

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

OCTOBER 2026



Daily Tiger Choices:
Hot Meal Service
 or
PB&J Meal– Includes
Peanut Butter/Grape Jelly

Uncrustable 32g

Cheese Stick– Varies
String Cheese (1g) or
Colby Jack (0g)

Reduced Fat Nacho Dor-
itos (20g)

3/4C Vegetable (1-30g)

1/2C Fruit (8-28g)

Milk
White (11g) or
Chocolate (24g)

Flavored Milk Varieties
11-24g

Condiments Offered Daily
0g-11g

Mon	Tue	Wed	Thu	Fri
			1	2
			Spaghetti w/ Meat Sauce 38g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 24g Total 107g	Hot Dog 1g Hot Dog Bun 22g Baked Beans 53g Peach Cup 19g Milk 24g Total Carbs 119g
			8	9
5	6	7		
Teriyaki Dippers– 6ea 21g White Rice 2g White Dinner Roll 19g Margarine Cup 0g Broccoli 3g Pears 16g Milk 24g Total 85g	Marinated Grilled 16g Chicken 22g White Bun 15g Corn 14g Peaches 24g Milk 91g Total	BBQ Rib 18g Cheese Slice 1g Hamburger Bun 28g French Fries 17g Peas 6g Mixed Fruit 17g Milk 24g Total 109g	Turkey Manhattan 32g Corn 16g Cookie 17g Applesauce 14g Milk 24g Total 103g	Pizza— Cheese 33g Carrots 4g Man Oranges 20g Cookie 17g Milk 24g Total 100g
			15	16
12	13	14		
Cheeseburger 18g Cheese Slice 1g Hamburger Bun 28g French Fries 17g Carrots 6g Peaches 14g Milk 24g Total 108g	Popcorn Chicken 14g WG Pretzel 14g Broccoli 8g Mixed Fruit 18g Dip Cup 11g Milk 24g Total 89g	Pancakes-3ea 39g Scrambled Eggs 3g Bacon Slices 0g Hash Brown 27g Syrup Cup 31g Pears 17g Milk 24g Total 141g	Beef Taco –3oz 22g 2oz Lettuce 0g Shredded Cheese Cup 2g Corn & Black Bean Salsa 31g Applesauce 14g Milk 24g Total 93g	Chicken Patty 15g Cheese Slice 1g Hamburger Bun 28g Broccoli 8g Pineapple 19g Milk 24g Total 93g
			22	23
19	20	21		
	FALL BREAK ~ NO SCHOOL			
			29	30
26	27	28		
Corn Dog on a Stick 30g French Fries 29g Green Beans 15g Pears 16g Milk 24g Total 114g	Grilled Cheese 28g Mini Ravioli 17g Carrots 6g Applesauce 14g Milk 24g Total 92g	Mini Corn Dogs-6ea 42g Waffle Fries 19g Baked Beans 53g Peaches 14g Milk 24g Total 152g	No School Waiver Day	
				Pizza— Cheese or Pepperoni 33g Peas 11g Cookie 17g Mixed Fruit 18g Milk 24g Total Carbs 107g