

**Bluffton-Harrison Middle School**  
**This Institute is an equal opportunity provider**

Don't forget Bluffton-Harrison Elementary School  
 Serves Breakfast Daily!  
 Start your tiger out with a Nutritional Advantage!  
 Served Daily 7:40am—8:00am

Breakfast \$2.10/day  
 Lunch \$2.75/day

**MY SCHOOL BUCKS** PAY FOR MEALS ONLINE  
 MySchoolBucks.com



# SEPTEMBER 2022

**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 (1g)

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**

Mon	Tue	Wed	Thu	Fri
			Sloppy Joe 8g Hamburger Bun 28g WG Cookie 27g Peas 11g Peaches 14g Milk 24g <b>Total 112g</b>	Lasagna Roll w/ Meat Sauce 35g WG Bosco Stick 14g Green Beans 11g Applesauce 14g Milk 24g <b>Total 98g</b>
 <b>LABOR DAY</b> 5	Mini Corn Dogs-6ea 42g- Green Beans 3g Peaches 14g Milk 24g <b>Total 83g</b>	Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Veggie Beans 45g Potato Wedges 16g- Mixed Fruit 15g Milk 24g <b>Total 131g</b>	Beef Nacho Boat – 22g 2oz Lettuce 0g Shredded Cheese Cup 2g Corn & Black Bean Salsa 31g Applesauce 14g Milk 24g <b>Total 93g</b>	Breaded Chicken Patty 15g Cheese Slice 1g Hamburger Bun 28g Broccoli 8g Mixed Berry Cup 22g Milk 24g <b>Total 97g</b>
Hot Dog 1g Hot Dog Bun 22g French Fries 17g Trix Yogurt Cup 15g Pears 17g Milk 24g <b>Total Carbs 96g</b>	Pizza— Cheese or Pepperoni 33g Broccoli 5g Cookie 17g Peaches 14g Milk 24g <b>Total Carbs 93g</b>	Chicken Drumstick 5g White Dinner Roll 19g Margarine Cup 0g Green Beans 3g Applesauce 14g Milk 24g <b>Total Carbs 65g</b>	Spaghetti w/ Meat Sauce 38g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 24g <b>Total 107g</b>	Pizza— Cheese 33g Carrots 4g Strawberry Cup 22g Cookie 17g Milk 24g <b>Total 100g</b>
Pancakes-3ea 39g Scrambled Eggs 3g Tater Tots 24g Syrup Cup 31g Pears 17g Milk 24g <b>Total 138g</b>	Hot Ham & Cheese Sandwich 37g Tater Tots 16g Carrots 6g Peaches 14g Milk 24g <b>Total Carbs 97g</b>	Breaded Pork Chop 15g Hamburger Bun 28g Cheese Slice 1g Baked Beans 53g Mixed Fruit 18g Milk 24g <b>Total 139g</b>	Chicken & Noodles 21g Mashed Potatoes 14g White Dinner Roll w/Butter Cup 19g Green Beans 4g Applesauce 14g Milk 20g <b>Total 92g</b>	<b>No School</b>
Pulled Pork 8g Hamburger Bun 28g BBQ Sauce Option 18g Carrots 6g Applesauce 14g Milk 24g <b>Total Carbs 121g</b>	Marinated Grilled Chicken 16g White Bun 22g Corn 15g Peaches 14g Milk 24g <b>Total 91g</b>	Popcorn Chicken 14g WG Pretzel 14g Broccoli 8g Mixed Fruit 18g- Dip Cup 11g Milk 24g <b>Total 89g</b>	Turkey Manhattan 32g Green Beans 3g Cookie 17g Applesauce 14g Milk 24g <b>Total 90g</b>	Hot Dog 1g Hot Dog Bun 22g French Fries 17g Trix Yogurt Cup 15g Mixed Berry Cup 22g Milk 24g <b>Total Carbs 101g</b>