

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



MAY 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
				Pizza Pepperoni or Cheese 33g Peas 11g Trix Yogurt Cup 15g Strawberry Cup 18g Milk 24g Total Carbs 101g
4	5	6	7	8
Popcorn Chicken 21g WG Pretzel 14g Carrots 4g Pears 16g Dip Cup 3-11g Milk 24g Total 90g	Mini Corn Dogs-6ea French Fries 17g Baked Beans 43g Cookie 17g Applesauce 14g Milk 24g Total 141g	Sloppy Joe 8g Hamburger Bun 28g WG Cookie 27g Peas 11g Peaches 14g Milk 24g Total 112g	Turkey Manhattan 31g Corn 16g WG Cookie 28g Mixed Fruit 16g Milk 24g Total 115g	BBQ Rib 13g White Hamburger Bun 28g Green Beans 3g Baked Lays 25g- Pineapple 18g Milk 24g Total 111g
11	12	13	14	15
Pancakes-3ea 39g Egg & Cheese Omelet 4g Hash Brown 27g Carrots 4g Syrup Cup 31g Orange Juice Cup 17g Milk 24g Total 142g	Chicken Nuggets- 5ea 16g Baked Beans 43g Potato Wedges 16g Mixed Fruit 15g Dip Cup 3-11g Pears 17g Milk 24g Total 142g	Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Broccoli 5g Mixed Fruit 18g Milk 24g Total 52g	Lasagna Roll w/ Meat Sauce 35g WG Bosco Stick 14g Green Beans 4g Applesauce 14g Milk 24g Total 91g	Pizza Pepperoni or Cheese 33g Trix Yogurt Cup 15g Peas 11g Peach Cup 19g Milk 24g Total Carbs 102g
18	19	20	21	22
Corn Dog on a Stick 30g French Fries 29g Mixed Vegetables 8g Pears 16g Milk 24g Total 107g	Beef Taco -3oz 24g Refried Beans 20g Lettuce & Cheese Cup 2g Salsa 8g Applesauce 14g Milk 24g Total 88g	Breaded Chicken 15g Cheese Slice 1g Hamburger Bun 28g California Blend 4g Peaches 14g Milk 24g Total 86g	Chicken Drumstick 5g Dinner Roll 19g Corn 15g Margarine Cup 0g Man Oranges 14g Milk 24g Total 77g	Fish Filet Hamburger Bun 53g Green Beans 4g Tartar Sauce 3g Mixed Fruit 16g Milk 24g Total Carbs 101g
25	26	27	28	29
No School 	Hot Dog w/Bun 23g Tater Tots 16g Corn 16g Applesauce 14g Milk 24g Total Carbs 93g	Breaded Chicken Patty 16g Cheese Slice 1g Hamburger Bun 28g Baked Beans 43g Peaches 14g Milk 24g Total 122g	Pizza Pepperoni or Cheese 33g Broccoli 5g Cookie 23g Peaches 14g Milk 24g Total Carbs 99g	