

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

JANUARY 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
2020				
				
		1	2	3
6	7	8	9	10
Pretzel Dog 31g Mac & Cheese 29g Broccoli 5g Pears 16g Milk 24g Total 105g	Breaded Cheeseburger 18g Cheese Slice 1g Hamburger Bun 28g Carrots 13g Peaches 14g Milk 24g Total 98g	Turkey Manhattan 32g Peas 11g Cookie 17g Mixed Fruit 15g Milk 24g Total 99g	Taco Soup 35g Corn Chips 16g Corn 15g Dinner Roll 19g Margarine Cup 0g Applesauce 14g Milk 24g Total 123g	Pizza— Cheese or Pepperoni 33g Green Beans 4g Strawberry Cup 22g Milk 24g Total Carbs 100g
13	14	15	16	17
Chicken & Waffle Chicken Tenders 5g WG Waffle 37g Hash Brown 27g Pears 16g Milk 24g Syrup Cup 31g Total 140g	Mini Corn Dogs-6ea 30g French Fries 17g Glazed Carrots 13g Peaches 14g Milk 24g Total 98g	Breaded Pork Chop 15g Hamburger Bun 28g Cheese Slice 1g Baked Beans 43g Mixed Fruit 15g Milk 24g Total 126g	Chicken & Noodles 23g Mashed Potatoes 14g White Dinner Roll 19g Margarine Cup 0g Corn 16g Applesauce 14g Milk 24g Total Carbs 110g	Fiestada Pizza 43g Spanish Rice- 1/2C 23g Churro 28g Corn 16g Peach Cup 19g Milk 24g Total 148g
20	21	22	23	24
Popcorn Chicken 21g WG Pretzel 14g Green Beans 3g Pears 16g Dip Cup 3-11g Milk 24g Total 89g	Breaded Chicken Patty 15g Cheese Slice 1g Hamburger Bun 28g Broccoli 5g Peaches 14g Milk 24g Total 87g	Fish Filet 53g Hamburger Bun 28g Cheese Slices 1g Baked Beans 43g Tater Tots 9g Tartar Sauce 3g Mixed Fruit 15g Milk 24g Total Carbs 176g	Grilled Cheese 28g Mini Ravioli 17g Cheese Stick 1g Broccoli 5g Applesauce 14g Milk 24g Total 89g	Beef Nacho Boat -3oz 24g Refried Beans 20g Lettuce & Cheese Cup 2g Salsa 8g Strawberry Cup 22g Milk 24g Total 100g
27	28	29	30	31
Pancakes-3ea 39g Scrambled Eggs 3g Bacon Slices 0g Hash Brown 27g Syrup Cup 31g Pears 17g Milk 24g Total 141g	Cheese Stuffed Crust Pizza Pepperoni or Cheese 38g Peas 11g Cookie 17g Peaches 14g Milk 24g Total Carbs 88g	Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Bacon Slices 0g Green Beans 3g Tater Tots 16g- Mixed Fruit 18g Milk 24g Total 92g	Spaghetti w/ Meat Sauce 38g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 24g Total 107g	Hot Dog 1g Hot Dog Bun 22g Tater Tots 16g Carrots 13g Peach Cup 19g Milk 24g Total Carbs 95g