

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



MARCH 2024

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 (20g)

Flavored Milk Varieties
 11-24g

Mon	Tue	Wed	Thu	Fri
				Breaded Chicken Patty 15g Cheese Slice 1g Hamburger Bun 28g Broccoli 8g Mixed Berry Cup 22g Milk 20g Total 91g
Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Veggie Beans 45g Potato Wedges 16g- Mixed Fruit 15g Milk 20g Total 129g	Corn Dog on a Stick 30g French Fries 29g Glazed Carrots 8g Pears 16g Milk 20g Total 105g	Popcorn Chicken 14g WG Pretzel 14g Broccoli 8g Mixed Fruit 18g- Dip Cup 11g Milk 20g Total 83g	Spaghetti w/ Meat Sauce 38g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 20g Total 105g	Pancakes-3ea 39g Scrambled Eggs 3g Tater Tots 24g Syrup Cup 31g Pears 17g Milk 20g Total 136g
Hot Dog 1g Hot Dog Bun 22g French Fries 17g Trix Yogurt Cup 15g Pears 17g Milk 20g Total Carbs 90g	Pizza— Cheese or Pepperoni 33g Broccoli 5g Cookie 17g Peaches 14g Milk 20g Total Carbs 91g	No School Parent / Teacher Conferences	Chicken Drumstick 5g White Dinner Roll 19g Margarine Cup 0g Green Beans 3g Applesauce 14g Milk 20g Total Carbs 59g	Fiestada Pizza 43g Spanish Rice- 1/2C 23g Churro 28g Corn 15g Peach Cup 19g Milk 20g Total 150g
Marinated Grilled Chicken 16g White Bun 22g Carrots 6g Peaches 14g Milk 20g Total 80g	Hot Dog 1g Hot Dog Bun 22g Baked Beans 53g Peach Cup 19g Milk 20g Total Carbs 123g	Popcorn Chicken 14g WG Pretzel 14g Broccoli 8g Mixed Fruit 18g- Dip Cup 11g Milk 20g Total 83g	Pizza— Cheese 33g Green Beans 4g Strawberry Cup 22g Cookie 17g Milk 20g Total 98g	No School
	No School ~ Spring Break !			