

**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



# AUGUST 2018

	Mon	Tue	Wed	Thu	Fri
<b><u>Daily Tiger Choices:</u></b>			2	3	4
<b>Tiger Pack</b> 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					
<b>Tiger Chef Salad</b> (Romaine Lettuce, 1oz Cheese, Ham, Pea & Black Bean Cup, Carrots, Broccoli, Celery & Grape Tomatoes) Fat Free Ranch or Honey French Dressing Fruit of the Day Milk	7	8	9	10	11
<b>Fresh Tiger Veggie            Packs Vary Daily:</b> (1oz Ranch & Peanut Butter Cup Offered) Cucumbers, Tomatoes, Cauli- flower, Bell Pepper Mix, Car- rots, Celery & Broccoli					
<b>Flavored Milk Varieties &amp;            Condiments Offered Daily</b>					
<b>* Tiger Menu's Subject to            Change *</b>					
	WG Pancake Stick 18g Hash Brown 27g Pears 16g Maple Syrup Cup 31g Milk 24g  <b>Total Carbs 116g</b>	Cavatini Pasta 73g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 24g  <b>Total Carbs 142g</b>	Grilled Cheese 28g Green Beans 3g or Broccoli 5g Mixed Fruit 1% 15g Milk 24g  <b>Total Carbs 75g</b>	Lasagna Roll 16g w/Spaghetti Sauce 37g WG Bosco 14g Lettuce Salad w/Ranch 17g Peaches 17g Milk 24g <b>Total Carbs 109g</b>	Stuffed Crust 17g Pizza Slice 38g Carrots 6g Mixed Fruit 15g Milk 24g  <b>Total Carbs 83g</b>
	Pork Fritter Patty 12g WG Hamburger Bun 26g Cheese Slice 1g Baked Beans or 20g Broccoli 5g Pears 16g Milk 24g <b>Total Carbs 99g</b>	Pizza Bagel 21g w/ Pepperoni 36g Carrots 6g Applesauce 14g Milk 24g  <b>Total Carbs 80g</b>	Mini Corn Dogs 30g French Fries 34g Green Beans 3g Mixed Fruit 15g Milk 24g  <b>Total Carbs 106g</b>	Turkey Sub Sandwich 48g Raw Veggie Pack 5g Peaches 17g Baked Lays Chips 22g Milk 24g  <b>Total Carbs 116g</b>	Popcorn Chicken 14g WG Pretzel 14g Broccoli 5g Peach Cup 16g Milk 24g  <b>Total Carbs 81g</b>
	Chicken Patty 15g WG Hamburger Bun 26g Corn 16g Carrots 6g Pears 16g Milk 24g <b>Total Carbs 92g</b>	Hamburger Patty 2g WG Hamburger Bun 26g Cheese Slice 1g French Fries 17g Applesauce 14g Milk 24g  <b>Total Carbs 84g</b>	Stuffed Crust 29g Pizza Slice 38g Carrots 6g Mixed Fruit 15g Milk 24g  <b>Total Carbs 83g</b>	Chicken & Noodles 18g Mashed Potatoes 14g WG Dinner Roll w/Butter Cup 19g Peaches 17g Milk 24g <b>Total Carbs 92g</b>	Taco Boat Meal 18g Refried Beans 20g Tostitos Chips 18g Salsa 8g Strawberries 22g Milk 24g  <b>Total Carbs 110g</b>