

**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

MY  
 SCHOOL  
 BUCKS

PAY FOR MEALS ONLINE

MySchoolBucks.com



**MARCH 2026**

**Daily Tiger Choices :**

**PB&J Meal**

Peanut Butter/Grape Jelly  
 Uncrustable 32g Cheese Stick  
 (String Cheese 1g or  
 Colby Jack 0g)  
 Reduced Fat Nacho Doritos 20g  
 Raw Veggie Option (1-11g)  
 Fruit of the Day 8-28g  
 Milk 24g

**Or Hot Meal option as menued**

**Raw Tiger Veggie Packs  
 Vary Daily:**

(1oz Ranch 10g & 1oz Peanut  
 Butter Cup 8g Offered)  
 1/2C Cucumbers  
 1/2C Grape Tomatoes  
 1/2C Cauliflower  
 1/2C Bell Pepper  
 1/2C Carrots  
 1/2C Celery  
 1/2C Broccoli  
 (1-11g)

**Flavored Milk Varieties 11-24g**  
 1 Cup 1% White  
 1 Cup FF Chocolate

**Condiments Offered Daily  
 according to menu  
 (0g-11g)**

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

Mon	Tue	Wed	Thu	Fri	
2 Popcorn Chicken 21g WG Pretzel 14g Carrots 4g Pears 16g Dip Cup 3-11g Milk 24g Total 90g	3 BBQ Rib 13g White Hamburger Bun 28g Green Beans 3g Baked Lays 25g- Pineapple 18g Milk 24g Total 111g	4 Taco & Shell 35g Salsa 8g Corn 15g Cheese cup 1g Lettuce/Tom Cup 3g Mixed Fruit 17g Cookie 24g Milk 24g Total 127g	5 Grilled Cheese 23g Mini Ravioli 16g Broccoli 8g Cheese Sauce 4g Applesauce 14g Milk 24g Total 89g	6 Breaded Chicken Patty 15g Cheese Slice 1g Hamburger Bun 28g Mixed vegetables 4g Peaches 14g Mayo Pkt 0g Milk 20g Total 82g	
9 Lasagna Roll w/ Meat Sauce 35g WG Bosco Stick 14g Green Beans 4g Pears 16g Milk 24g Total 93g	10 Breaded Chicken Patty 16g Cheese Slice 1g Hamburger Bun 28g Corn 16g Peaches 14g Milk 20g Total 95g	11 Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Broccoli 5g Tater Tots 16g Mixed Fruit 18g Milk 20g Total 90g	12 Chicken & Noodles 23g Mashed Potatoes 14g White Dinner Roll 19g Margarine Cup 0g Green Beans 4g Applesauce 14g Milk 24g Total Carbs 110g	13 Pizza Pepperoni or Cheese 33g Trix Yogurt Cup 15g Peas 11g Fruit Juice cup 19g Milk 24g Total Carbs 102g	
16 Chicken Quesadilla 37g Spanish Rice 44g Cookie 17g Carrots 4g Peach Cup 19g Milk 20g Total 141g	<b>No School</b>		18 Popcorn Chicken 21g WG Pretzel 14g Broccoli 5g Pears 16g Dip Cup 3-11g Milk 24g Total 91g	19 Spaghetti w/ Meat Sauce 38g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 20g Total 103g	20 <b>No School</b>
<div style="background-color: #90EE90; padding: 10px; border: 2px solid black;"> <p style="font-size: 2em; margin: 0;"><b>SPRING BREAK!</b></p> </div>					
23 24 25 26 27					
30 Chicken Nuggets- 5cs 16g 1/2 baked potato 38g Mixed Fruit 15g Dip Cup 3-11g Pears 17g Milk 24g Total 121 g	31 Hot Dog w/Bun 23g Tater Tots 16g California Blend 4g Mixed fruit 17g Milk 24g Total Carbs 80g				