

**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 \$2.10/day  
 Lunch \$2.75/day

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# APRIL 2020



**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 Salad Options**

**Mondays:**

Chef Salad 54g  
 Fruit of the Day 8-28g  
 Milk 24g

**Tuesdays:**

Cobb Salad 44g  
 Fruit of the Day 8-28g  
 Milk 24g

**Wednesdays:**

Buffalo Chicken Salad 46g  
 Fruit of the Day 8-28g  
 Milk 24g

**Thursdays:**

Southwest Chicken Salad 66g  
 Fruit of the Day 8-28g  
 Milk 24g

**Fridays:**


Chef Salad 54g  
 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
		Chicken Patty 16g Cheese Slice 1g White Bun 22g Corn 15g Mixed Fruit 15g Milk 24g <b>Total 93g</b>	Chicken Drumstick 5g White Dinner Roll 19g Margarine Cup 0g Green Beans 3g Applesauce 14g Milk 24g <b>Total Carbs 65g</b>	Pizza— 33g Cheese or Pepperoni 11g Peas 17g Cookie 22g Strawberry Cup 24g Milk 24g <b>Total Carbs 107g</b>
Popcorn Chicken 14g WG Pretzel 14g Broccoli 5g Pears 16g Dip Cup 11g Milk 24g <b>Total 84g</b>	Mini Corn Dogs-6ea 30g Emoji Fries 18g Roasted Carrots 6g Peaches 14g Milk 24g <b>Total 92g</b>	Breaded Pork Chop 15g Hamburger Bun 28g Cheese Slice 1g Baked Beans 43g Mixed Fruit 15g Milk 24g <b>Total 126g</b>	Beef & Noodles 22g Mashed Potatoes 14g White Dinner Roll 19g Margarine Cup 0g Green Beans 3g Applesauce 14g Milk 24g <b>Total Carbs 96g</b>	<p style="text-align: center;"><b>No School Good Friday</b></p> 
Chicken & Waffle 13 Chicken Tenders 5g WG Waffle 37g Hash Brown 27g Pears 17g Syrup Cup 31g Milk 24g <b>Total 140g</b>	Pizza 14 Pepperoni or Cheese 33g Peas 11g Peaches 14g Milk 24g <b>Total Carbs 82g</b>	Fish Filet 16g Hamburger Bun 28g Cheese Slices 1g Baked Beans 43g Tartar Sauce 3g Mixed Fruit 15g Milk 24g <b>Total Carbs 130g</b>	Lasagna Roll 16 w/ Meat Sauce 35g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 24g <b>Total 104g</b>	Beef Nacho Boat -3oz 22g Refried Beans 20g Cheese Sauce 3g Lettuce & Cheese Cup 2g Salsa 8g Corn 15g Strawberry Cup 22g Milk 24g <b>Total 116g</b>
Pancakes-2ea 20 26g Scrambled Eggs 2g Turkey Sausage Patty 0g Hash Brown 27g Syrup Cup 31g Pears 17g Milk 24g <b>Total 127g</b>	<p style="text-align: center;"><b>Tiger Basket</b></p> Chicken Strips- 2ea 38g w/ Texas Toast & Gravy Margarine Cup 0g French Fries 17g Peaches 14g Milk 24g <b>Total 93g</b>	Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Bacon Slices 0g French Fries 15g Mixed Fruit 15g Milk 24g <b>Total 88g</b>	Grilled Cheese 28g Mini Ravioli 17g Broccoli 5g Applesauce 14g Milk 24g <b>Total 88g</b>	Hot Dog 1g Hot Dog Bun 22g Chili Sauce 7g Cheese Sauce 2g Roasted Broccoli 2g Peach Cup 19g Milk 24g <b>Total Carbs 77g</b>
Lil' Smoked Sausages 1g Mac & Cheese 29g WG Pretzel 14g Roasted Broccoli 8g Pears 16g Milk 24g <b>Total 92g</b>	Breaded Cheeseburger 18g Cheese Slice 1g Hamburger Bun 28g French Fries 17g Peaches 14g Milk 24g <b>Total 102g</b>	Chicken Patty 16g Cheese Slice 1g White Bun 22g Corn 15g Mixed Fruit 15g Milk 24g <b>Total 90g</b>	Chicken Drumstick 5g White Dinner Roll 19g Margarine Cup 0g Green Beans 3g Applesauce 14g Milk 24g <b>Total Carbs 65g</b>	