

**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 2024

**Daily Tiger Choices:**  
**Hot Meal Service**  
**Or**

**Tiger 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

**Raw Tiger Veggie Option**  
**Daily:**

- Cucumbers, Tomatoes, Cau-
- liflower, Bell Peppers, Car-
- rots, Celery & 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 Pizza- Cheese, 33g Pepperoni or Sausage Carrots 6g Cookie 23g Peaches 14g Milk 24g Total Carbs 100g
4 Popcorn Chicken 20g WG Pretzel 30g Glazed Carrots 13g Pears 16g Dip Cup 3-11g Milk 24g Total Carbs 115g	5 Hot Dog 1g Hot Dog Bun 15g Chili Sauce 7g Cheese Sauce 2g Potato Wedges 20g Baked Beans 43g Cookie 24g Peaches 14g Milk 24g Total Carbs 150g	6 Hamburger Patty 2g Hamburger Bun 28g Pickle Slices 0g Cheese Slice 1g Waffle Fries 19g Green Beans 3g Cookie 24g Tropical Fruit 16g Milk 24g Total Carbs 115g	7 Turkey Manhattan 33g White Dinner Roll 19g Margarine Cup 0g Peas 11g Mixed Fruit 15g Milk 24g Total Carbs 105g	8 Fiestada Pizza 43g Spanish Rice 23g Churro 28g Broccoli 5g Mandarin Oranges 20g Milk 24g Total 142g
11 Biscuits & Gravy 47g Scrambled Eggs 1g Hash Brown 27g Applesauce Cup 14g Milk 24g Total 113g	12 Breaded Chicken 15g Hamburger Bun 28g Cheese Slice 1g Mayo Pkt 0g Broccoli 6g Mixed Fruit 17g Milk 24g Total Carbs 91g	13 Ham&Cheese Calzone 33g Lettuce Salad 4g Brownie 18g Pineapple 18g Milk 24g Total Carbs 97g	14 Tiger Bowl 55g Mashed Potatoes, Corn Popcorn Chicken, White Gravy, Shredded Cheese Green Beans 3g White Dinner Roll 19g Margarine Cup 0g Strawberry Cup 18g Milk 24g	15 Pizza- Cheese, 33g Pepperoni or Sausage Green Beans 3g Cookie 23g Peaches 14g Milk 24g Total Carbs 97g
18 Mini Corn Dogs-6ea 30g French Fries 17g Baked Beans 43g Pears 16g Milk 24g Total Carbs 130g	19 French Toast Sticks 29g Scrambled Eggs 3g Bacon Slices 0g Hash Rounds 16g Syrup Cup 31g Peaches 16g WG Cookie 27g Milk 24g Total Carbs 146g	20 Walking Dorito Taco 24g Salsa 8g Lettuce 2oz 0g Cheese Cup 1oz 1g Diced Tomato 2oz 3g Mixed Fruit 17g Cookie 24g Milk 24g Total Carbs 101g	21 Spaghetti w/ Meat Sauce 38g WG Bosco Stick 25g Lettuce Salad w/Ranch 8g Applesauce 14g Milk 24g Total Carbs 109g	22 Chicken & Waffle Chicken Tenders 16g WG Waffle 37g Tator Tots 27g Pineapple 18g Milk 24g Syrup Cup 31g Total Carbs 151g
25 Beef Stew 21g Rice 25g Green Beans 3g Dinner Roll/Butter 16g Mixed Fruit 17g Milk 24g Total Carbs 106g	26 Chicken & Noodles 22g Mashed Potatoes 13g White Dinner Roll 19g Margarine Cup 0g Corn 16g Cookie 23g Applesauce 14g Milk 24g Total Carbs 132g	27 <b>Thanksgiving Break</b>	28 <b>Thanksgiving Break</b>	29 <b>Thanksgiving Break</b>

