

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
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 MySchoolBucks.com



OCTOBER 2019

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
	1	2	3	4
	Mini Corn Dogs-6ea 42g Waffle Fries 19g Carrots 12g Peaches 14g Milk 24g Total 111g	Fish Filet 53g Hamburger Bun 28g Green Beans 4g Tartar Sauce 3g Mixed Fruit 15g Milk 24g Total Carbs 127g	Turkey Manhattan 32g Corn 16g Cookie 17g Applesauce 14g Milk 24g Total 103g	Hot Dog 1g Hot Dog Bun 22g Green Beans 3g Pears 17g Cookie 17g Milk 24g Total Carbs 84g
7	8	9	10	11
Chicken Cordon Bleu 46g Cordon Bleu Sauce 4g Hamburger Bun 28g Green Beans 3g Pineapple 18g Milk 24g Total 123g	Cheese Stuffed Crust Pizza Pepperoni or Cheese 38g Peas 11g Peaches 14g Milk 24g Total Carbs 87g	Grilled Cheese 28g Mini Ravioli 17g Broccoli 5g Mixed Fruit 15g Milk 24g Total 89g	BBQ Rib 13g White Hamburger Bun 28g Green Beans 3g Baked Lays 25g Applesauce 14g Milk 24g Total 107g	Fiestada Pizza 43g Spanish Rice- 1/2C 22g Churro 27g Corn 15g Mandarin Oranges 20g Milk 24g Total 151g
14	15	16	17	18
Chicken & Waffle Chicken Tenders 5g WG Waffle 37g Hash Brown 27g Mandarin Oranges 20g Milk 24g Syrup Cup 31g Total 144g	No School Parent-Teacher Conferences	Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Bacon Slices 0g Cookie 17g Spiral Fries 27g- Mixed Fruit 15g Milk 24g Total 114g	Beef & Noodles 53g Mashed Potatoes 13g White Dinner Roll 19g Margarine Cup 0g Corn 15g Cookie 17g Applesauce 14g Milk 24g Total Carbs 155g	Popcorn Chicken 21g WG Pretzel 14g Broccoli 5g Pineapple 18g Dip Cup 3-11g Milk 24g Total 93g
21	22	23	24	25
 Fall Break				
28	29	30	31	
Breaded Pork Chop 15g White Hamburger Bun 28g Cheese Slice 1g Baked Beans 43g Pineapple 18g Milk 24g Total 129g	Mini Corn Dogs-6ea 42g Waffle Fries 19g Carrots 12g Peaches 14g Milk 24g Total 111g	Fish Filet 53g Hamburger Bun 28g Green Beans 4g Tartar Sauce 3g Mixed Fruit 15g Milk 24g Total Carbs 127g	Turkey Manhattan 32g Corn 16g Cookie 17g Applesauce 14g Milk 24g Total 103g	