

Bluffton-Harrison Middle School
This Institute is an equal opportunity provider

Don't forget Bluffton-Harrison Elementary School
 Serves Breakfast Daily!
 Start your tiger out with a Nutritional Advantage!
 Served Daily 7:40am—8:00am

Breakfast \$2.25/day
 Lunch \$2.75/day

MY SCHOOL BUCKS PAY FOR MEALS ONLINE
 MySchoolBucks.com

MAY 2023



Daily Tiger Choices:
Hot Meal Service
 or
PB&J Meal— Includes
 Peanut Butter/Grape Jelly,
 Honey, Chocolate or
 Strawberry.
*(flavors vary on
 availability)*

Uncrustable 32g

Cheese Stick— Varies
 String Cheese (1g) or
 Colby Jack (1g)

Reduced Fat Nacho Doritos
 (20g)

1/2C Vegetable (1-30g)

1/2C Fruit (8-28g)

Milk
 White (11g) or
 Chocolate (24g)

Flavored Milk Varieties
 11-24g

Mon	Tue	Wed	Thu	Fri
1 Pulled Pork 8g Hamburger Bun 28g BBQ Sauce Option 18g Carrots 6g Applesauce 14g Milk 24g Total Carbs 121g	2 Marinated Grilled Chicken 16g White Bun 22g Corn 15g Peaches 14g Milk 24g Total 91g	3 Popcorn Chicken 14g WG Pretzel 14g Broccoli 8g Mixed Fruit 18g- Dip Cup 11g Milk 24g Total 89g	4 Lasagna Roll w/ Meat Sauce 35g WG Bosco Stick 14g Green Beans 11g Applesauce 14g Milk 24g Total 98g	5 Hot Dog 1g Hot Dog Bun 22g French Fries 17g Trix Yogurt Cup 15g Mixed Berry Cup 22g Milk 24g Total Carbs 101g
8 Breaded Chicken Patty 15g Cheese Slice 1g Hamburger Bun 28g Broccoli 8g Mixed Berry Cup 22g Milk 24g Total 97g	9 BBQ Rib 13g White Hamburger Bun 28g Baked Beans 53g Baked Lays 25g- Mixed Fruit 18g Milk 24g Total 111g	10 Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Veggie Beans 45g Potato Wedges 16g Man Oranges 20g Milk 24g Total 131g	11 Fiestada Pizza 43g Spanish Rice— 1/2C 23g Churro 28g Corn 15g Pineapple 19g Milk 24g Total 152g	12 Mini Corn Dogs-6ea 42g- Green Beans 3g Peaches 14g Milk 24g Total 83g
15 Hot Dog 1g Hot Dog Bun 22g French Fries 17g Trix Yogurt Cup 15g Pears 17g Milk 24g Total Carbs 96g	16 Popcorn Chicken 14g WG Pretzel 14g Broccoli 8g Peaches 14g- Dip Cup 11g Milk 24g Total 81g	17 Hamburger 2g Cheese Slice 1g Hamburger Bun 28g Baked Beans 53g Tater Tots 16g Mixed Fruit 18g Milk 24g Total 89g	18 Spaghetti w/ Meat Sauce 38g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 24g Total 107g	20 Hot Ham & Cheese Sandwich 37g Tater Tots 16g Carrots 6g Pineapple 19g Milk 24g Total Carbs 97g
22 Pancakes-3ea 39g Scrambled Eggs 3g Tater Tots 24g Syrup Cup 31g Pears 17g Milk 24g Total 138g	23 Chicken Patty 16g Cheese Slice 1g White Bun 22g Corn 15g Mixed Fruit 15g Milk 24g Total 93g	24 Teriyaki Dippers— 6ea 121g White Rice 2g White Dinner Roll 19g Margarine Cup 0g Broccoli 3g Man Oranges 20g Milk 24g Total 89g	25 Pizza— Cheese 33g Carrots 4g Strawberry Cup 22g Cookie 17g Milk 24g Total 100g	

