

Bluffton-Harrison Middle School
This Institute is an equal opportunity provider

Don't forget Bluffton-Harrison Middle School Serves
 Breakfast Daily!
 Start your tiger out with a Nutritional Advantage!
 Served Daily 7:25am—7:45am

Breakfast \$2.10/day
 Lunch \$2.75/day

MY SCHOOL BUCKS PAY FOR MEALS ONLINE
 MySchoolBucks.com



APRIL 2020

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
		Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Bacon Slices 0g Green Beans 4g Tater Tots 16g- Mixed Fruit 18g Milk 24g Total 93g	Lasagna Roll 2 w/ Meat Sauce 35g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 24g Total 104g	NEW MENU- 3 Lil' Smoked Sausages 1g Mac & Cheese 29g WG Pretzel 14g Roasted Broccoli 8g Peach Cup 19g Milk 24g Total 95g
Chicken & Waffle 6 Chicken Tenders 5g WG Waffle 37g Hash Brown 27g Pears 16g Milk 24g Syrup Cup 31g Total 140g	7 Cheese Stuffed Crust Pizza Pepperoni or Cheese 38g Roasted Broccoli 2g Cookie 23g Peaches 14g Milk 24g Total Carbs 101g	8 Breaded Pork Chop 15g Hamburger Bun 28g Cheese Slice 1g Baked Beans 43g Mixed Fruit 15g Milk 24g Total 126g	9 Chicken & Noodles 50g Mashed Potatoes 14g White Dinner Roll 19g w/Butter Cup 0g Green Beans 4g Applesauce 14g Milk 24g Total 125g	10 No School Good Friday 
Pancakes-3ea 39g Scrambled Eggs 3g Bacon Slices 0g Hash Brown 27g Syrup Cup 31g Pears 17g Milk 24g Total 141g	13 Breaded Chicken Patty 15g Cheese Slice 1g Hamburger Bun 28g Green Beans 4g Peaches 14g Mayo Pkt 0g Milk 24g Total 86g	14 Tiger Basket—New 15 Chicken Strips- 3ea 48g w/ Texas Toast & Gravy Margarine Cup 0g French Fries 17g Mixed Fruit 15g Milk 24g Total 104 g	16 Grilled Cheese 28g Mini Ravioli 17g Cheese Stick 1g Broccoli 5g Applesauce 14g Milk 24g Total 89g	17 Beef Nacho Boat -3oz 24g Refried Beans 20g Lettuce & Cheese Cup 2g Salsa 8g Peach Cup 19g Milk 24g Total 97g
Popcorn Chicken 21g WG Pretzel 14g Roasted Broccoli 2g Pears 16g Dip Cup 3-11g Milk 24g Total 88g	20 Mini Corn Dogs-6ea 30g French Fries 17g Baked Beans 43g Peaches 14g Milk 24g Total 128g	21 Hot Dog w/Bun 23g Chili Sauce 7g Cheese Sauce 2g Tater Tots 16g Carrots 13g Peach Cup 19g Milk 24g Total Carbs 104g	22 Spaghetti w/ Meat Sauce 38g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 24g Total 107g	24 Cheese Stuffed Crust Pizza Pepperoni or Cheese 38g Peas 11g Cookie 23g Strawberry Cup 22g Milk 24g Total Carbs 118g
Fiestada Pizza 43g Spanish Rice 44g Churro 27g Corn 16g Pears 16g- Milk 24g Total 170g	27 Breaded Cheeseburger 18g Cheese Slice 1g Hamburger Bun 28g Roasted Carrots 8g Peaches 14g Milk 24g Total 93g	28 Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Bacon Slices 0g Green Beans 4g Tater Tots 16g- Mixed Fruit 18g Milk 24g Total 93g	29 Lasagna Roll 30 w/ Meat Sauce 35g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 24g Total 104g	30