

**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

MY SCHOOL BUCKS  
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**MARCH 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 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>	Grilled Cheese 28g Mini Ravioli 17g Cheese Stick 1g Broccoli 5g Applesauce 14g Milk 24g <b>Total 89g</b>	Fiestada Pizza 43g Spanish Rice- 1/2C 23g Churro 28g Corn 16g Peach Cup 19g Milk 24g <b>Total 148g</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>	<p style="text-align: center;"><b>No School</b></p> <p style="text-align: center;"><b>Parent Teacher Conference</b></p>	Breaded Chicken Patty 15g Cheese Slice 1g Hamburger Bun 28g Green Beans 4g Peaches 14g Mayo Pkt 0g Milk 24g <b>Total 86g</b>	Uncrustable 32g Cheese Stick 1g RF Doritos 20g Raw Veggie Option 1-11g Applesauce Cup 14g Milk 24g <b>Total Carbs 102g</b>	<p style="text-align: center;"><b>No School</b></p> <p style="text-align: center;"><b>Spring Break</b></p>
Southwest Chicken Salad 66g Fruit of the Day 8-28g Milk 24g				
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>			