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

MARCH 2019

SPRING

Daily Tiger Choices:

Tiger Pack
Peanut Butter/Grape Jelly
Uncrustable 32g
Cheese Stick
(String Cheese 1g or
Colby Jack 0g)
Reduced Fat Nacho Doritos 20g
Fresh 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
Fat Free Ranch 8g or
Honey French Dressing 13g
Fruit of the Day 8-28g
Milk 24g

Fresh 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 Hot Dog 1g WG Bun 20g Baked Beans 27g Peach Cup 19g Milk 24g **Total Carbs 91g**	1
4 Breaded Pork Chop 18g WG Bun 26g Cheese Slice 1g Baked Beans 43g Pears 16g Milk 24g **Total 122g**	5 Fiestada Pizza 43g Spanish Rice 44g Churro 27g Corn 16g Peaches 14g Milk 24g **Total 168g**	6 Mini Corn Dogs 30g Waffle Fries 29g Green Bean Casserol 15g Mixed Fruit 17g Milk 24g **Total 115g**	7 Tater Tot Casserole 36g Peas 11g Dinner Roll 19g w/Margarine Cup 0g WG Cookie 18g Applesauce 14g Milk 24g **Total 122g**	8 Popcorn Chicken 20g WG Pretzel 30g Broccoli 5g Blueberries 8g Dip Cup 3-11g Milk 24g **Total 98g**	2
11 Chicken & Waffle Chicken Tenders 16g WG Waffle 37g Hash Rounds 16g Glazed Carrots 12g Pears 16g Milk 24g Syrup Cup 31g **Total 152g**	12 Sloppy Joe 8g Hamburger Bun 28g WG Cookie 27g Peas 11g Peaches 14g Milk 24g **Total 112g**	13 Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Baked Beans 37g Seasoned Wedges 20g Mixed Fruit 17g Milk 24g **Total 129g**	14 Chicken & Noodles 56g Mashed Potatoes 14g WG Dinner Roll 19g w/Butter Cup 0g Corn 15g WG Cookie 27g Applesauce 14g Milk 24g **Total 169g**	15 Teriyaki Dippers 6g WG Rice 25g WG Dinner Roll 19g Margarine Cup 0g Broccoli 5g Strawberry Cup 18g Milk 24g **Total 97g**	3
18 French Toast Sticks 29g Scrambled Eggs 3g Bacon Slices 0g Hash Rounds 16g Syrup Cup 31g Pears 16g WG Cookie 27g Milk 24g **Total 146g**	19 Parent-Teacher Conferences **No School**	20 Pulled Pork 8g Hamburger Bun 28g BBQ Sauce Option 18g Glazed Carrots 12g- Mixed Fruit 17g Milk 24g **Total Carbs 107g**	21 Uncrustable 32g Cheese Stick 1g RF Doritos 20g Raw Veggie Option 1-11g Fruit of the Day 8-28g Milk 24g **Total Carbs 116g**	2 Spring Break **No School**	4
25	26 Spring Break	27	28	29	1