p>Corn 15g</p> <p>Cookie 17g</p> <p>Applesauce 14g</p> <p>Milk 24g</p> <p>Total 102g</p>	<p>6</p> <p>Popcorn Chicken 14g</p> <p>WG Pretzel 14g</p> <p>Peas 11g</p> <p>Strawberry Cup 22g</p> <p>Dip Cup 3-11g</p> <p>Milk 24g</p> <p>Total 96g</p>
<p>9</p> <p>Breaded Pork Chop 15g</p> <p>White Hamburger Bun 28g</p> <p>Cheese Slice 1g</p> <p>Colby Jack 0g</p> <p>Reduced Fat Nacho Doritos 20g</p> <p>Raw Veggie Option (1-11g)</p> <p>Fruit of the Day 8-28g</p> <p>Milk 24g</p> <p>Total 129g</p>	<p>10</p> <p>Cheese Stuffed Crust Pizza Pepperoni or Cheese 38g</p> <p>Carrots 6g</p> <p>Cookie 17g</p> <p>Peaches 14g</p> <p>Milk 24g</p> <p>Total Carbs 99g</p>	<p>11</p> <p>Grilled Cheese 28g</p> <p>Mini Ravioli 16g</p> <p>Broccoli 5g</p> <p>Mixed Fruit 17g</p> <p>Milk 24g</p> <p>Total 90g</p>	<p>12</p> <p>BBQ Rib 13g</p> <p>White Hamburger Bun 28g</p> <p>Green Beans 4g</p> <p>Baked Lays 25g</p> <p>Applesauce 14g</p> <p>Milk 24g</p> <p>Total 108g</p>	<p>13</p> <p>Hot Dog 1g</p> <p>White Bun 22g</p> <p>French Fries 15g</p> <p>Green Beans 3g</p> <p>Peach Cup 19g</p> <p>Milk 24g</p> <p>Total Carbs 84g</p>
<p>16</p> <p>Chicken & Waffle</p> <p>Chicken Tenders 5g</p> <p>WG Waffle 37g</p> <p>Hash Brown 27g</p> <p>Pears 17g</p> <p>Milk 24g</p> <p>Syrup Cup 31g</p> <p>Total 141g</p>	<p>17</p> <p>Fish Sticks- 4ea 21g</p> <p>Baked Beans 43g</p> <p>White Dinner Roll 19g</p> <p>w/Margarine Cup 0g</p> <p>Peaches 14g</p> <p>Milk 24g</p> <p>Total Carbs 121g</p>	<p>18</p> <p>Hamburger Patty 2g</p> <p>White Hamburger Bun 28g</p> <p>Cheese Slice 1g</p> <p>Bacon Slices 0g</p> <p>French Fries 15g-</p> <p>Mixed Fruit 17g</p> <p>Milk 24g</p> <p>Total 87g</p>	<p>19</p> <p>Chicken & Noodles 21g</p> <p>Mashed Potatoes 13g</p> <p>White Dinner Roll 19g</p> <p>w/Butter Cup 0g</p> <p>Green Beans 3g</p> <p>Applesauce 14g</p> <p>Milk 24g</p> <p>Total 94g</p>	<p>20</p> <p>No School E-Learning Day</p>
<p>23</p> <p>Pancakes-2ea 26g</p> <p>Scrambled Eggs 2g</p> <p>Bacon Slices 0g</p> <p>Hash Brown 27g</p> <p>Syrup Cup 31g</p> <p>Mandarine Oranges 20g</p> <p>Milk 24g</p> <p>Total 129g</p>	<p>24</p> <p>Pizza-Cheese, Pepperoni or Sausage 33g</p> <p>Green Beans 4g</p> <p>Cookie 17g</p> <p>Peaches 14g</p> <p>Milk 24g</p> <p>Total Carbs 92g</p>	<p>25</p> <p>Hot Ham & Cheese Sandwich 37g</p> <p>Tater Tots 16g</p> <p>Carrots 6g</p> <p>Mixed Fruit 17g</p> <p>Milk 24g</p> <p>Total Carbs 100g</p>	<p>26</p> <p>Spaghetti w/ Meat Sauce 28g</p> <p>WG Bosco Stick 14g</p> <p>Green Beans 4g</p> <p>Applesauce 14g</p> <p>Milk 24g</p> <p>Total 84g</p>	<p>27</p> <p>Beef Nacho Boat -2oz 23g</p> <p>Refried Beans 20g</p> <p>Lettuce & Cheese Cup 1g</p> <p>Cheese Sauce 2g</p> <p>Salsa 8g</p> <p>Strawberry Cup 22g</p> <p>Milk 24g</p> <p>Total 100g</p>
<p>30</p> <p>Chicken Patty 15g</p> <p>Cheese Slice 1g</p> <p>White Bun 26g</p> <p>Peas 11g</p> <p>Pineapple 18g</p> <p>Milk 24g</p> <p>Total 95g</p>				