

**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 \$1.80/day  
 Lunch \$2.65/day

MY SCHOOL BUCKS  
 PAY FOR MEALS ONLINE  
 MySchoolBucks.com

# OCTOBER 2018



	Mon	Tue	Wed	Thu	Fri	
<p><b><u>Daily Tiger Choices:</u></b></p> <p><b>Tiger Pack</b>            Peanut Butter/Grape Jelly            Uncrustable            Cheese Stick            (String Cheese or Colby Jack)            Reduced Fat Nacho Doritos            Fresh Veggie Pack            (See choices below varies daily)            Fruit of the Day            Milk</p> <p><b>Tiger Chef Salad</b>            (Romaine Lettuce, 2oz Cheese,            Ham, 1oz Pea &amp; Black Bean            Cup, Carrots, Broccoli, Celery            &amp; Grape Tomatoes)            Fat Free Ranch or Honey            French Dressing            Fruit of the Day            Milk</p> <p><b>Fresh Tiger Veggie            Packs Vary Daily:</b>            (1oz Ranch &amp; Peanut Butter            Cup Offered)            Cucumbers, Tomatoes, Cauli-            flower, Bell Pepper Mix, Car-            rots, Celery &amp; Broccoli</p> <p><b>Flavored Milk Varieties            &amp; Condiments Offered            Daily</b></p> <p><b>* Tiger Menu's Subject            to Change *</b></p>	Tangerine Chicken 25g Teriyaki Noodles 44g Broccoli 5g Pears 16g Milk 24g <b>Total Carbs 121g</b>	Hot Dog 1g Cheese Sauce 4g WG Bun 20g Baked Beans 27g Peaches 14g Milk 24g <b>Total Carbs 90g</b>	Chicken Patty 16g Cheese Slice 1g WG Bun 26g Corn 16g Mixed Fruit 15g Milk 24g <b>Total Carbs 103g</b>	Spaghetti w/ Meat Sauce 56g 4" WG Bosco Stick 14g Green Beans 2g Applesauce 14g Milk 24g <b>Total Carbs 118g</b>	Turkey Pot Pie 56g Peas 11g Dinner Roll 19g Margarine Cup 0g WG Cookie 18g Strawberry Cup 18g Milk 24g <b>Total Carbs 146g</b>	
	Chicken Patty 16g Cheese Slice 1g WG Bun 22g Corn or 16g Baked Beans 27g Pears 16g Milk 24g <b>Total Carbs 122g</b>	Mini Corn Dogs 21g French Fries 15g Peas 4g Peaches 14g Milk 24g <b>Total Carbs 87g</b>	Grilled Cheese Sandwich 28g Tomato Soup 16g Broccoli Cuts 5g Mixed Fruit 15g Milk 24g <b>Total Carbs 95g</b>	Cavatini Pasta 54g WG Bosco Stick 0g Lettuce Salad 10g Ranch Dressing 1oz 10g Applesauce 14g Milk 24g <b>Total Carbs 102g</b>	Breaded Pork Chop 18g WG Bun 26g Cheese Slice 1g Peas or 11g Broccoli 5g Peach Cup 19g Milk 24g <b>Total Carbs 104g</b>	
	WG Pancakes- 3ea 39g Omelet w/ Cheddar 27g Hash Brown 16g Pears 16g Maple Syrup Cup 24g <b>Total Carbs 106g</b>	<b>No School            Parent/Teacher            Conference</b>		Hamburger Patty 2g WG Bun 26g Cheese Slice 1g Baked Beans 27g French Fries 15g Mixed Fruit 15g Milk 24g <b>Total Carbs 95g</b>	Nacho Bel Grande 36g Salsa 8g Corn 16g Applesauce 14g Milk 24g <b>Total Carbs 98g</b>	Popcorn Chicken 14g WG Pretzel 14g Broccoli 5g Blueberries 8g Milk 24g <b>Total Carbs 81g</b>
		<b>No School Fall Break</b>				
	Tangerine Chicken 25g Teriyaki Noodles 44g Broccoli 5g Pears 16g Milk 24g <b>Total Carbs 121g</b>	Hot Dog 1g Cheese Sauce 4g WG Bun 20g Baked Beans 27g Peaches 14g Milk 24g <b>Total Carbs 90g</b>	Chicken Patty 16g Cheese Slice 1g WG Bun 26g Corn 16g Mixed Fruit 15g Milk 24g <b>Total Carbs 103g</b>			