

**Bluffton Harrison Middle 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 \$1.80/day  
 Lunch \$2.65/day

MY SCHOOL BUCKS  
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 MySchoolBucks.com



# DECEMBER 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, Cauliflower, Bell Pepper Mix, Carrots, Celery & Broccoli

### Flavored Milk Varieties & Condiments Offered Daily

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

Mon	Tue	Wed	Thu	Fri
Chicken Patty 16g 3 Cheese Slice 1g WG Bun 22g Peas 12g Pears 16g Milk 24g <b>Total Carbs 95g</b>	Turkey Manhattan 31g 4 Corn 16g WG Cookie 28g Peaches 14g Milk 24g <b>Total Carbs 114g</b>	Grilled Cheese 28g 5 Sandwich Mini Ravioli 15g Broccoli Cuts 5g Mixed Fruit 15g Milk 24g <b>Total Carbs 72g</b>	Pulled Pork 8g 6 Hamburger Bun 28g BBQ Sauce Option 18g Carrots 6g Applesauce 14g Milk 24g <b>Total Carbs 121g</b>	WG Pancakes 39g 7 Turkey Sausage Patty 0g Hash Rounds 16g Peach Cup 19g Maple Syrup Cup 31g Milk 24g <b>Total Carbs 95g</b>
Breaded Pork Chop 18g 10 WG Bun 26g Cheese Slice 1g Baked Beans 37g Pears 16g Milk 24g <b>Total Carbs 122g</b>	Stuffed Crust Pizza 11 Pepperoni or Cheese 38g Peas 12g Peaches 14g Milk 24g <b>Total Carbs 88g</b>	Corn Dog on a Stick 30g 12 Waffle Fries 29g Green Beans 4g Mixed Fruit 15g Milk 24g <b>Total Carbs 102g</b>	Nacho Bel Grande 36g 13 Salsa 8g Corn 16g WG Cookie 18g Applesauce 14g Milk 24g <b>Total Carbs 98g</b>	Popcorn Chicken 14g 14 WG Pretzel 14g Broccoli 5g Blueberries 8g Milk 24g <b>Total Carbs 65g</b>
Chicken & Waffle 17 Chicken Tenders 16g WG Waffle 37g Hash Rounds 16g Carrots 6g Pears 16g Milk 24g <b>Total Carbs 115g</b>	Hot Dog 1g 18 WG Bun 20g Baked Beans 27g WG Cookie 28g Peaches 14g Milk 24g <b>Total Carbs 106g</b>	Hamburger Patty 2g 19 Hamburger Bun 28g Cheese Slice 1g Peas 12g Seasoned Wedges 20g Mixed Fruit 15g Milk 24g <b>Total Carbs 102g</b>	Chicken & Noodles 56g 20 Mashed Potatoes 14g WG Dinner Roll w/Butter Cup 19g Corn 15g WG Cookie 27g Applesauce 28g Milk 24g <b>Total Carbs 177g</b>	Taco Boat 21g 21 Refried Beans 20g Lettuce & Cheese Cup 2g Salsa with Chips 26g Strawberry Cup 22g Milk 24g <b>Total Carbs 115g</b>
	<h2>No School Christmas Break</h2>			
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