

**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

NOVEMBER 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, 1oz Cheese,  
 2oz 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	
			Spaghetti w/ Meat Sauce 56g 4" WG Bosco Stick 14g Green Beans 0g Applesauce 14g Milk 24g	Turkey Pot Pie 56g Peas 11g Dinner Roll 19g Margarine Cup 0g WG Cookie 18g Strawberry Cup 18g Milk 24g	
			<b>Total Carbs 118g</b>	<b>Total Carbs 146g</b>	
Chicken Patty 16g Cheese Slice 1g WG Bun 22g Corn or 16g Baked Beans 27g Pears 16g Milk 24g	Corn Dog on a Stick 30g French Fries 15g Green Beans 4g Peaches 14g Milk 24g	Grilled Cheese Sandwich 28g Mini Ravioli 15g Broccoli Cuts 5g Mixed Fruit 15g Milk 24g	Cavatini Pasta 54g WG Bosco Stick 0g Lettuce Salad 10g Ranch Dressing 1oz 14g Applesauce 14g Milk 24g	Turkey Pot Pie 18g WG Bun 26g Cheese Slice 1g Peas 11g Peach Cup 19g Milk 24g	
<b>Total Carbs 122g</b>	<b>Total Carbs 87g</b>	<b>Total Carbs 72g</b>	<b>Total Carbs 102g</b>	<b>Total Carbs 99g</b>	
WG Pancakes- 2ea 39g Turkey Sausage Patty 0g Hash Rounds -2ea 16g Pears 16g Maple Syrup Cup 24g Milk 24g	Cheese Stuffed Crust Pizza Pepperoni or Cheese 38g Carrots 4g Peaches 14g Milk 24g	Hamburger Patty 2g WG Bun 26g Cheese Slice 1g Baked Beans 27g French Fries 15g Milk 24g	Nacho Bel Grande 36g Salsa 8g Corn 16g Applesauce 14g Milk 24g	Popcorn Chicken 14g WG Pretzel 14g Broccoli 5g Blueberries 8g Milk 24g	
<b>Total Carbs 95g</b>	<b>Total Carbs 81g</b>	<b>Total Carbs 95g</b>	<b>Total Carbs 98g</b>	<b>Total Carbs 81g</b>	
Chicken & Waffle 42g Hash Rounds 2ea 16g Juice- Orange USDA 14g Carrots 6g Milk 24g	Turkey Sub Sandwich 48g Raw Veggie Pack 5g Peaches 17g Baked Lays Chips 22g Milk 24g	<b>E-Learning No School</b>		<b>No School Thanksgiving Break</b>	
<b>Total Carbs 102g</b>	<b>Total Carbs 116g</b>				
Tangerine Chicken 25g Teriyaki Noodles 44g Broccoli 5g Pears 16g Milk 24g	Hot Dog 1g WG Bun 20g Baked Beans 27g Peaches 14g Milk 24g	Chicken Patty 16g Cheese Slice 1g WG Bun 26g Corn 16g Mixed Fruit 15g Milk 24g	Spaghetti w/ Meat Sauce 56g 4" WG Bosco Stick 14g Green Beans 0g Applesauce 14g Milk 24g	Turkey Pot Pie 56g Peas 11g Dinner Roll 19g Margarine Cup 0g WG Cookie 18g Strawberry Cup 18g Milk 24g	
<b>Total Carbs 121g</b>	<b>Total Carbs 90g</b>	<b>Total Carbs 103g</b>	<b>Total Carbs 118g</b>	<b>Total Carbs 146g</b>	