

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 \$2.25/day
 Lunch \$2.75/day

MY
 SCHOOL
 BUCKS

PAY FOR MEALS ONLINE
 MySchoolBucks.com

DECEMBER 2022



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 11-24g
 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
			1	2
			Grilled Cheese 23g Broccoli 8g Cheese Sauce 4g Mixed Fruit 17g Cookie 17g Milk 24g Total 93g	Breaded Chicken 15g Cheese Slice 1g Hamburger Bun 28g Carrots 4g Peaches 14g Milk 24g Total 86g
			8	9
5	6	7	8	9
Teriyaki Dippers-6ea 21g White Rice 2g White Dinner Roll 19g Margarine Cup 0g Broccoli 3g Pears 17g Milk 24g Total 86g	Lasagna Roll w/ Meat Sauce 35g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 24g Total 104g	Breaded Pork Chop 15g Hamburger Bun 28g Baked Beans 43g Mixed Fruit 15g Milk 24g Total 121g	Chicken & Noodles 50g Mashed Potatoes 14g White Dinner Roll w/Butter Cup 19g Green Beans 0g Green Beans 4g Applesauce 14g Milk 24g Total 121g	Mini Corn Dogs-6ea 30g Baked Beans 43g Peaches 14g Milk 24g Total 111g
			14	15
			14	15
11	12	13	14	15
Pancakes-3ea 39g Scrambled Eggs 3g Hash Brown 27g Carrots 4g Syrup Cup 31g Pears 17g Milk 24g Total 141g	Breaded Chicken Patty 16g Cheese Slice 1g Hamburger Bun 28g Baked Beans 43g Peaches 14g Milk 24g Total 122g	Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Tater Tots 16g- Mixed Fruit 18g Milk 24g Total 85g	Spaghetti w/ Meat Sauce 38g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 24g Total 103g	Pizza Pepperoni or Cheese 33g Trix Yogurt Cup 15g Peas 11g Strawberry Cup 18g Milk 24g Total Carbs 101g
			22	23
			22	23
19	20	21	22	23
Hot Dog w/Bun 23g Tater Tots 16g Carrots 4g Mixed Fruit 18g Milk 24g Total Carbs 81g	Sausage Patty 1g Mac & Cheese 26g WG Pretzel 30g Green Beans 15g Applesauce Cup 14g Milk 24g Total Carbs 110g	Popcorn Chicken 21g WG Pretzel 14g Broccoli 5g Pears 16g Dip Cup 11g Milk 24g Total 91g	Turkey Manhattan 32g Corn 16g Cookie 17g Applesauce 14g Milk 24g Total 103g	

