

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 **PAY FOR MEALS ONLINE**
 MySchoolBucks.com



NOVEMBER 2020

	Mon	Tue	Wed	Thu	Fri
<p><u>Daily Tiger Choices :</u></p> <p>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</p> <p>Or Hot Meal option as menued</p> <p>Raw Tiger Veggie Packs Vary Daily: (1oz Ranch 10g & 1oz Peanut Butter Cup 8g Offered) 1/2C Cucumbers 1/2C Grape Tomatoes 1/2C Cauliflower 1/2C Bell Pepper 1/2C Carrots 1/2C Celery 1/2C Broccoli (1-11g)</p> <p>Flavored Milk Varieties 11-20g 1 Cup 1% White 1 Cup FF Chocolate</p> <p>Condiments Offered Daily according to menu (0g-11g)</p> <p>* Tiger Menu's Subject to Change</p>	<p>2</p> <p>Popcorn Chicken 21g WG Pretzel 14g Broccoli 5g Pears 16g Dip Cup 3-11g Milk 24g Total 91g</p>	<p>3</p> <p>Mini Corn Dogs-6ea 30g Baked Beans 43g Peaches 14g Milk 20g Total 107g</p>	<p>4</p> <p>Tiger Basket—New Chicken Strips- 3ea 48g w/ Texas Toast & Gravy Margarine Cup 0g French Fries 17g Mixed Fruit 15g Milk 24g Total 104g</p>	<p>5</p> <p>Beef Nacho Boat -3oz 24g Refried Beans 20g Lettuce & Cheese Cup 2g Salsa 8g Applesauce 14g Milk 20g Total 88g</p>	<p>6</p> <p>Pizza Pepperoni or Cheese 33g Peas 11g Trix Yogurt Cup 15g Strawberry Cup 18g Milk 24g Total Carbs 101g</p>
	<p>9</p> <p>Teriyaki Dippers- 6ea 21g White Rice 2g White Dinner Roll 19g Margarine Cup 0g Broccoli 3g Pears 17g Milk 24g Total 86g</p>	<p>10</p> <p>Marinated Grilled Chicken 16g White Bun 22g Corn 15g Peaches 14g Milk 24g Total 91g</p>	<p>11</p> <p>Breaded Pork Chop 15g Hamburger Bun 28g Baked Beans 43g Mixed Fruit 15g Milk 20g Total 121g</p>	<p>12</p> <p>Chicken & Noodles 50g Mashed Potatoes 14g White Dinner Roll 19g w/Butter Cup 0g Green Beans 4g Applesauce 14g Milk 20g Total 121g</p>	<p>13</p> <p>Chicken Quesadilla 37g Spanish Rice 44g Cookie 17g Carrots 4g Pineapple Tidbits 18g Milk 20g Total 140g</p>
	<p>16</p> <p>Pancakes-3ea 39g Scrambled Eggs 3g Hash Brown 27g Carrots 4g Syrup Cup 31g Pears 17g Milk 20g Total 141g</p>	<p>17</p> <p>Breaded Chicken Patty 16g Cheese Slice 1g Hamburger Bun 28g Baked Beans 43g Peaches 14g Milk 20g Total 122g</p>	<p>18</p> <p>Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Tater Tots 16g- Mixed Fruit 18g Milk 20g Total 85g</p>	<p>19</p> <p>Spaghetti w/ Meat Sauce 38g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 20g Total 103g</p>	<p>20</p> <p>Pizza Pepperoni or Cheese 33g Trix Yogurt Cup 15g Peas 11g Strawberry Cup 18g Milk 24g Total Carbs 101g</p>
	<p>23</p> <p>Breaded Cheeseburger 18g Cheese Slice 1g Hamburger Bun 28g Carrots 4g Pears 17g Milk 24g Total 92g</p>	<p>24</p> <p>Fiestada Pizza 43g Spanish Rice 44g Churro 27g Carrots 4g Peaches 14g Milk 20g Total 152g</p>	<p>25</p> <p>E-Learning Day</p>	<p>26</p> <p>No School ~ Thanksgiving Break</p> 	<p>27</p>
	<p>30</p> <p>Popcorn Chicken 21g WG Pretzel 14g Broccoli 5g Pears 16g Dip Cup 3-11g Milk 24g Total 91g</p>				