

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



NOVEMBER 2019

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
		Fish Filet 53g Hamburger Bun 28g Cheese Slices 1g Green Beans 4g Tartar Sauce 3g Mixed Fruit 15g Milk 24g Total Carbs 128g	Turkey Manhattan 32g Corn 16g Cookie 17g Applesauce 14g Milk 24g Total 103g	Popcorn Chicken 21g WG Pretzel 14g Broccoli 5g Pineapple 18g Dip Cup 3-11g Milk 24g Total 93g
BBQ Rib 13g White Hamburger Bun 28g Green Beans 3g Baked Lays 25g- Pineapple 18g Milk 24g Total 111g	Mini Corn Dogs-6ea 42g Waffle Fries 19g Carrots 12g Peaches 14g Milk 24g Total 111g	Chicken Cordon Bleu 46g Cordon Bleu Sauce 4g Hamburger Bun 28g Green Beans 3g Mixed Fruit 15g Milk 24g Total 120g	Grilled Cheese 28g Mini Ravioli 17g Broccoli 5g Applesauce 14g Milk 24g Total 88g	Fiestada Pizza 43g Spanish Rice- 1/2C 22g Churro 27g Corn 15g Mandarin Oranges 20g Milk 24g Total 151g
Chicken & Waffle 11 Chicken Tenders 5g WG Waffle 37g Hash Brown 27g Mandarin Oranges 20g Milk 24g Syrup Cup 31g Total 144g	Pizza-Cheese, Pepperoni or Sausage 12 Peas 11g Cookie 17g Peaches 14g Milk 24g Total Carbs 92g	Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Bacon Slices 0g Cookie 17g Spiral Fries 27g- Mixed Fruit 15g Milk 24g Total 114g	Beef & Noodles 53g Mashed Potatoes 13g White Dinner Roll 19g Margarine Cup 0g Corn 15g Cookie 17g Applesauce 14g Milk 24g Total Carbs 155g	Hot Dog 1g Hot Dog Bun 22g Green Beans 3g Pears 17g Cookie 17g Milk 24g Total Carbs 84g
Pancakes-3ea 39g Scrambled Eggs 3g Bacon Slices 0g Hash Brown 27g Syrup Cup 31g Pears 17g Milk 24g Total 141g	Hot Ham & Cheese Sandwich 19 Sandwich 37g Tater Tots 16g Carrots 6g Peaches 14g Milk 24g Total Carbs 97g	Cheese Stuffed Crust Pizza 20 Pepperoni or Cheese 38g Peas 11g Mixed Fruit 15g Milk 24g Total Carbs 88g	Spaghetti w/ Meat Sauce 21 WG Bosco Stick 38g Lettuce Salad w/Ranch 14g Applesauce 17g Milk 14g Total 94g	Beef Nacho Boat -3oz 24g Refried Beans 20g Lettuce & Cheese Cup 2g Salsa 8g Pineapple 18g Milk 24g Total 96g
Breaded Pork Chop 15g White Hamburger Bun 28g Cheese Slice 1g Baked Beans 43g Pineapple 18g Milk 24g Total 129g	Uncrustable 26 Cheese Stick 32g RF Doritos 1g Raw Veggie Option 20g Fruit of the Day 1-11g Milk 8-28g Milk 24g Total Carbs 116g	No School E-Learning Day		