

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



MARCH 2021

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 menued

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 11-20g

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
1 Popcorn Chicken 21g WG Pretzel 14g Carrots 4g Pears 16g Dip Cup 3-11g Milk 24g Total 90g	2 Mini Corn Dogs-6ea 30g French Fries 17g Baked Beans 43g Cookie 17g Peaches 14g Milk 20g Total 141g	3 Tiger Basket Chicken Strips- 3ea 48g w/ Texas Toast & Gravy Margarine Cup 0g French Fries 17g Mixed Fruit 15g Milk 24g Total 104g	4 Lasagna Roll w/ Meat Sauce 35g WG Bosco Stick 14g Green Beans 4g Applesauce 14g Milk 24g Total 91g	5 Lil' Smoked Sausages 1g Mac & Cheese 29g WG Pretzel 14g Broccoli 5g Strawberry Cup 18g Milk 24g Total 91g
8 Pancakes-3ea 39g Egg & Cheese Omelet 4g Hash Brown 27g Carrots 4g Syrup Cup 31g Pears 17g Milk 20g Total 142g	9 Breaded Chicken Patty 16g Cheese Slice 1g Hamburger Bun 28g Baked Beans 43g Peaches 14g Milk 20g Total 122g	10 Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Broccoli 5g Tater Tots 16g- Mixed Fruit 18g Milk 20g Total 90g	11 Chicken & Noodles 50g Mashed Potatoes 14g White Dinner Roll 19g w/Butter Cup 0g Green Beans 4g Applesauce 14g Milk 20g Total 121g	12 Pizza Pepperoni or Cheese 33g Trix Yogurt Cup 15g Peas 11g Peach Cup 19g Milk 24g Total Carbs 102g
15 Chicken Nuggets- 5ea 16g Baked Beans 43g Loaded Potato Skins 38g Mixed Fruit 15g Dip Cup 3-11g Pears 17g Milk 24g Total 164g	16 No School Parent / Teacher Conferences	17 Marinated Grilled Chicken 16g White Bun 22g Corn 15g Mixed Fruit 18g Milk 24g Total 95g	18 Spaghetti w/ Meat Sauce 38g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 20g Total 103g	19 No School
22	23	24	25	26
SPRING BREAK ~ NO SCHOOL				
29 Chicken & Waffle Chicken Tenders 16g WG Waffle 37g Hash Brown 27g Pears 16g Milk 20g Syrup Cup 31g Total 149g	30 Breaded Pork Chop 15g Hamburger Bun 28g Baked Beans 43g Peaches 14g Milk 20g Total 120g	31 Tiger Basket Chicken Strips- 3ea 48g w/ Texas Toast & Gravy Margarine Cup 0g French Fries 17g Mixed Fruit 15g Milk 24g Total 104g		