

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 2024

Daily Tiger Choices:
Hot Meal Service

or
PB&J Meal– Includes
 Peanut Butter/Grape Jelly,
 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

Condiments Offered Daily
0g-11g

* Tiger Menu's Subject to
 Change

Mon	Tue	Wed	Thu	Fri
		Teriyaki Dippers– 6ea 21g ¹ White Rice 2g White Dinner Roll 19g Margarine Cup 0g Broccoli 3g Pears 16g Milk 24g Total 85g	Breaded Chicken Patty 15g ² Cheese Slice 1g Hamburger Bun 28g Broccoli 5g Peaches 14g Milk 24g Total 87g	Pizza— Cheese 33g ³ Carrots 4g Strawberry Cup 22g Cookie 17g Milk 24g Total 98g
6 Mini Corn Dogs-6ea 42g- Green Beans 3g Peaches 14g Milk 24g Total 83g	7 Chicken & Waffle Chicken Tenders 11g WG Waffle 37g Hash Brown 27g Carrots 4g Pears 17g Syrup Cup 31g Milk 24g Total 149g	8 Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Veggie Beans 45g Potato Wedges 16g- Mixed Fruit 18g Milk 24g Total 134g	9 Lasagna Roll w/ Meat Sauce 35g WG Bosco Stick 14g Green Beans 11g Applesauce 14g Milk 20g Total 94g	10 Chicken Patty 16g Cheese Slice 1g White Bun 22g Corn 15g Man Oranges 15g Milk 24g Total 93g
13 Hot Dog 1g Hot Dog Bun 22g French Fries 17g Trix Yogurt Cup 15g Pears 17g Milk 24g Total Carbs 94g	14 Chicken Drumstick 5g White Dinner Roll 19g Margarine Cup 0g Green Beans 3g Applesauce 14g Milk 24g Total Carbs 65g	15 Pizza— Cheese 33g Green Beans 4g Strawberry Cup 22g Cookie 17g Milk 24g Total 102g	16 Spaghetti w/ Meat Sauce 38g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 24g Total 107g	17 Fish Filet 16g Hamburger Bun 28g Cheese Slices 1g Baked Beans 53g Tartar Sauce 3g Mixed Fruit 18g Milk 24g Total 141g
20 Corn Dog on a Stick 30g French Fries 29g Glazed Carrots 8g Pineapple 18g Milk 24g Total 107g	21 Pancakes-3ea 39g Scrambled Eggs 3g Tater Tots 24g Syrup Cup 31g Pears 17g Milk 24g Total 138g	22 Pizza– Cheese or Pepperoni 33g Broccoli 5g Cookie 17g Peaches 14g Milk 24g Total Carbs 93g	23 Uncrustable 32g Cheese Stick 1g RF Doritos 20g Hot or Raw Veggie 1-11g Peach Cup 19g Milk 24g Total Carbs 107g	

