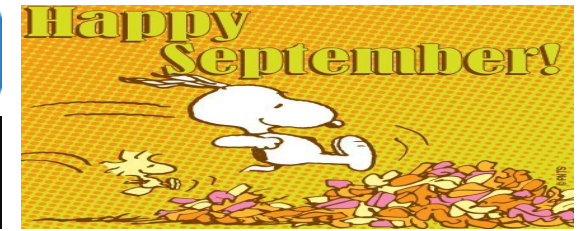


Bluffton-Harrison Middle School
This Institute is an equal opportunity provider

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



SEPTEMBER 2020

Daily Tiger Choices :

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

Or Hot Meal option as menued

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)

Flavored Milk Varieties 11-20g
 1 Cup 1% White
 1 Cup FF Chocolate

Condiments Offered Daily
 according to menu
 (0g-11g)

* Tiger Menu's Subject to
 Change

Mon	Tue	Wed	Thu	Fri
	Breaded Cheeseburger 18g Cheese Slice 1g Hamburger Bun 28g Carrots 4g Peaches 14g Milk 24g Total 89g	Tiger Basket—New Chicken Strips—3ea 48g w/ Texas Toast & Gravy Margarine Cup 0g French Fries 17g Mixed Fruit 15g Milk 24g Total 104 g	Beef Nacho Boat —3oz 24g Refried Beans 20g Lettuce & Cheese Cup 2g Salsa 8g Applesauce 14g Milk 20g Total 88g	NEW MENU- Lil' Smoked Sausages 1g Mac & Cheese 29g WG Pretzel 14g Broccoli 5g Strawberry Cup 18g Milk 24g Total 91g
No School 	Pizza Pepperoni or Cheese 33g Broccoli 5g Cookie 23g Peaches 14g Milk 20g Total Carbs 95g	Breaded Pork Chop 15g Hamburger Bun 28g Baked Beans 43g Mixed Fruit 15g Milk 20g Total 121g	Chicken & Noodles 50g Mashed Potatoes 14g White Dinner Roll 19g w/Butter Cup 0g Green Beans 4g Applesauce 14g Milk 20g Total 121g	NEW MENU- Fiestada Pizza 43g Spanish Rice 44g Churro 27g Carrots 4g Peach Cup 19g Milk 20g Total 157g
Pancakes-3ea 39g Scrambled Eggs 3g Hash Brown 27g Carrots 4g Syrup Cup 31g Pears 17g Milk 20g Total 141g	Breaded Chicken Patty 15g Cheese Slice 1g Hamburger Bun 28g Green Beans 4g Peaches 14g Mayo Pkt 0g Milk 20g Total 82g	Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Baked Beans 43g Tater Tots 16g Mixed Fruit 18g Milk 20g Total 128g	Grilled Cheese 28g Mini Ravioli 17g Cheese Stick 1g Broccoli 5g Applesauce 14g Milk 20g Total 85g	Pizza Pepperoni or Cheese 33g Peas 11g Strawberry Cup 18g Milk 24g Total Carbs 86g
Popcorn Chicken 21g WG Pretzel 14g Broccoli 5g Pears 16g Dip Cup 3-11g Milk 24g Total 91g	Mini Corn Dogs-6ea 30g Baked Beans 43g Peaches 14g Milk 20g Total 124g	Hot Dog w/Bun 23g Tater Tots 16g Carrots 4g Mixed Fruit 18g Milk 24g Total Carbs 81g	Spaghetti w/ Meat Sauce 38g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 20g Total 103g	Tiger Basket—New Chicken Strips—3ea 48g w/ Texas Toast & Gravy Margarine Cup 0g French Fries 17g Mixed Fruit 15g Milk 24g Total 104 g
Breaded Chicken Patty 16g Cheese Slice 1g Hamburger Bun 28g Baked Beans 43g Pears 16g Milk 20g Total 124g	Breaded Cheeseburger 18g Cheese Slice 1g Hamburger Bun 28g Carrots 4g Peaches 14g Milk 24g Total 89g	Tiger Basket—New Chicken Strips—3ea 48g w/ Texas Toast & Gravy Margarine Cup 0g French Fries 17g Mixed Fruit 15g Milk 24g Total 104 g		