

**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

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# APRIL 2019

## Daily Tiger Choices:

**NEW!!!!!!!!!!**  
**Tiger Grab N Go Pepperoni Pizza Meal**

- WG Pita Bread (1ea) 26g
- Marinara Sauce (3oz) 3g
- Pepperoni Slices (8ea) 0g
- Mozzerella Cheese (4oz) 0g
- RawVeggie 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
- Fat Free Ranch 8g or Honey French Dressing 13g
- 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
1 Mini Corn Dogs 30g Waffle Fries 29g Glazed Carrots 8g Pears 16g Milk 24g <b>Total 107g</b>	2 Chicken Patty 16g Cheese Slice 1g WG Bun 22g Peas 12g Peach Cup 19g Milk 24g <b>Total 94g</b>	3 Teriyaki Dippers 6g WG Rice 25g WG Dinner Roll 19g Margarine Cup 0g Broccoli 5g Cheese Sauce 3g Mixed Fruit 17g Milk 24g <b>Total 99g</b>	4 Turkey Manhattan 31g Corn 16g WG Cookie 28g Applesauce 14g Milk 24g <b>Total 113g</b>	5 Hot Dog 1g WG Bun 20g Potato Smiles 15g Green Beans 4g Peach Cup 19g Milk 24g <b>Total Carbs 83g</b>
8 Breaded Pork Chop 18g WG Bun 26g Cheese Slice 1g Baked Beans 43g Pears 16g Milk 24g <b>Total 128g</b>	9 Fiestada Pizza 43g Spanish Rice 44g Churro 27g Corn 16g Peaches 14g Milk 24g <b>Total 168g</b>	10 Grilled Cheese 23g Mini Ravioli 16g Broccoli 8g Cheese Sauce 4g Mixed Fruit 17g Milk 24g <b>Total 92g</b>	11 Tater Tot Casserole 36g Green Beans 3g Dinner Roll 19g w/Margarine Cup 0g WG Cookie 18g Applesauce 14g Milk 24g <b>Total 132g</b>	12 Popcorn Chicken 20g WG Pretzel 30g Peas 16g Blueberries 8g Dip Cup 3-11g Milk 24g <b>Total 109g</b>
15 Chicken & Waffle Chicken Tenders 16g WG Waffle 37g Hash Brown 27g Glazed Carrots 12g Pears 16g Milk 24g Syrup Cup 31g <b>Total 163g</b>	16 Burrito—Beef & Bean W/ White Queso 43g Salsa 8g Corn 15g Tortilla Chips 21g Peaches 14g Milk 24g <b>Total Carbs 125g</b>	17 Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Bacon Slices 0g Baked Beans 37g Seasoned Wedges 20g Mixed Fruit 17g Milk 24g <b>Total 129g</b>	18 Chicken & Noodles 50g Mashed Potatoes 14g WG Dinner Roll 19g w/Butter Cup 0g Corn 15g WG Cookie 27g Applesauce 14g Milk 24g <b>Total 163g</b>	19  <b>No School</b>
22 WG Pancakes 26g Scrambled Eggs 3g Bacon Slices 0g Hash Brown 27g Syrup Cup 31g Pears 16g Milk 24g <b>Total 127g</b>	23 Pizza—Cheese, Pepperoni or Sausage 33g Green Beans 4g Peaches 14g Milk 24g <b>Total Carbs 75g</b>	24 Hot Ham & Cheese Sandwich 39g Glazed Carrots 12g Mixed Fruit 17g Milk 24g <b>Total Carbs 92g</b>	25 Spaghetti w/ Meat Sauce 38g WG Bosco Stick 25g Lettuce Salad w/Ranch 6g Applesauce 14g Milk 24g <b>Total 107g</b>	26 Taco Boat 21g Refried Beans 20g Lettuce & Cheese Cup 2g Salsa 26g Tostito Chips 18g Strawberry Cup 18g Milk 24g <b>Total 129g</b>
29 Mini Corn Dogs 30g Waffle Fries 29g Glazed Carrots 8g Pears 16g Milk 24g <b>Total 107g</b>	30 Chicken Patty 16g Cheese Slice 1g WG Bun 22g Peas 12g Peach Cup 19g Milk 24g <b>Total 94g</b>			