

**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 7:25am—7:45am

Breakfast \$2.25/day  
 Lunch \$2.75/day

MY  
 SCHOOL  
 BUCKS

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# OCTOBER 2022

**Daily Tiger Choices :**

**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

**Or Hot Meal option as menu**

**Raw Tiger Veggie Packs**  
**Vary Daily:**  
 (1oz Ranch 10g & 1oz Peanut  
 Butter Cup 8g Offered)  
 1/2C Cucumbers  
 1/2C Grape Tomatoes  
 1/2C Cauliflower  
 1/2C Bell Pepper  
 1/2C Carrots  
 1/2C Celery  
 1/2C Broccoli  
 (1-11g)

**Flavored Milk Varieties 11-24g**  
 1 Cup 1% White  
 1 Cup FF Chocolate

**Condiments Offered Daily**  
 according to menu  
 (0g-11g)

**\* Tiger Menu's Subject to  
 Change**

Mon	Tue	Wed	Thu	Fri
3 Beef Nacho Boat -3oz 24g Refried Beans 20g Lettuce & Cheese Cup 2g Salsa 8g Applesauce 14g Milk 24g <b>Total 92g</b>	4 Mini Corn Dogs-6ea 30g French Fries 17g Baked Beans 43g Cookie 17g Peaches 14g Milk 24g <b>Total 145g</b>	5 Pancakes-3ea 39g Egg & Cheese Omelet 4g Hash Brown 27g Carrots 4g Syrup Cup 31g Pears 17g Milk 24g <b>Total 146g</b>	6 Spaghetti w/ Meat Sauce 38g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 24g <b>Total 107g</b>	7 Teriyaki Dippers- 6ea 21g White Rice 2g White Dinner Roll 19g Margarine Cup 0g Broccoli 3g Peas 17g Milk 24g <b>Total 86g</b>
10 Breaded Chicken Patty 16g Cheese Slice 1g Hamburger Bun 28g Baked Beans 43g Peaches 14g Milk 24g <b>Total 126g</b>	11 Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Broccoli 5g Tater Tots 16g- Mixed Fruit 18g Milk 24g <b>Total 94g</b>	12 <b>No School            Parent / Teacher            Conferences</b>	13 Chicken & Noodles 50g Mashed Potatoes 14g White Dinner Roll 19g w/Butter Cup 0g Green Beans 4g Applesauce 14g Milk 24g <b>Total 125g</b>	14 Pizza Pepperoni or Cheese 33g Trix Yogurt Cup 15g Peas 11g Peach Cup 19g Milk 24g <b>Total Carbs 102g</b>
17 	18 	19 	20 	21 
<b>FALL BREAK ~ NO SCHOOL</b>				
24 Hot Dog 1g Hot Dog Bun 22g Baked Beans 53g Peach Cup 19g Milk 24g <b>Total Carbs 129g</b>	25 Marinated Grilled Chicken 16g White Bun 22g Corn 15g Mixed Fruit 18g Milk 24g <b>Total 95g</b>	26 BBQ Rib 13g White Hamburger Bun 28g Green Beans 3g Baked Lays 25g- Pineapple 18g Milk 24g <b>Total 111g</b>	27 Turkey Manhattan 32g Corn 16g Cookie 17g Applesauce 14g Milk 24g <b>Total 103g</b>	28 Pulled Pork 8g Hamburger Bun 28g BBQ Sauce Option 18g Carrots 6g Applesauce 14g Milk 24g <b>Total Carbs 121g</b>
31 Sloppy Joe 8g Hamburger Bun 28g WG Cookie 27g Peas 11g Peaches 14g Milk 24g <b>Total 112g</b>				