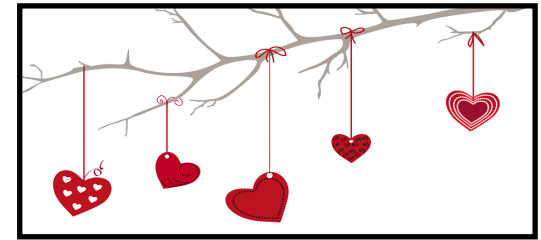


**Bluffton-Harrison Middle School**  
**This Institute is an equal opportunity provider**

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



# FEBRUARY 2021

**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
1 Popcorn Chicken 21g WG Pretzel 14g Carrots 4g Pears 16g Dip Cup 3-11g Milk 24g <b>Total 90g</b>	2 Mini Corn Dogs-6ea 30g French Fries 17g Baked Beans 43g Cookie 17g Peaches 14g Milk 20g <b>Total 141g</b>	3 <b>Tiger Basket</b> Chicken Strips- 3ea 48g w/ Texas Toast & Gravy Margarine Cup 0g French Fries 17g Mixed Fruit 15g Milk 24g <b>Total 104 g</b>	4 Lasagna Roll w/ Meat Sauce 35g WG Bosco Stick 14g Green Beans 4g Applesauce 14g Milk 24g <b>Total 91g</b>	5 Lil' Smoked Sausages 1g Mac & Cheese 29g WG Pretzel 14g Broccoli 5g Strawberry Cup 18g Milk 24g <b>Total 91g</b>
8 Pancakes-3ea 39g Egg & Cheese Omelet 4g Hash Brown 27g Carrots 4g Syrup Cup 31g Pears 17g Milk 20g <b>Total 142g</b>	9 Breaded Chicken Patty 16g Cheese Slice 1g Hamburger Bun 28g Baked Beans 43g Peaches 14g Milk 20g <b>Total 122g</b>	10 Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Broccoli 5g Tater Tots 16g- Mixed Fruit 18g Milk 20g <b>Total 90g</b>	11 Chicken & Noodles 50g Mashed Potatoes 14g White Dinner Roll w/Butter Cup 0g Green Beans 4g Applesauce 14g Milk 20g <b>Total 121g</b>	12 Pizza Pepperoni or Cheese 33g Trix Yogurt Cup 15g Peas 11g Peach Cup 19g Milk 24g <b>Total Carbs 102g</b>
15 <b>No School</b> <b>President's Day</b>	16 Turkey Manhattan 32g Broccoli 5g Cookie 17g Peaches 14g Milk 24g <b>Total 92g</b>	17 Marinated Grilled Chicken 16g White Bun 22g Corn 15g Mixed Fruit 18g Milk 24g <b>Total 95g</b>	18 Spaghetti w/ Meat Sauce 38g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 20g <b>Total 103g</b>	19 Fiestada Pizza 43g Spanish Rice- 1/2C 23g Churro 28g Carrots 4g Mixed Berry Cup 20g Milk 24g <b>Total 142g</b>
22 Chicken Nuggets- 5es 16g Baked Beans 43g Loaded Potato Skins 38g Mixed Fruit 15g Dip Cup 3-11g Pears 17g Milk 24g <b>Total 164 g</b>	23 Breaded Pork Chop 15g Hamburger Bun 28g Baked Beans 43g Peaches 14g Milk 20g <b>Total 120g</b>	24 <b>Tiger Basket</b> Chicken Strips- 3ea 48g w/ Texas Toast & Gravy Margarine Cup 0g French Fries 17g Mixed Fruit 15g Milk 24g <b>Total 104 g</b>	25 Beef Nacho Boat -3oz 24g Refried Beans 20g Lettuce & Cheese Cup 2g Salsa 8g Applesauce 14g Milk 20g <b>Total 88g</b>	26 Pizza Pepperoni or Cheese 33g Trix Yogurt Cup 15g Broccoli 5g Peach Cup 19g Milk 24g <b>Total Carbs 102g</b>