

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 \$2.30/day
 Lunch \$2.75/day



PAY FOR MEALS ONLINE
 MySchoolBucks.com

NOVEMBER 2025



Daily Tiger Choices:

Hot Meal Service

or

PB&J Meal— Includes
Peanut Butter/Grape Jel-
ly, Honey, Chocolate or
Strawberry.
(flavors vary on
availability)

Uncrustable 32g

Cheese Stick— Varies
String Cheese (1g) or
Colby Jack (0g)

Reduced Fat Nacho Dor-
itos (20g)

1/2C Vegetable (1-30g)

1/2C Fruit (8-28g)

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

Fresh Veggie's
Offered daily

Flavored Milk Varieties
11-24g

All Menus subject to
change

1 Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
BBQ Grilled Chicken 16g White Bun 22g Corn 15g Peaches 14g Milk 24g Total 91g	Corn Dog on a Stick 30g French Fries 29g Glazed Carrots 8g Applesauce 14g Milk 24g Total 105g	Chicken & Waffle Chicken Tenders 11g WG Waffle 37g Pears 17g Syrup Cup 31g Milk 24g Total 151g	Turkey Manhattan 32g Green Beans 4g Cookie 17g Man Oranges 20g Milk 24g Total 103g	Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Potato Wedges 16g Mixed Fruit 15g Milk 24g Total 131g
10	11	12	13	14
Breaded Chicken Patty 15g Cheese Slice 1g Hamburger Bun 28g Broccoli 5g Peaches 14g Milk 24g Total 87g	Pizza— Cheese 33g Carrots 4g Pineapple 18g Cookie 17g Milk 24g Total 100g	Hot Dog 1g Hot Dog Bun 22g French Fries 17g Trix Yogurt Cup 15g Pears 17g Milk 24g Total Carbs 96g	Spaghetti w/ Meat Sauce 38g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 24g Total 107g	Fish nuggets 16g Hamburger Bun 28g Cheese Slices 1g Corn 16g Tartar Sauce 3g Mixed Fruit 18g Milk 24g Total 143g
17	18	19	20	21
Chicken Quesadilla 43g Spanish Rice 44g Corn 16g Pears 17g Milk 20g Total 140g	Popcorn Chicken 14g WG Pretzel 14g Broccoli 8g Pineapple 18g Dip Cup 11g Milk 24g Total 89g	BBQ Rib 13g White Hamburger Bun 28g Green Beans 3g Baked Lays 25g Mixed Fruit 18g Milk 24g Total 111g	Chicken Noodles 21g Mashed Potatoes 14g White Dinner Roll 19g w/Butter Cup 0g Applesauce 14g Milk 24g Total 96g	Pizza— Cheese or Pepperoni 33g Broccoli 5g Cookie 17g Peaches 14g Milk 24g Total Carbs 93g
24	25	No School ~ Thanksgiving Break 		
Pancakes-3ea 39g Scrambled Eggs 3g Tater Tots 24g Syrup Cup 31g Pears 17g Milk 24g Total 138g	Chicken Drumstick 5g White Dinner Roll 19g Margarine Cup 0g Green Beans 3g Applesauce 14g Milk 24g Total Carbs 65g			