

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 **PAY FOR MEALS ONLINE**
 MySchoolBucks.com



DECEMBER 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 Salad Options

Mondays:

- Chef Salad 54g
- Fruit of the Day 8-28g
- Milk 24g

Tuesdays:

- Cobb Salad 44g
- Fruit of the Day 8-28g
- Milk 24g

Wednesdays:

- Buffalo Chicken Salad 46g
- Fruit of the Day 8-28g
- Milk 24g

Thursdays:

- Southwest Chicken Salad 66g
- Fruit of the Day 8-28g
- Milk 24g

Fridays:

- Chef Salad 54g
- 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 |
|--|--|--|--|---|
| Pretzel Dog 31g 2 Mac & Cheese 29g Broccoli 5g Pears 16g Milk 24g Total 105g | Breaded Cheeseburger 18g 3 Cheese Slice 1g Hamburger Bun 28g Carrots 13g Peaches 14g Milk 24g Total 98g | Breaded Pork Chop 15g 4 Hamburger Bun 28g Cheese Slice 1g Baked Beans 43g Mixed Fruit 15g Milk 24g Total 126g | Taco Soup 35g 5 Corn Chips 16g Corn 15g Dinner Roll 19g Margarine Cup 0g Applesauce 14g Milk 24g Total 123g | Pizza- 6 Cheese or Pepperoni 33g Peas 11g Cookie 17g Strawberry Cup 22g Milk 24g Total Carbs 107g |
| Popcorn Chicken 21g 9 WG Pretzel 14g Green Beans 3g Pears 16g Dip Cup 3-11g Milk 24g Total 89g | Mini Corn Dogs-6ea 30g 10 French Fries 17g Glazed Carrots 13g Peaches 14g Milk 24g Total 98g | Hot Dog 1g 11 Hot Dog Bun 22g Tater Tots 16g Mixed Fruit 15g Milk 24g Total Carbs 78g | Chicken & Noodles 23g 12 Mashed Potatoes 14g White Dinner Roll 19g Margarine Cup 0g Corn 16g Applesauce 14g Milk 24g Total Carbs 110g | Fiestada Pizza 43g 13 Spanish Rice- 1/2C 23g Churro 28g Peas 11g Peach Cup 19g Milk 24g Total 148g |
| Chicken & Waffle 16 Chicken Tenders 5g WG Waffle 37g Hash Brown 27g Pears 16g Milk 24g Syrup Cup 31g Total 140g | Breaded Chicken Patty 15g 17 Cheese Slice 1g Hamburger Bun 28g Broccoli 5g Peaches 14g Milk 24g Total 87g | Hamburger Patty 2g 18 Hamburger Bun 28g Cheese Slice 1g Bacon Slices 0g Green Beans 3g Tater Tots 16g- Mixed Fruit 18g Milk 24g Total 92g | Grilled Cheese 28g 19 Mini Ravioli 17g Cheese Stick 1g Broccoli 5g Applesauce 14g Milk 24g Total 89g | Uncrustable 32g 20 Cheese Stick 1g RF Doritos 20g Raw Veggie Option 1-11g Applesauce Cup 14g Milk 24g Total Carbs 102g |
| <div style="border: 2px solid black; padding: 10px; display: inline-block;"> <p style="font-size: 2em; margin: 0;">No School Christmas Break</p> </div> | | | | |
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