

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



OCTOBER 2020

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
			Beef Nacho Boat -3oz 24g Refried Beans 20g Lettuce & Cheese Cup 2g Salsa 8g Applesauce 14g Milk 20g Total 88g	Pizza Pepperoni or Cheese 33g Peas 11g Cookie 17g Strawberry Cup 18g Milk 24g Total Carbs 103g
Teriyaki Dippers-- 6ea 21g White Rice 2g White Dinner Roll 19g Margarine Cup 0g Broccoli 3g Pears 17g Milk 24g Total 86g	Marinated Grilled Chicken 16g White Bun 22g Corn 15g Peaches 14g Milk 24g Total 91g	Breaded Pork Chop 15g Hamburger Bun 28g Baked Beans 43g Mixed Fruit 15g Milk 20g Total 121g	Chicken & Noodles 50g Mashed Potatoes 14g White Dinner Roll w/Butter Cup 19g Green Beans 4g Applesauce 14g Milk 20g Total 121g	Fiestada Pizza 43g Spanish Rice 44g Churro 27g Carrots 4g Peach Cup 19g Milk 20g Total 157g
Pancakes-3ea 39g Scrambled Eggs 3g Hash Brown 27g Carrots 4g Syrup Cup 31g Pears 17g Milk 20g Total 141g	No School Parent / Teacher Conferences	Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Baked Beans 43g Tater Tots 16g Mixed Fruit 18g Milk 20g Total 128g	Spaghetti w/ Meat Sauce 38g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 20g Total 103g	Pizza Pepperoni or Cheese 33g Cookie 17g Peas 11g Strawberry Cup 18g Milk 24g Total Carbs 86g
	FALL BREAK ~ NO SCHOOL			
Popcorn Chicken 21g WG Pretzel 14g Broccoli 5g Pears 16g Dip Cup 3-11g Milk 24g Total 91g	Mini Corn Dogs-6ea 30g Baked Beans 43g Peaches 14g Milk 20g Total 107g	Tiger Basket Chicken Strips-3ea 48g w/ Texas Toast & Gravy Margarine Cup 0g French Fries 17g Mixed Fruit 15g Milk 24g Total 104 g	Lasagna Roll w/ Meat Sauce 43g WG Bosco Stick 14g Green Beans 4g Applesauce 14g Milk 24g Total 99g	Chicken Quesadilla 37g Spanish Rice 44g Cookie 17g Carrots 4g Peach Cup 19g Milk 20g Total 141g