

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



NOVEMBER 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 11-24g

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	3	4
	Mini Corn Dogs-6ea 30g Baked Beans 43g Peaches 14g Milk 24g Total 111g	Breaded Chicken 15g Cheese Slice 1g Hamburger Bun 28g Carrots 4g Peaches 14g Milk 24g Total 86g	Beef Nacho Boat -3oz 24g Refried Beans 20g Lettuce & Cheese Cup 2g Salsa 8g Applesauce 14g Milk 24g Total 91g	Pizza Pepperoni or Cheese 33g Peas 11g Trix Yogurt Cup 15g Strawberry Cup 18g Milk 24g Total Carbs 101g
7	8	9	10	11
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 19g w/Butter Cup 0g Green Beans 4g Applesauce 14g Milk 24g Total 121g	Chicken Quesadilla 37g Spanish Rice 44g Cookie 17g Carrots 4g Pineapple Tidbits 18g Milk 24g Total 140g
14	15	16	17	18
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	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
21	22	23	24	25
Hot Dog w/Bun 23g Tater Tots 16g Carrots 4g Mixed Fruit 18g Milk 24g Total Carbs 81g	Turkey Manhattan 32g Corn 16g Cookie 17g Applesauce 14g Milk 24g Total 103g	No School ~ Thanksgiving Break 		
28	29	30		
Popcorn Chicken 21g WG Pretzel 14g Broccoli 5g Pears 16g Dip Cup 11g Milk 24g Total 91g	Fiestada Pizza 43g Spanish Rice 44g Churro 27g Carrots 4g Peaches 14g Milk 24g Total 152g	Fish Filet 53g Hamburger Bun 28g Cheese Slices 1g Green Beans 4g Tartar Sauce 3g Mixed Fruit 15g Milk 24g Total Carbs 128g		