

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



AUGUST 2026

	Mon	Tue	Wed	Thu	Fri
<u>Daily Tiger Choices :</u> 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 11-20g 1 Cup 1% White 1 Cup FF Chocolate Condiments Offered Daily according to menu (0g-11g) * Tiger Menu's Subject to Change	3 10 17 Pancakes-3ea 39g Egg & Cheese Omelet 4g Hash Brown 27g Carrots 4g Syrup Cup 31g Pears 17g Milk 24g Total 146g 24 Chicken Nuggets- 5es 16g Baked Beans 43g Tator Tots 16g Mixed Fruit 15g Dip Cup 3-11g Pears 17g Milk 24g Total 144 g 31 Breaded Pork Chop 15g Hamburger Bun 28g Cole Slaw 23g Peaches 14g Milk 24g Total 104g	11 18 Breaded Chicken Patty 16g Cheese Slice 1g Hamburger Bun 28g Baked Beans 43g Pineapple 18g Milk 24g Total 124g 25 BBQ Rib 13g White Hamburger Bun 28g Green Beans 3g Baked Lays 25g Pineapple 18g Milk 24g Total 111g 31 Breaded Pork Chop 15g Hamburger Bun 28g Cole Slaw 23g Peaches 14g Milk 24g Total 104g	12 19 Corn Dog on a Stick 30g French Fries 29g Glazed Carrots 8g Pears 16g Milk 24g Total 107g 26 Marinated Grilled Chicken 16g White Bun 22g Corn 15g Mixed Fruit 18g Milk 24g Total 95g	13 20 Grilled Cheese 23g Mini Ravioli 16g Broccoli 8g Cheese Sauce 4g Mixed Fruit 17g Milk 24g Total 92g 27 Spaghetti w/ Meat Sauce 38g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 24g Total 103g	14 21 Chicken Quesadilla 37g Spanish Rice 44g Cookie 17g Carrots 4g Peach Cup 19g Milk 24g Total 145g 28 Fiestada Pizza 43g Spanish Rice- 1/2C 23g Churro 28g Carrots 4g Mixed Berry Cup 20g Milk 24g Total 142g