

**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



# OCTOBER 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		
	3	4	5	6	7		
Beef Nacho Boat -3oz	24g	Mini Corn Dogs-6ea	30g	Pancakes-3ea	39g	Teriyaki Dippers- 6ea	21g
Refried Beans	20g	French Fries	17g	Egg & Cheese Omelet	4g	White Rice	2g
Lettuce & Cheese Cup	2g	Baked Beans	43g	Hash Brown	27g	White Dinner Roll	19g
Salsa	8g	Cookie	17g	Carrots	4g	Margarine Cup	0g
Applesauce	14g	Peaches	14g	Syrup Cup	31g	Broccoli	3g
Milk	24g	Milk	24g	Pears	17g	Pears	17g
<b>Total</b>	<b>92g</b>	<b>Total</b>	<b>145g</b>	Milk	24g	Milk	24g
				<b>Total</b>	<b>146g</b>	<b>Total</b>	<b>86g</b>
	10	11	<b>No School Parent / Teacher Conferences</b>	12	13	14	
Breaded Chicken Patty	16g	Hamburger Patty	2g	Chicken & Noodles	50g	Pizza	
Cheese Slice	1g	Hamburger Bun	28g	Mashed Potatoes	14g	Pepperoni or Cheese	33g
Hamburger Bun	28g	Cheese Slice	1g	White Dinner Roll	19g	Trix Yogurt Cup	15g
Baked Beans	43g	Broccoli	5g	w/Butter Cup	0g	Peas	11g
Peaches	14g	Tater Tots	16g-	Green Beans	4g	Peach Cup	19g
Milk	24g	Mixed Fruit	18g	Applesauce	14g	Milk	24g
<b>Total</b>	<b>126g</b>	Milk	24g	<b>Total</b>	<b>125g</b>	<b>Total Carbs</b>	<b>102g</b>
		<b>Total</b>	<b>94g</b>				
	17	18	<b>FALL BREAK ~ NO SCHOOL</b>			21	
			19	20	21		
	24	25	26	27	28		
Hot Dog	1g	Marinated Grilled		Turkey Manhattan	32g	Pulled Pork	8g
Hot Dog Bun	22g	Chicken	16g	Corn	16g	Hamburger Bun	28g
Baked Beans	53g	White Bun	22g	Cookie	17g	BBQ Sauce Option	18g
Peach Cup	19g	Corn	15g	Applesauce	14g	Carrots	6g
Milk	24g	Mixed Fruit	18g	Milk	24g	Applesauce	14g
<b>Total Carbs</b>	<b>129g</b>	Milk	24g	<b>Total</b>	<b>103g</b>	Milk	24g
		<b>Total</b>	<b>95g</b>			<b>Total Carbs</b>	<b>121g</b>
	31						
Sloppy Joe	8g						
Hamburger Bun	28g						
WG Cookie	27g						
Peas	11g						
Peaches	14g						
Milk	24g						
<b>Total</b>	<b>112g</b>						