

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 \$1.90/day
 Lunch \$2.75/day

MY SCHOOL BUCKS
 PAY FOR MEALS ONLINE
 MySchoolBucks.com



AUGUST 2019

Daily Tiger Choices:

Tiger Grab N Go Pepperoni Pizza Meal

WG Pita Bread (1ea) 26g
 Marinara Sauce (3oz) 3g
 Pepperoni Slices (8ea) 0g
 Mozzarella Cheese (4oz) 0g
 RawVeggie 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 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

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	2
	5	6	7	8
				9
	12	13	14	15
Breaded Pork Chop 18g WG Bun 26g Cheese Slice 1g Baked Beans 43g Pears 16g Milk 24g Total 128g	Cheese Stuffed Crust Pizza 13g Pepperoni or Cheese 38g Carrots 6g Peaches 14g Milk 24g Total Carbs 82g	Grilled Cheese 23g Mini Ravioli 16g Broccoli 8g Cheese Sauce 4g Mixed Fruit 17g Milk 24g Total 92g	Tater Tot Casserole 36g Green Beans 3g Dinner Roll 19g w/Margarine Cup 0g WG Cookie 18g Applesauce 14g Milk 24g Total 132g	Popcorn Chicken 20g WG Pretzel 30g Peas 16g Blueberries 8g Dip Cup 3-11g Milk 24g Total 109g
	19	20	21	22
Chicken & Waffle 19g Chicken Tenders 16g WG Waffle 37g Hash Brown 27g Glazed Carrots 12g Pears 16g Milk 24g Syrup Cup 31g Total 163g	Burrito—Beef & Bean 20g W/ White Queso 43g Salsa 8g Corn 15g Tortilla Chips 21g Peaches 14g Milk 24g Total Carbs 125g	Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Bacon Slices 0g Baked Beans 37g Seasoned Wedges 20g Mixed Fruit 17g Milk 24g Total 129g	Chicken & Noodles 50g Mashed Potatoes 14g WG Dinner Roll 19g w/Butter Cup 0g Corn 15g WG Cookie 27g Applesauce 14g Milk 24g Total 163g	Hot Turkey & Cheese 22g Tater Tots 11g Green Beans 2g Peach Cup 19g Milk 24g Total 78g
	26	27	28	29
WG Pancakes 26g Scrambled Eggs 3g Bacon Slices 0g Hash Brown 27g Syrup Cup 31g Pears 16g Milk 24g Total 127g	Pizza—Cheese, Pepperoni or Sausage 27g Green Beans 4g Peaches 14g Milk 24g Total Carbs 75g	Hot Ham & Cheese Sandwich 39g Tater Tots 11g Glazed Carrots 12g Mixed Fruit 17g Milk 24g Total Carbs 103g	Spaghetti w/ Meat Sauce 38g WG Bosco Stick 25g Lettuce Salad w/Ranch 6g Applesauce 14g Milk 24g Total 107g	Taco Boat 21g Refried Beans 20g Lettuce & Cheese Cup 2g Salsa 26g Tostito Chips 18g Strawberry Cup 18g Milk 24g Total 129g