

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 2021

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
		1	2	3
		Popcorn Chicken 21g WG Pretzel 14g Carrots 4g Pears 16g Dip Cup 3-11g Milk 24g Total 90g	Fiestada Pizza 43g Spanish Rice- 1/2C 23g Churro 28g Carrots 4g Mixed Berry Cup 20g Milk 24g Total 142g	Hot Dog w/Bun 23g Tater Tots 16g Carrots 4g Mixed Fruit 18g Milk 24g Total Carbs 81g
6	7	8	9	10
	Mini Corn Dogs-6ea 30g French Fries 17g Baked Beans 43g Cookie 17g Peaches 14g Milk 20g Total 141g	Tiger Basket Chicken Strips- 3ea 48g w/ Texas Toast & Gravy Margarine Cup 0g French Fries 17g Mixed Fruit 15g Milk 24g Total 104g	Lasagna Roll w/ Meat Sauce 35g WG Bosco Stick 14g Green Beans 4g Applesauce 14g Milk 24g Total 91g	Teriyaki Dippers- 6ea 21g White Rice 2g White Dinner Roll 19g Margarine Cup 0g Broccoli 3g Peas 17g Milk 24g
13	14	15	16	17
Pancakes-3ea 39g Egg & Cheese Omelet 4g Hash Brown 27g Carrots 4g Syrup Cup 31g Pears 17g Milk 20g Total 142g	Breaded Chicken Patty 16g Cheese Slice 1g Hamburger Bun 28g Baked Beans 43g Peaches 14g Milk 20g Total 122g	Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Broccoli 5g Tater Tots 16g- Mixed Fruit 18g Milk 20g Total 90g	Chicken & Noodles 50g Mashed Potatoes 14g White Dinner Roll 19g w/Butter Cup 0g Green Beans 4g Applesauce 14g Milk 20g	Pizza Pepperoni or Cheese 33g Trix Yogurt Cup 15g Peas 11g Peach Cup 19g Milk 24g Total Carbs 102g
20	21	22	23	24
Chicken Nuggets- 5es 16g Baked Beans 43g Loaded Potato Skins 38g Mixed Fruit 15g Dip Cup 3-11g Pears 17g Milk 24g Total 164g	Turkey Manhattan 32g Broccoli 5g Cookie 17g Peaches 14g Milk 24g Total 92g	Marinated Grilled Chicken 16g White Bun 22g Corn 15g Mixed Fruit 18g Milk 24g Total 95g	Spaghetti w/ Meat Sauce 38g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 20g Total 103g	E-Learning Day
27	28	29	30	
Chicken & Waffle Chicken Tenders 16g WG Waffle 37g Hash Brown 27g Pears 16g Milk 20g Syrup Cup 31g Total 149g	Breaded Pork Chop 15g Hamburger Bun 28g Baked Beans 43g Peaches 14g Milk 20g Total 120g	BBQ Rib 13g White Hamburger Bun 28g Green Beans 3g Baked Lays 25g- Pineapple 18g Milk 24g Total 111g	Hot Dog 1g Hot Dog Bun 22g Baked Beans 53g Peach Cup 19g Milk 20g Total Carbs 125g	