

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

Breakfast \$2.10/day
 Lunch \$2.75/day

MY SCHOOL BUCKS PAY FOR MEALS ONLINE
 MySchoolBucks.com

JANUARY 2024



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

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 (0g)

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

1 Mon	Tue	Wed	Thu	Fri
8	9	10	11	12
Marinated Grilled Chicken 16g White Bun 22g Corn 15g Peaches 14g Milk 24g Total 91g	Mini Corn Dogs-6ea 42g- Green Beans 3g Pineapple 18g Milk 24g Total 87g	Chicken & Waffle Chicken Tenders 11g WG Waffle 37g Hash Brown 27g Carrots 4g Pears 17g Syrup Cup 31g Milk 24g Total 151g	Hot Ham & Cheese Sandwich 37g Tater Tots 16g Carrots 6g Man Oranges 20g Milk 24g Total Carbs 103g	Pizza— Cheese 33g Carrots 4g Strawberry Cup 22g Cookie 17g Milk 24g Total 100g
15	16	17	18	19
No School MLK JR DAY	Fiestada Pizza 43g Spanish Rice- 1/2C 23g Churro 28g Corn 15g Peach Cup 19g Milk 24g Total 152g	Breaded Pork Chop 15g Hamburger Bun 28g Cheese Slice 1g Baked Beans 53g Pineapple 18g Milk 24g Total 139g	Spaghetti w/ Meat Sauce 38g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 24g Total 107g	Fish Filet 16g Hamburger Bun 28g Cheese Slices 1g Baked Beans 53g Tartar Sauce 3g Mixed Fruit 18g Milk 24g Total 143g
22	23	24	24	25
Pizza— Cheese or Pepperoni 33g Broccoli 5g Cookie 17g Peaches 14g Milk 24g Total Carbs 93g	Chicken Noodles 21g Mashed Potatoes 14g White Dinner Roll w/Butter Cup 19g Green Beans 4g Applesauce 14g Milk 24g Total 96g	Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Veggie Beans 45g Potato Wedges 16g- Mixed Fruit 15g Milk 24g Total 131g	Teriyaki Dippers- 6ea 21g White Rice 2g White Dinner Roll 19g Margarine Cup 0g Corn 15g Pears 16g Milk 24g Total 85g	Breaded Chicken Patty 15g Cheese Slice 1g Hamburger Bun 28g Broccoli 5g Peaches 14g Milk 24g Total 87g
29	30	31		
Pancakes-3ea 39g Scrambled Eggs 3g Tater Tots 24g Syrup Cup 31g Pears 17g Milk 24g Total 138g	Hamburger 2g Cheese Slice 1g Hamburger Bun 28g Baked Beans 53g Tater Tots 16g Mixed Fruit 18g Milk 24g Total 142g	Popcorn Chicken 14g WG Pretzel 14g Broccoli 8g Pineapple 18g- Dip Cup 11g Milk 24g Total 89g		