

Bluffton-Harrison High School
This Institute is an equal opportunity provider

Don't forget Bluffton-Harrison High School Serves
 Breakfast Daily!
 Start your tiger out with a Nutritional Advantage!
 Served Daily 7:25am—7:45am

Breakfast \$2.25/day
 Lunch \$2.85/day

MY SCHOOL BUCKS PAY FOR MEALS ONLINE
 MySchoolBucks.com



MAY 2023

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:

- Cobb 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
Fish Filet 20g WG Bun 26g Tarter Sauce Packet 3g Green Beans 4g Baked Beans 43g Strawberry Cup 22g Milk 24g Total 142g	Hot Dog 1g Hot Dog Bun 15g Chili Sauce 7g Cheese Sauce 2g Corn 16g Cookie 24g Grape Juice Cup 19g Milk 24g Total Carbs 101g	Breaded Chicken 15g Hamburger Bun 28g Cheese Slice 1g Mayo Pkt 0g Broccoli 6g Pineapple 18g Milk 24g Total Carbs 92g	Spaghetti w/ Meat Sauce 38g WG Bosco Stick 25g Lettuce Salad w/Ranch 8g Mandarin Oranges 20g Milk 24g Total Carbs 115g	Pulled Pork 8g Hamburger Bun 28g BBQ Sauce Option 18g WG Cookie 27g Glazed Carrots 12g Strawberry Cup 18g Milk 24g Total carbs 123g
Hamburger Patty 2g Hamburger Bun 28g Pickle Slices 0g Cheese Slice 1g Waffle Fries 19g Pears 16g Milk 24g Total Carbs 90g	Teriyaki Dippers 9g WG Rice 25g Dinner Roll 19g Margarine Cup 0g Broccoli 5g Cheese Sauce 2g Peaches 14g Milk 24g Total 98g	Burrito- Beef & Bean W/ White Queso 43g Salsa 8g Corn 16g Tortilla Chips 20g Mandarin Oranges 20g Milk 24g Total Carbs 131g	Hamburger Steak & Gravy 6g Mashed Potatoes 14g White Dinner Roll 19g Margarine Cup 0g Cookie 24g Corn 16g Applesauce 14g Milk 24g Total Carbs 117g	Turkey Sub Sandwich 30g Raw Veggie Pack (Varies 1-8g) Mayo Pkt. 0g Pasta Salad 13g Baked Lays Chips 21g Mixed Fruit 17g
Cavatina Pasta 65g WG Bosco Stick 25g Broccoli 6g Applesauce 14g Milk 24g Total Carbs 134g	Pizza- Cheese, Pepperoni or Sausage 33g Carrots 6g Cookie 23g Peaches 14g Milk 24g Total Carbs 100g	Sloppy Joe 16g White Hamburger Bun 28g Cookie 24g Seasoned Potato 15g Mixed Fruit 17g Milk 24g Total Carbs 124g	Beef & Noodles 53g Mashed Potatoes 13g White Dinner Roll 19g Margarine Cup 0g Corn 16g Cookie 17g Pears 16g Milk 24g Total Carbs 158g	Mini Corn Dogs 30g Waffle Fries 29g Green Bean 15g Peach Cup 19g Milk 24g Total 117g
Popcorn Chicken 20g WG Pretzel 30g Glazed Carrots 13g Mixed Fruit 17g Dip Cup 3-11g Milk 24g Total Carbs 115g	Pizza- Cheese, Pepperoni or Sausage 33g Green Beans 3g Cookie 23g Peaches 14g Milk 24g Total Carbs 97g	Hamburger Patty 14g Hamburger Bun 28g Bacon Slices-2 0g Cheese Slice 1g Waffle Fries 19g Peaches 14g Milk 24g Total Carbs 100g	Breaded Chicken 15g Hamburger Bun 28g Cheese Slice 1g Mayo Pkt 0g Fresh Veggie Pack 8g Chips 21g Peach Cup 19g Milk 24g Total 116g	

