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

NOVEMBER2026



Daily Tiger Choices:
Hot Meal Service
Or

Tiger 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

Tiger Salad Option:
Chef Salad 44g
Fruit of the Day 8-28g
Milk 24g

Raw Tiger Veggie Option Daily:
Cucumbers, Tomatoes, Cauliflower, Bell Peppers, Carrots, Celery & 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 Hamburger 2g Cheese Slice 1g Hamburger Bun 28g Baked Beans 53g Tater Tots 16g Mixed Fruit 18g Milk 24g Total 142g	**3** Chicken Drumstick 5g White Dinner Roll 19g Margarine Cup 0g Green Beans 3g Peaches 14g Milk 24g Total Carbs 65g	**4** Beef Taco – 22g 2oz Lettuce 0g Shredded Cheese Cup 2g Corn & Black Bean Salsa 31g Banana 14g Milk 24g Total 93g	**5** Chicken Noodles 21g Mashed Potatoes 14g White Dinner Roll 19g w/Butter Cup 0g Applesauce 14g Milk 24g Total 96g	**6** Pizza– Cheese or Pepperoni 33g Broccoli 5g Cookie 17g Pears 17g Milk 24g Total Carbs 96g
9 BBQ Rib 13g White Hamburger Bun 28g Green Beans 3g Baked Lays 25g- Mixed Fruit 18g Milk 24g Total 111g	**10** Corn Dog on a Stick 30g French Fries 29g Glazed Carrots 8g Applesauce 14g Milk 24g Total 105g	**11** Chicken & Waffle Chicken Tenders 11g WG Waffle 37g Pears 17g Syrup Cup 31g Milk 24g Total 151g	**12** Teriyaki Dippers– 6ea 21g White Rice 2g White Dinner Roll 19g Margarine Cup 0g Broccoli 3g Peaches 14g Milk 24g Total 83g	**13** Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Potato Wedges 16g- Mixed Fruit 15g Milk 24g Total 131g
16 Breaded Chicken Patty 15g Cheese Slice 1g Hamburger Bun 28g Broccoli 5g Peaches 14g Milk 24g Total 87g	**17** Pizza— Cheese 33g Carrots 4g Pineapple 18g Cookie 17g Milk 24g Total 100g	**18** Hot Dog 1g Hot Dog Bun 22g French Fries 17g Trix Yogurt Cup 15g Pears 17g Milk 24g Total Carbs 96g	**19** Spaghetti w/ Meat Sauce 38g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 24g Total 107g	**20** Fish nuggets 16g Hamburger Bun 28g Cheese Slices 1g Corn 16g Tartar Sauce 3g Mixed Fruit 18g Milk 24 Total 143g
23 Turkey Manhattan 32g Green Beans 4g Cookie 17g Man Oranges 20g Milk 24g Total 103g	**24** Popcorn Chicken 14g WG Pretzel 14g Broccoli 8g Pineapple 18g- Dip Cup 11g Milk 24g Total 89g	**25** 	**26**	**27**
30 Pancakes-3ea 39g Scrambled Eggs 3g Tater Tots 24g Syrup Cup 31g Pears 17g Milk 24g Total 138g				