



APRIL | 2018

Bluffton Harrison Middle School
This Institute is an equal opportunity provider

*Don't forget Bluffton Harrison MSD Serves
 Breakfast Daily! Start your tiger out with a
 Nutritional Advantage!
 Served Daily 7:25am-7:45am*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Sausage Pancake Stick 26g Hashbrown 27g Cheese Omelet 4g Maple Syrup 31g Ketchup 0g Total Carbs 124g	3 Cavatini Pasta 44g Bosco Breadstick 14g Lettuce Salad Blend 2g Ranch Dressing 5g Applesauce 14g Milk 20g Total Carbs 99g	4 Grilled Cheese Sand 30g WG Bread Green Beans 3g Broccoli Florets 5g Mixed Fruit 15g Milk 20g Total Carbs 73g	5 Lasagna Roll 36g Mozzarella Cheese 1g Bosco Breadstick 14g Lettuce Salad with Ranch 17g Peaches 17g Milk 20g Total Carbs 105g	6 Pizza 33g Baked Beans 26g Blueberries 11g Milk 20g Total Carbs 90g
9 Macaroni and Cheese 26g Broccoli Florets 5g Corn 16g Peanut Butter and Jelly Sandwich 51g Pears 16g Milk 20g Total Carbs 134g	10 Pepperoni Pizza Bagel 10g Crinkle Carrots 6g Applesauce 14g Milk 20g Total Carbs 50g	11 Mini Corn Dogs 30g French Fries 17g Green Beans 3g Mixed Fruit 15g Ketchup Packet 0g Mustard Packet 0g Milk 20g Total Carbs 85g	12 Build your own Turkey Sub 16g Raw Veggie Pack 20g Peaches 17g Milk 20g Total Carbs 73g	13 Popcorn Chicken 14g Baked Beans 26g Pretzel 14g BBQ Sauce Cup 11g Ketchup 0g Frozen Peaches 19g Milk 20g Total Carbs 104g
16 Breaded Chicken Patty 15g WG Bun 26g Cheese Slice 1g Broccoli 5g Corn 16g Ketchup/Mustard 0g Pears 16g Milk 20g Total Carbs 99g	17 Hamburger Patty 2g WG Hamburger Bun 26g Cheese Slice 1g French Fries 17g Applesauce 14g Milk 20g Total Grams 80g	18 Pizza 35g Carrots 24g Mixed Fruit 15g Milk 20g Total Grams 94g	19 Chicken & Noodles 27g Mashed Potatoes 36g Dinner Roll/Butter Cup 19g Peaches 17g Milk 20g Total Carbs 147g	20 Taco Boat with Fajita Chicken 25g Lettuce / Cheese Cup 4g Tostitos 18g Refried Beans 20g Salsa 8g Frozen Strawberry Cup 22g Milk 20g Total Carbs 117g
23 Tangerine Chicken 25g Teriyaki Noodles 44g Egg Roll 22g Pears 16g Milk 20g Total Grams 127g	24 Broccoli Cheddar Potato 48g RF Doritos 20g Cheese Stick 1g Applesauce 14g Milk 20g Total Carbs 103g	25 Hot Dog on WG Bun 21g Potato Wedges 17g Green Beans 3g Baked Beans 26g Mixed Fruit 15g Ketchup/Mustard 0g Milk 20g Total Carbs 102g	26 Spaghetti 36g Lettuce Salad/Ranch 16g Bosco Breadstick 14g Peaches 17g Milk 20g Total Carbs 103g	27 Biscuit & Gravy 27g Hashbrown 27g Scrambled Eggs 1g Broccoli 5g Frozen Peaches 19g Milk 20g Total Carbs 99g
30 Sausage Pancake Stick 26g Hashbrown 27g Cheese Omelet 4g Maple Syrup 31g Ketchup 0g Milk 20g Total Carbs 124g				

NEWS

Daily Tiger Choices:

Tiger Pack
 Peanut Butter/Grape Jelly
 Uncrustable
 Cheese Stick
 (String Cheese)
 Reduced Fat Nacho Doritos
 Fresh Veggie Pack
 (See choices below varies daily)
 Fruit of the Day
 Milk

Tiger Chef Salad

(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

Fresh Tiger Veggie Packs

Vary Daily:
 (1oz Ranch & Peanut Butter Cup
 Offered)

Cucumbers, Tomatoes,
 Cauliflower, Bell Pepper Mix,
 Carrots, Celery & Broccoli

**Tiger Menu's Subject to
 Change**