

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 \$1.90/day
 Lunch \$2.75/day

MY SCHOOL BUCKS **PAY FOR MEALS ONLINE**
 MySchoolBucks.com



DECEMBER 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 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	
Pretzel Dog 31g 2 Mac & Cheese 29g Broccoli 5g Pears 16g Milk 24g Total 105g	Breaded Cheeseburger 18g 3 Cheese Slice 1g Hamburger Bun 28g French Fries 17g Peaches 14g Milk 24g Total 102g	Breaded Pork Chop 15g 4 Hamburger Bun 28g Cheese Slice 1g Baked Beans 43g Mixed Fruit 15g Milk 24g Total 126g	Taco Soup 27g 5 Corn Chips 16g Corn 15g Dinner Roll 19g Margarine Cup 0g Applesauce 14g Milk 24g Total 115g	Pizza— 6 Cheese or Pepperoni 33g Peas 11g Cookie 17g Strawberry Cup 22g Milk 24g Total Carbs 107g	
Popcorn Chicken 14g 9 WG Pretzel 14g Green Beans 3g Pears 16g Dip Cup 11g Milk 24g Total 82g	Mini Corn Dogs-6ea 30g 10 Waffle Fries 20g- Carrots 6g Peaches 14g Milk 24g Total 94g	Hot Dog 1g 11 Hot Dog Bun 22g Broccoli 5g Mixed Fruit 15g Milk 24g Total Carbs 67g	Grilled Cheese 28g 12 Mini Ravioli 17g Peas 11g Applesauce 14g Milk 24g Total 94g	Fiestada Pizza 43g 13 Spanish Rice- 1/2C 23g Churro 28g Corn 15g Peach Cup 19g Milk 24g Total 152g	
Pancakes-2ea 26g 16 Scrambled Eggs 2g Turkey Sausage Patty 0g Hash Brown 27g Syrup Cup 31g Pears 17g Milk 24g Total 127g	Breaded Chicken Patty 15g 17 Cheese Slice 1g Hamburger Bun 28g Broccoli 5g Peaches 14g Milk 24g Total 87g	Hamburger Patty 2g 18 Hamburger Bun 28g Cheese Slice 1g Bacon Slices 0g French Fries 15g- Mixed Fruit 18g Milk 24g Total 88g	Chicken & Noodles 22g 19 Mashed Potatoes 14g White Dinner Roll 19g Margarine Cup 0g Green Beans 3g Applesauce 14g Milk 24g Total Carbs 110g	Uncrustable 32g 20 Cheese Stick 1g RF Doritos 20g Raw Veggie Option 1-11g Applesauce Cup 14g Milk 24g Total Carbs 102g	
23		24		25	
26		27		28	
29		30		31	
1		2		3	
4		5		6	
7		8		9	
10		11		12	
13		14		15	
16		17		18	
19		20		21	
22		23		24	
25		26		27	
28		29		30	
31		1		2	
3		4		5	
6		7		8	
9		10		11	
12		13		14	
15		16		17	
18		19		20	
21		22		23	
24		25		26	
27		28		29	
30		31		1	
2		3		4	
5		6		7	
8		9		10	
11		12		13	
14		15		16	
17		18		19	
20		21		22	
23		24		25	
26		27		28	
29		30		31	
1		2		3	
4		5		6	
7		8		9	
10		11		12	
13		14		15	
16		17		18	
19		20		21	
22		23		24	
25		26		27	
28		29		30	
31		1		2	
3		4		5	
6		7		8	
9		10		11	
12		13		14	
15		16		17	
18		19		20	
21		22		23	
24		25		26	
27		28		29	
30		31		1	
2		3		4	
5		6		7	
8		9		10	
11		12		13	
14		15		16	
17		18		19	
20		21		22	
23		24		25	
26		27		28	
29		30		31	
1		2		3	
4		5		6	
7		8		9	
10		11		12	
13		14		15	
16		17		18	
19		20		21	
22		23		24	
25		26		27	
28		29		30	
31		1		2	
3		4		5	
6		7		8	
9		10		11	
12		13		14	
15		16		17	
18		19		20	
21		22		23	
24		25		26	
27		28		29	
30		31		1	
2		3		4	
5		6		7	
8		9		10	
11		12		13	
14		15		16	
17		18		19	
20		21		22	
23		24		25	
26		27		28	
29		30		31	
1		2		3	
4		5		6	
7		8		9	
10		11		12	
13		14		15	
16		17		18	
19		20		21	
22		23		24	
25		26		27	
28		29		30	
31		1		2	
3		4		5	
6		7		8	
9		10		11	
12		13		14	
15		16		17	
18		19		20	
21		22		23	
24		25		26	
27		28		29	
30		31		1	
2		3		4	
5		6		7	
8		9		10	
11		12		13	
14		15		16	
17		18		19	
20		21		22	
23		24		25	
26		27		28	
29		30		31	
1		2		3	
4		5		6	
7		8		9	
10		11		12	
13		14		15	
16		17		18	
19		20		21	
22		23		24	
25		26		27	
28		29		30	
31		1		2	
3		4		5	
6		7		8	
9		10		11	
12		13		14	
15		16		17	
18		19		20	
21		22		23	
24		25		26	
27		28		29	
30		31		1	
2		3		4	
5		6		7	
8		9		10	
11		12		13	
14		15		16	
17		18		1	