

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



FEBRUARY 2019

Daily Tiger Choices:

Tiger Pack

Peanut Butter/Grape Jelly
 Uncrustable 32g
 Cheese Stick
 (String Cheese 1g or
 Colby Jack 0g)
 Reduced Fat Nacho Doritos 20g
 Fresh Veggie Option (1-11g)
 Fruit of the Day 8-28g
 Milk 24g

Tiger Chef Salad

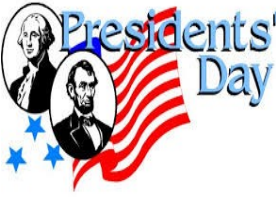
Romaine Lettuce 4g, 1oz Cheese
 0g, 2oz Ham 3g, 1oz Pea 4g &
 1oz Black Bean Cup 5g, Carrots
 4g, Broccoli 1g, Celery 1g &
 Grape Tomatoes 2g
 Fat Free Ranch 8g or
 Honey French Dressing 13g
 Fruit of the Day 8-28g
 Milk 24g

Fresh Tiger Veggie Packs Vary Daily:

(1oz Ranch 10g & 1oz Peanut
 Butter Cup 8g Offered)
 Cucumbers, Tomatoes, Cauliflow-
 er, 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
				Hot Dog 1g WG Bun 20g Potato Smiles 20g Peach Cup 19g Milk 24g Total Carbs 84g
4	5	6	7	8
Breaded Pork Chop 18g WG Bun 26g Cheese Slice 1g Baked Beans 37g Pears 16g Milk 24g Total 122g	Fiestada Pizza 43g Spanish Rice 44g Corn 16g Pears 16g Milk 24g Total 143g	Corn Dog on a Stick 30g Waffle Fries 29g Green Beans 4g Mixed Fruit 17g Milk 24g Total 104g	Nacho Bel Grande 36g Salsa 8g Corn 16g WG Cookie 18g Applesauce 14g Milk 24g Total 116g	Popcorn Chicken 14g WG Pretzel 14g Broccoli 5g Blueberries 8g BBQ Dip 11g Milk 24g Total 76g
11	12	13	14	15
Chicken & Waffle Chicken Tenders 10g WG Waffle 37g Hash Rounds 16g Carrots 6g Pears 16g Milk 24g Syrup Cup 31g Total 135g	Sloppy Joe 8g Hamburger Bun 28g Peas 11g Peach Cup 19g Milk 24g Total 117g	Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Baked Beans 27g Seasoned Wedges 20g Mixed Fruit 17g Milk 24g Total 119g	Chicken & Noodles 21g Mashed Potatoes 14g WG Dinner Roll 19g w/Butter Cup 0g Corn 15g Applesauce 14g Milk 24g Total 107g	Teriyaki Dippers 6g WG Rice 25g WG Dinner Roll 19g Margarine Cup 0g Broccoli 5g Strawberry Cup 18g Milk 24g Total 97g
18	19	20	21	22
 Presidents' Day	French Toast Sticks 22g Scrambled Eggs 2g Bacon Slices 0g Syrup Cup 31g Peaches 14g Milk 24g Total 93g	Stuffed Crust Pizza Pepperoni or Cheese 38g Peas 12g Mixed Fruit 17g Milk 24g Total 88g	Spaghetti w/ Meat Sauce 33g WG Bosco Stick 25g Green Beans 3g Applesauce 14g Milk 24g Total 99g	Pulled Pork 8g Hamburger Bun 28g BBQ Sauce Option 18g Carrots 6g Peach Cup 19g Milk 24g Total Carbs 126g
25	26	27	28	
Turkey Manhattan 31g Corn 16g WG Cookie 28g Pears 16g Milk 24g Total 115g	Br. Chicken Patty 16g Cheese Slice 1g WG Bun 22g Peas 12g Peach Cup 19g Milk 24g Total 94g	Grilled Cheese 23g Mini Ravioli 16g Broccoli 8g Cheese Sauce 4g Mixed Fruit 17g Milk 24g Total 92g	Taco Boat 21g Refried Beans 20g Lettuce & Cheese Cup 2g Salsa 26g Applesauce 14g Milk 24g Total 112g	