

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



NOVEMBER 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:

- Chef Salad 54g
- 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
				1 Popcorn Chicken 14g WG Pretzel 14g Broccoli 5g Pineapple 18g Dip Cup 11g Milk 24g Total 86g
BBQ Rib 13g White Hamburger Bun 28g Green Beans 3g Baked Lays 25g Pineapple 18g Milk 24g Total 111g	4 Mini Corn Dogs-6ea 42g Waffle Fries 19g Carrots 6g Peaches 14g Milk 24g Total 105g	5 Chicken Cordon Bleu 46g Cordon Bleu Sauce 4g Hamburger Bun 28g Green Beans 3g Mixed Fruit 15g Milk 24g Total 120g	6 Grilled Cheese 28g Mini Ravioli 17g Broccoli 5g Applesauce 14g Milk 24g Total 88g	7 Fiestada Pizza 43g Spanish Rice- 1/2C 22g Churro 27g Corn 15g Mandarin Oranges 20g Milk 24g Total 151g
Chicken & Waffle 11 Chicken Tenders 5g WG Waffle 37g Hash Brown 27g Mandarin Oranges 20g Milk 24g Syrup Cup 31g Total 144g	11 Pizza-Cheese or Pepperoni 33g Peas 11g Cookie 17g Peaches 14g Milk 24g Total Carbs 92g	12 Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Bacon Slices 0g Spiral Fries 27g- Mixed Fruit 15g Milk 24g Total 97g	13 Beef & Noodles 22g Mashed Potatoes 8g White Dinner Roll 19g Margarine Cup 0g Corn 15g Cookie 17g Applesauce 14g Milk 24g Total Carbs 119g	14 Hot Dog 1g Hot Dog Bun 22g Green Beans 3g Pears 17g Milk 24g Total Carbs 67g
Pancakes-2ea 26g Scrambled Eggs 2g Bacon Slices 0g Hash Brown 27g Syrup Cup 31g Pears 17g Milk 24g Total 127g	18 Hot Ham & Cheese 19 Sandwich 37g Tater Tots 16g Carrots 6g Peaches 14g Milk 24g Total Carbs 97g	20 Cheese Stuffed Crust Pizza 21 Pepperoni or Cheese 38g Peas 11g Mixed Fruit 15g Milk 24g Total Carbs 88g	21 Spaghetti w/ Meat Sauce 38g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 24g Total 94g	22 Beef Nacho Boat -3oz 24g Refried Beans 20g Lettuce & Cheese Cup 2g Salsa 8g Pineapple 8g Milk 24g Total 86g
Breaded Pork Chop 15g White Hamburger Bun 28g Cheese Slice 1g Baked Beans 43g Pineapple 18g Milk 24g Total 129g	25 Uncrustable 32g Cheese Stick 1g RF Doritos 20g Raw Veggie Option 1-11g Fruit of the Day 8-28g Milk 24g Total Carbs 116g	26 No School E-Learning	27 No School E-Learning	28 Happy Thanksgiving
				29 Happy Thanksgiving