

**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 \$2.30/day  
 Lunch \$2.75/day

**MY SCHOOL BUCKS** PAY FOR MEALS ONLINE  
 MySchoolBucks.com

**JANUARY 2026**



**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)**  
**Fresh Veggie's offered Daily**  
**Flavored Milk Varieties 11-24g**  
**Condiments Offered Daily**  
**0g-11g**

**\* Tiger Menu's Subject to Change**

1 Mon	Tue	Wed	Thu	Fri
<span style="font-size: 2em; font-weight: bold; letter-spacing: 0.5em;">LET IT SNOW!</span>				
5	6	7	8	9
BBQ 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	Grilled Cheese 23g Mini Ravioli 16g Broccoli 8g Cheese Sauce 4g Mixed Fruit 17g Milk 24g Total 92g	Taco – 22g 2oz Lettuce 0g Shredded Cheese Cup 2g Corn & Black Bean Salsa 31g Applesauce 14g Milk 24g Total 93g	Pizza— Cheese 33g Carrots 4g Pears 16g Cookie 17g Milk 24g Total 100g
12	13	14	15	16
Hot Dog 1g Hot Dog Bun 22g French Fries 17g Trix Yogurt Cup 15g Pears 17g Milk 24g Total Carbs 96g	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	Teriyaki Dippers– 6ea 21g White Rice 2g White Dinner Roll 19g Margarine Cup 0g Corn 15g Mixed Fruit 18g Milk 24g Total 87g
19	20	21	22	23
No School	Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Veggie Beans 45g Potato Wedges 17g Applesauce 14g Milk 24g Total 131g	BBQ Rib 13g White Hamburger Bun 28g Green Beans 3g Baked Lays 25g Mixed Fruit 18g Milk 24g Total 111g	Turkey Manhattan 31g Corn 16g WG Cookie 28g Pears 16g Milk 24g Total 115g	Breaded Chicken Patty 15g Cheese Slice 1g Hamburger Bun 28g Broccoli 5g Peaches 14g Milk 24g Total 87g
26	27	28	29	30
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 w/Butter Cup 18g Dip Cup 11g Milk 24g Total 89g	Chicken Noodles 21g Mashed Potatoes 14g White Dinner Roll 19g w/Butter Cup 0g Green Beans 4g Applesauce 14g Milk 24g Total 96g	Pizza– Cheese or Pepperoni 33g Broccoli 5g Cookie 17g Peaches 14g Milk 24g Total Carbs 93g