

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 \$1.80/day
 Lunch \$2.65/day

MY SCHOOL BUCKS PAY FOR MEALS ONLINE
 MySchoolBucks.com



SEPTEMBER 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, 2oz Cheese,
 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, Cauli-
 flower, Bell Pepper Mix, Car-
 rots, Celery & Broccoli

Flavored Milk Varieties & Condiments Offered Daily

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

Mon	Tue	Wed	Thu	Fri
No School Labor Day	3 Hot Dog 1g Cheese Sauce 4g WG Bun 20g Baked Beans 27g Peaches 14g Milk 24g Total Carbs 90g	4 Chicken Patty 16g Cheese Slice 1g WG Bun 26g Corn or 16g Broccoli 5g Mixed Fruit 15g Milk 24g Total Carbs 103g	5 Spaghetti w/ Meat Sauce 13g 4" WG Bosco Stick 14g Lettuce Salad 0g Ranch Dressing 1oz 10g Applesauce 14g Milk 24g Total Carbs 75g	6 Biscuit & Gravy 26g Hash Brown 27g Egg Omelet 4g Carrots 6g Strawberry Cup 22g Milk 24g Total Carbs 109g
10 Chicken Patty 16g Cheese Slice 1g WG Bun 22g Corn or 16g Baked Beans 27g Pears 16g Milk 24g Total Carbs 122g	11 Mini Corn Dogs 30g French Fries 15g Green Beans 4g Peaches 14g Milk 24g Total Carbs 87g	12 Grilled Cheese Sandwich 28g Broccoli Cuts 5g Mixed Fruit 15g Milk 24g Total Carbs 72g	13 Cavatini Pasta 54g WG Bosco Stick 0g Lettuce Salad 10g Ranch Dressing 1oz 14g Applesauce 14g Milk 24g Total Carbs 102g	14 Breaded Pork Chop 18g WG Bun 26g Cheese Slice 1g Peas or 11g Broccoli 5g Peach Cup 19g Milk 24g Total Carbs 104g
17 WG Pancakes- 3ea 39g Omelet w/ Cheddar 27g Hash Brown 16g Pears 24g Maple Syrup Cup 24g Total Carbs 106g	18 Cheese Stuffed Crust Pizza 38g Pepperoni or Cheese 6g Carrots 14g Peaches 24g Milk 24g Total Carbs 82g	19 Hamburger Patty 2g WG Bun 26g Cheese Slice 1g Baked Beans 27g French Fries 15g Milk 24g Total Carbs 95g	20 Nacho Bel Grande 40g Salsa 8g Corn 16g Applesauce 14g Milk 24g Total Carbs 102g	No School E-Learning Day
24 Chicken & Waffle 16g Chicken Tenders 37g Waffle 27g Hash Brown 14g Orange Juice 6g Carrots 24g Milk 24g Total Carbs 124g	25 Turkey Sub Sandwich 41g Raw Veggie Pack(Varies 1-8g) 25g Baked Lays Chips 14g Peaches 24g Milk 24g Total Carbs 112g	26 Popcorn Chicken 14g Soft WG Pretzel 14g Baked Beans or 27g Broccoli Cuts 5g Mixed Fruit 15g Milk 24g Total Carbs 99g	27 Chicken & Noodles 27g Mashed Potatoes Dinner Roll w/ Butter Cup Corn Applesauce Milk 24g Total Carbs 116g	28 Cheese Stuffed Crust Pizza 38g Pepperoni or Cheese 11g Peas 22g Strawberry Cup 18g Cookie 24g Milk 24g Total Carbs 113g