

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



PAY FOR MEALS ONLINE
 MySchoolBucks.com

AUGUST 2025



Daily Tiger Choices:

Hot Meal Service

or

PB&J Meal– Includes

Peanut Butter/Grape Jelly,
 White, Chocolate or
 Strawberry.

*(Milk 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

Mon	Tue	Wed	Thu	Fri
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

		Chicken Quesadilla 43g Spanish Rice 44g Corn 16g Pears 17g- Milk 24g Total 144g	Spaghetti w/ Meat Sauce 38g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 24g Total 107g	Popcorn Chicken 14g WG Pretzel 14g Broccoli 8g Mixed Fruit 18g- Dip Cup 11g Milk 24g Total 89g
Pancakes-3ea 39g Scrambled Eggs 3g Tater Tots 24g Syrup Cup 31g Pears 17g Milk 24g Total 138g	Chicken Patty 16g Cheese Slice 1g White Bun 22g Corn 15g Mixed Fruit 15g Milk 24g Total 93g	Lasagna Roll w/ Meat Sauce 35g WG Bosco Stick 14g Green Beans 11g Applesauce 14g Milk 24g Total 98g	Chicken& Noodles 21g Mashed Potatoes 14g White Dinner Roll 19g w/Butter Cup 0g Green Beans 4g Preaches 14g Milk 24g Total 96g	Pizza— Cheese 33g Carrots 4g Strawberry Cup 22g Cookie 17g Milk 24g Total 100g
Popcorn Chicken 14g WG Pretzel 14g Broccoli 8g Mixed Fruit 18g- Dip Cup 11g Milk 24g Total 89g	Fiestada Pizza 43g Spanish Rice– 1/2C 23g Churro 28g Corn 15g Pears 19g Milk 24g Total 152g	Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Veggie Beans 45g Potato Wedges 16g Pineapple 15g Milk 24g Total 131g	Chicken Drumstick 5g White Dinner Roll 19g Margarine Cup 0g Green Beans 3g Applesauce 14g Milk 24g Total Carbs 65g	Mini Corn Dogs-6ea 42g- Green Beans 3g Peaches 14g Milk 24g Total 85g