

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 7:40am—8:00am

Breakfast \$2.25/day
 Lunch \$2.75/day

MY SCHOOL BUCKS PAY FOR MEALS ONLINE
 MySchoolBucks.com



AUGUST 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 (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

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
8	9	10 Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Veggie Beans 45g Potato Wedges 16g- Mixed Fruit 15g Milk 24g Total 131g	11 Chicken & Noodles 21g Mashed Potatoes 14g White Dinner Roll 19g w/Butter Cup 0g Green Beans 4g Applesauce 14g Milk 24g Total 96g	13 Breaded Chicken Patty 15g Cheese Slice 1g Hamburger Bun 28g Broccoli 8g Mixed Berry Cup 22g Milk 24g Total 97g
15 Hot Dog 1g Hot Dog Bun 22g French Fries 17g Trix Yogurt Cup 15g Pears 17g Milk 24g Total Carbs 96g	16 Pizza— Cheese or Pepperoni 33g Broccoli 5g Cookie 17g Peaches 14g Milk 24g Total Carbs 93g	17 Breaded Cheeseburger 18g Cheese Slice 1g Hamburger Bun 28g French Fries 17g Carrots 6g Mixed Fruit 15g Milk 24g Total 109g	18 Spaghetti w/ Meat Sauce 38g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 24g Total 107g	19 Fiestada Pizza 43g Spanish Rice— 1/2C 23g Churro 28g Corn 15g Peach Cup 19g Milk 24g Total 152g
22 Pancakes-3ea 39g Scrambled Eggs 3g Tater Tots 24g Syrup Cup 31g Pears 17g Milk 24g Total 138g	23 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	24 Breaded Pork Chop 15g Hamburger Bun 28g Cheese Slice 1g Baked Beans 53g Mixed Fruit 18g Milk 24g Total 139g	25 Chicken Drumstick 5g White Dinner Roll 19g Margarine Cup 0g Green Beans 3g Applesauce 14g Milk 24g Total Carbs 65	26 Pizza— Cheese 33g Carrots 4g Strawberry Cup 22g Cookie 17g Milk 24g Total 100g
29 Chicken & Waffle Chicken Tenders 11g WG Waffle 37g Hash Brown 27g Carrots 4g Pears 17g Syrup Cup 31g Milk 24g Total 151g	30 Mini Corn Dogs-6ea 42g- Green Beans 3g Peaches 14g Milk 24g Total 83g	31 Popcorn Chicken 14g WG Pretzel 14g Broccoli 8g Mixed Fruit 18g- Dip Cup 11g Milk 24g Total 91g		