

**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  
 PAY FOR MEALS ONLINE  
 MySchoolBucks.com

**NOVEMBER 2018**



	Mon	Tue	Wed	Thu	Fri
<p><b><u>Daily Tiger Choices:</u></b></p> <p><b>Tiger Pack</b>                      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</p> <p><b>Tiger Chef Salad</b>                      (Romaine Lettuce, 1oz Cheese,                      2oz Ham, 1oz Pea &amp; Black                      Bean Cup, Carrots, Broccoli,                      Celery &amp; Grape Tomatoes)                      Fat Free Ranch or Honey                      French Dressing                      Fruit of the Day                      Milk</p> <p><b>Fresh Tiger Veggie                      Packs Vary Daily:</b>                      (1oz Ranch &amp; Peanut Butter                      Cup Offered)                      Cucumbers, Tomatoes, Cauli-                      flower, Bell Pepper Mix, Car-                      rots, Celery &amp; Broccoli</p> <p><b>Flavored Milk Varieties                      &amp; Condiments Offered                      Daily</b></p> <p><b>* Tiger Menu's Subject                      to Change *</b></p>				Spaghetti w/ Meat Sauce 56g <sup>1</sup> 4" WG Bosco Stick 14g Green Beans 0g Applesauce 14g Milk 24g  <b>Total Carbs 118g</b>	Turkey Pot Pie 56g <sup>2</sup> Peas 11g Dinner Roll 19g Margarine Cup 0g WG Cookie 18g Strawberry Cup 18g Milk 24g  <b>Total Carbs 146g</b>
	Chicken Patty 16g <sup>5</sup> Cheese Slice 1g WG Bun 22g Corn or 16g Baked Beans 27g Pears 16g Milk 24g  <b>Total Carbs 122g</b>	Corn Dog on a Stick 30g <sup>6</sup> French Fries 15g Green Beans 4g Peaches 14g Milk 24g  <b>Total Carbs 87g</b>	Grilled Cheese 28g <sup>7</sup> Sandwich Mini Ravioli 15g Broccoli Cuts 5g Mixed Fruit 15g Milk 24g  <b>Total Carbs 72g</b>	Cavatini Pasta 54g <sup>8</sup> WG Bosco Stick Lettuce Salad 0g Ranch Dressing 1oz 10g Applesauce 14g Milk 24g  <b>Total Carbs 102g</b>	Breaded Pork Chop 18g <sup>9</sup> WG Bun 26g Cheese Slice 1g Peas 11g Peach Cup 19g Milk 24g  <b>Total Carbs 99g</b>
	WG Pancakes- 3ea 39g <sup>12</sup> Turkey Sausage Patty 0g Hash Rounds -2ea 16g Pears 16g Maple Syrup Cup Milk 24g  <b>Total Carbs 95g</b>	Cheese Stuffed Crust Pizza 13 <sup>13</sup> Pepperoni or Cheese Peas Strawberry Cup Cookie Milk 24g  <b>Total Carbs 81g</b>	Hamburger Patty 2g <sup>14</sup> WG Bun 26g Cheese Slice 1g Baked Beans 27g French Fries 15g Milk 24g  <b>Total Carbs 95g</b>	Nacho Bel Grande 36g <sup>15</sup> Salsa 8g Corn 16g Applesauce 14g Milk 24g  <b>Total Carbs 98g</b>	Popcorn Chicken 14g <sup>16</sup> WG Pretzel 14g Broccoli 5g Blueberries 8g Milk 24g  <b>Total Carbs 81g</b>
	Chicken & Waffle 53g <sup>19</sup> Hash Rounds 2ea 16g Orange Juice 14g Carrots 6g Milk 24g  <b>Total Carbs 113g</b>	Turkey Sub Sandwich 48g <sup>20</sup> Raw Veggie Pack 5g Peaches 17g Baked Lays Chips 22g Milk 24g  <b>Total Carbs 116g</b>	<p><b>E-Learning                      No School</b></p>		 <p><b>No School                      Thanksgiving                      Break</b></p> 
	Tangerine Chicken 25g <sup>26</sup> Teriyaki Noodles 44g Broccoli 5g Pears 16g Milk 24g  <b>Total Carbs 121g</b>	Hot Dog 1g <sup>27</sup> WG Bun 20g Baked Beans 27g Peaches 14g Milk 24g  <b>Total Carbs 90g</b>	Chicken Patty 16g <sup>28</sup> Cheese Slice 1g WG Bun 26g Corn 16g Mixed Fruit 15g Milk 24g  <b>Total Carbs 103g</b>	Spaghetti w/ Meat Sauce 56g <sup>29</sup> 4" WG Bosco Stick 14g Green Beans 0g Applesauce 14g Milk 24g  <b>Total Carbs 118g</b>	Turkey Pot Pie 56g <sup>30</sup> Peas 11g Dinner Roll 19g Margarine Cup 0g WG Cookie 18g Strawberry Cup 18g Milk 24g  <b>Total Carbs 146g</b>