

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

MY
 SCHOOL
 BUCKS

PAY FOR MEALS ONLINE
 MySchoolBucks.com

SEPTEMBER 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)

Flavored Milk Varieties
11-24g

1 Mon	Tue	Wed	Thu	Fri
	1	2	3	4
	Hot Dog 1g Hot Dog Bun 22g French Fries 17g Trix Yogurt Cup 15g Mixed Berry Cup 22g Milk 24g Total Carbs 97g	Breaded Chicken Patty 15g Cheese Slice 1g Hamburger Bun 28g Broccoli 5g Peaches 14g Milk 24g Total 87g	Beef Taco – 22g 2oz Lettuce 0g Shredded Cheese Cup 2g Corn & Black Bean Salsa 31g ManOranges 14g Milk 24g Total 89g	Pizza— Cheese 33g Carrots 4g Applesauce 14g Cookie 17g Milk 24g Total 96g
7	8	9	10	11
	Mini Corn Dogs-6ea 42g- Green Beans 3g Peaches 14g Milk 24g Total 83g	BBQ Rib 13g White Hamburger Bun 28g Green Beans 3g Baked Lays 25g- Mixed Fruit 18g Milk 24g Total 111g	Chicken & Waffle 11g Chicken Tenders 37g WG Waffle 27g Hash Brown 4g Carrots 17g Pears 31g Syrup Cup 24g Total 147g	Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Veggie Beans 45g Potato Wedges 15g Pineapple 19g Milk 24g Total 131g
14	15	16	17	18
Hot Dog 1g Hot Dog Bun 22g French Fries 17g Trix Yogurt Cup 15g Pears 17g Milk 24g Total Carbs 92g	Pizza– Cheese or Pepperoni 33g Broccoli 5g Cookie 17g ManOranges 14g Milk 24g Total Carbs 93g	Breaded Pork Chop 15g Hamburger Bun 28g Cheese Slice 1g Baked Beans 53g Mixed Fruit 18g Milk 24g Total 135g	Spaghetti w/ Meat Sauce 38g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 24g Total 107g	Fiestada Pizza 43g Spanish Rice– 1/2C 23g Churro 28g Corn 15g Peach Cup 19g Milk 24g Total 152g
21	22	23	24	25
Pancakes-3ea 39g Scrambled Eggs 3g Tater Tots 24g Syrup Cup 31g Pears 17g Milk 24g Total 138g	Tiger Basket Chicken Strips– 2ea 38g w/ Texas Toast & Gravy Margarine Cup 0g French Fries 17g Green Beans 3g Peaches 14g Milk 24g Total 96g	Cheeseburger 18g Cheese Slice 1g Hamburger Bun 28g French Fries 17g Carrots 6g Mixed Fruit 15g Milk 24g Total 109g	Lasagna Roll 35g w/ Meat Sauce 14g WG Bosco Stick 11g Green Beans 14g Applesauce 24g Milk 94g Total	Chicken Drumstick 5g White Dinner Roll 19g Margarine Cup 0g Green Beans 3g Tropical Fruit 16g Milk 24g Total Carbs 61g
28	29	30		
Chicken Quesadilla 43g Spanish Rice 44g Corn 16g Pears 17g- Milk 24g Total 140g	Popcorn Chicken 14g WG Pretzel 14g Broccoli 8g Mixed Fruit 18g- Dip Cup 11g Milk 20g Total 85g	Marinated Grilled Chicken 16g White Bun 22g Corn 15g Peaches 14g Milk 24g Total 91g		