

**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

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# FEBRUARY 2020



**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
Popcorn Chicken 21g WG Pretzel 14g Roasted Broccoli 2g Pears 16g Dip Cup 3-11g Milk 24g <b>Total 88g</b>	Breaded Cheeseburger 18g Cheese Slice 1g Hamburger Bun 28g Roasted Carrots 8g Peaches 14g Milk 24g <b>Total 93g</b>	Hamburger Steak & Gravy 32g Mashed Potatoes 13g Green Beans 4g Dinner Roll 19g Margarine Cup 0g Mixed Fruit 15g Milk 24g <b>Total 107g</b>	Lasagna Roll w/ Meat Sauce 35g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 24g <b>Total 104g</b>	Pizza— Cheese or Pepperoni 33g Peas 11g Cookie 23g Strawberry Cup 22g Milk 24g <b>Total Carbs 113g</b>
Chicken & Waffle 10 Chicken Tenders 5g WG Waffle 37g Hash Brown 27g Pears 16g Milk 24g Syrup Cup 31g <b>Total 140g</b>	Mini Corn Dogs-6ea 30g French Fries 17g Glazed Carrots 13g Peaches 14g Milk 24g <b>Total 98g</b>	Breaded Pork Chop 15g Hamburger Bun 28g Cheese Slice 1g Baked Beans 43g Mixed Fruit 15g Milk 24g <b>Total 126g</b>	Chicken & Noodles 23g Mashed Potatoes 14g White Dinner Roll 19g Margarine Cup 0g Green Beans 4g Applesauce 14g Milk 24g <b>Total Carbs 110g</b>	Fiestada Pizza 43g Spanish Rice— 1/2C 23g Churro 28g Corn 16g Peach Cup 19g Milk 24g <b>Total 148g</b>
No School 17 	Breaded Chicken Patty 15g Cheese Slice 1g Hamburger Bun 28g Green Beans 4g Peaches 14g Mayo Pkt 0g Milk 24g <b>Total 86g</b>	Fish Filet 53g Hamburger Bun 28g Cheese Slices 1g Baked Beans 43g Tater Tots 9g Tartar Sauce 3g Mixed Fruit 15g Milk 24g <b>Total Carbs 176g</b>	Grilled Cheese 28g Mini Ravioli 17g Cheese Stick 1g Broccoli 5g Applesauce 14g Milk 24g <b>Total 89g</b>	Beef Nacho Boat -3oz 24g Refried Beans 20g Lettuce & Cheese Cup 2g Salsa 8g Strawberry Cup 22g Milk 24g <b>Total 100g</b>
Pancakes-3ea 39g Scrambled Eggs 3g Bacon Slices 0g Hash Brown 27g Syrup Cup 31g Pears 17g Milk 24g <b>Total 141g</b>	Cheese Stuffed Crust Pizza Pepperoni or Cheese 38g Roasted Broccoli 2g Cookie 23g Peaches 14g Milk 24g <b>Total Carbs 101g</b>	Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Bacon Slices 0g Green Beans 4g Tater Tots 16g- Mixed Fruit 18g Milk 24g <b>Total 92g</b>	Spaghetti w/ Meat Sauce 38g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 24g <b>Total 107g</b>	Hot Dog w/Bun 23g Chili Sauce 7g Cheese Sauce 2g Tater Tots 16g Carrots 13g Peach Cup 19g Milk 24g <b>Total Carbs 104g</b>