

**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



# FEBRUARY 2019

## 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, Cauliflow-  
 er, 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 Seasoned Wedges 20g Peach Cup 19g Milk 24g <b>Total Carbs 91g</b>
4 Breaded Pork Chop 18g WG Bun 26g Cheese Slice 1g Baked Beans 37g Pears 16g Milk 24g <b>Total 122g</b>	5 Fiestada Pizza 43g Spanish Rice 44g Broccoli 5g Peaches 14g Milk 24g <b>Total 130g</b>	6 Mini Corn Dogs 30g Waffle Fries 29g Green Beans 4g Mixed Fruit 17g Milk 24g <b>Total 104g</b>	7 Nacho Bel Grande 36g Salsa 8g Corn 16g WG Cookie 18g Applesauce 14g Milk 24g <b>Total 116g</b>	8 Popcorn Chicken 20g WG Pretzel 30g Broccoli 5g Blueberries 8g Dip Cup 3-11g Milk 24g <b>Total 98g</b>
11 Chicken & Waffle Chicken Tenders 16g WG Waffle 37g Hash Rounds 16g Carrots 6g Pears 16g Milk 24g Syrup Cup 31g <b>Total 146g</b>	12 Sloppy Joe 8g Hamburger Bun 28g WG Cookie 27g Peas 11g Peaches 14g Milk 24g <b>Total 112g</b>	13 Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Baked Beans 27g Seasoned Wedges 20g Mixed Fruit 24g Milk 24g <b>Total 126g</b>	14 Chicken & Noodles 56g Mashed Potatoes 14g WG Dinner Roll w/Butter Cup 19g Corn 0g WG Cookie 15g Applesauce 27g Milk 14g <b>Total 169g</b>	15 Teriyaki Dippers 6g WG Rice 25g WG Dinner Roll 19g Margarine Cup 0g Broccoli 5g WG Cookie 27g Strawberry Cup 18g Milk 24g <b>Total 124g</b>
18  <b>Presidents' Day</b>	19 French Toast Sticks 29g Scrambled Eggs 2g Bacon Slices 0g Syrup Cup 31g Peaches 14g Potato Rounds 16g Milk 24g <b>Total 116</b>	20 Stuffed Crust Pizza Pepperoni or Cheese 38g Peas 12g Mixed Fruit 17g Milk 24g <b>Total 91g</b>	21 Spaghetti w/ Meat Sauce 38g WG Bosco Stick 25g Green Beans 3g Applesauce 14g Milk 24g <b>Total 104g</b>	22 Pulled Pork 8g Hamburger Bun 28g BBQ Sauce Option 18g Carrots 6g Peach Cup 19g Milk 24g <b>Total Carbs 103g</b>
25 Turkey Manhattan 31g Corn 16g WG Cookie 28g Pears 16g Milk 24g <b>Total 115g</b>	26 Breaded Chicken Patty Sandwich 16g Cheese Slice 1g WG Bun 26g Peas 12g Peaches 14g Milk 24g <b>Total 93g</b>	27 Grilled Cheese 23g Mini Ravioli 16g Broccoli 8g Cheese Sauce 4g Mixed Fruit 17g WG Cookie 27g Milk 24g <b>Total 119g</b>	28 Taco Boat 21g Refried Beans 20g Lettuce & Cheese Cup 2g Salsa 26g Applesauce 14g- Milk 24g <b>Total 107g</b>	1 X