

**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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# SEPTEMBER 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 Chef Salad

- Romaine Lettuce 4g, 1oz Cheese 0g, 2oz Ham 3g, 1oz Pea 4g & 1oz Black Bean Cup 5g, Carrots 4g, Broccoli 1g, Celery 1g & Grape Tomatoes 2g
- 1.5oz Homemade White Salad Dressing 13g or 1.5oz Homemade French Dressing 11g
- 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  |
|---|--|---|--|--|
| <p><b>No School</b> 2</p>   | <p>3</p> <p>Mini Corn Dogs-6ea 30g</p> <p>French Fries 15g</p> <p>Glazed Carrots 12g</p> <p>Peaches 14g</p> <p>Milk 24g</p> <p><b>Total 95g</b></p>                                  | <p>4</p> <p>Teriyaki Dippers-6ea 21g</p> <p>White Rice 2g</p> <p>White Dinner Roll 19g</p> <p>Margarine Cup 0g</p> <p>Broccoli 3g</p> <p>Mixed Fruit 13g</p> <p>Milk 24g</p> <p><b>Total 82g</b></p>    | <p>5</p> <p>Turkey Manhattan 32g</p> <p>Corn 15g</p> <p>Cookie 17g</p> <p>Applesauce 14g</p> <p>Milk 24g</p> <p><b>Total 102g</b></p>  | <p>6</p> <p>Popcorn Chicken 21g</p> <p>WG Pretzel 14g</p> <p>Peas 11g</p> <p>Strawberry Cup 22g</p> <p>Dip Cup 3-11g</p> <p>Milk 24g</p> <p><b>Total 103g</b></p>                        |
| <p>9</p> <p>Breaded Pork Chop 15g</p> <p>White Hamburger Bun 28g</p> <p>Cheese Slice 1g</p> <p>Colby Jack 0g</p> <p>Reduced Fat Nacho Doritos 20g</p> <p>Raw Veggie Option (1-11g)</p> <p>Fruit of the Day 8-28g</p> <p>Milk 24g</p> <p><b>Total 129g</b></p> | <p>10</p> <p>Cheese Stuffed Crust Pizza Pepperoni or Cheese 38g</p> <p>Carrots 6g</p> <p>Cookie 17g</p> <p>Peaches 14g</p> <p>Milk 24g</p> <p><b>Total Carbs 99g</b></p>             | <p>11</p> <p>Grilled Cheese 28g</p> <p>Mini Ravioli 16g</p> <p>Broccoli 5g</p> <p>Mixed Fruit 13g</p> <p>Milk 24g</p> <p><b>Total 87g</b></p>   | <p>12</p> <p>BBQ Rib 13g</p> <p>White Hamburger Bun 28g</p> <p>Green Beans 4g</p> <p>Baked Lays 25g</p> <p>Applesauce 14g</p> <p>Milk 24g</p> <p><b>Total 108g</b></p>   | <p>13</p> <p>Hot Dog 1g</p> <p>White Bun 22g</p> <p>French Fries 15g</p> <p>Green Beans 3g</p> <p>Peach Cup 19g</p> <p>Milk 24g</p> <p><b>Total Carbs 84g</b></p>                        |
| <p>16</p> <p>Chicken &amp; Waffle</p> <p>Chicken Tenders 5g</p> <p>WG Waffle 37g</p> <p>Hash Brown 27g</p> <p>Pears 17g</p> <p>Milk 24g</p> <p>Syrup Cup 31g</p> <p><b>Total 141g</b></p>   | <p>17</p> <p>Fish Sticks-6ea 31g</p> <p>Baked Beans 43g</p> <p>White Dinner Roll 19g</p> <p>w/Margarine Cup 0g</p> <p>Peaches 14g</p> <p>Milk 24g</p> <p><b>Total Carbs 131g</b></p> | <p>18</p> <p>Hamburger Patty 2g</p> <p>White Hamburger Bun 28g</p> <p>Cheese Slice 1g</p> <p>Bacon Slices 0g</p> <p>French Fries 15g</p> <p>Mixed Fruit 13g</p> <p>Milk 24g</p> <p><b>Total 87g</b></p> | <p>19</p> <p>Chicken &amp; Noodles 50g</p> <p>Mashed Potatoes 14g</p> <p>White Dinner Roll 19g</p> <p>w/Butter Cup 0g</p> <p>Green Beans 4g</p> <p>Applesauce 14g</p> <p>Milk 24g</p> <p><b>Total 125g</b></p> | <p>20</p> <p><b>No School</b><br/><b>E-Learning Day</b></p>  |
| <p>23</p> <p>Pancakes-3ea 39g</p> <p>Scrambled Eggs 3g</p> <p>Bacon Slices 0g</p> <p>Hash Brown 27g</p> <p>Syrup Cup 31g</p> <p>Mandarine Oranges 20g</p> <p>Milk 24g</p> <p><b>Total 144g</b></p>  | <p>24</p> <p>Pizza-Cheese, Pepperoni or Sausage 33g</p> <p>Green Beans 4g</p> <p>Cookie 17g</p> <p>Peaches 14g</p> <p>Milk 24g</p> <p><b>Total Carbs 75g</b></p>                     | <p>25</p> <p>Hot Ham &amp; Cheese Sandwich 37g</p> <p>Tater Tots 16g</p> <p>Carrots 6g</p> <p>Mixed Fruit 17g</p> <p>Milk 24g</p> <p><b>Total Carbs 100g</b></p>  | <p>26</p> <p>Spaghetti w/ Meat Sauce 38g</p> <p>WG Bosco Stick 14g</p> <p>Green Beans 4g</p> <p>Applesauce 14g</p> <p>Milk 24g</p> <p><b>Total 94g</b></p>   | <p>27</p> <p>Beef Nacho Boat -3oz 24g</p> <p>Refried Beans 20g</p> <p>Lettuce &amp; Cheese Cup 2g</p> <p>Salsa 8g</p> <p>Strawberry Cup 22g</p> <p>Milk 24g</p> <p><b>Total 100g</b></p> |
| <p>30</p> <p>Chicken Patty 16g</p> <p>Cheese Slice 1g</p> <p>WG Bun 28g</p> <p>Peas 11g</p> <p>Pineapple 18g</p> <p>Milk 24g</p> <p><b>Total 98g</b></p>  |  |   |  |  |