

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

JANUARY 2024



Mon	Tue	Wed	Thu	Fri
Hamburger Patty 2g Hamburger Bun 28g Pickle Slices 0g Cheese Slice 1g Waffle Fries 19g Pears 16g Milk 24g Total Carbs 90g 8	Teriyaki Dippers 9g WG Rice 25g Dinner Roll 19g Margarine Cup 0g Broccoli 5g Cheese Sauce 2g Peaches 14g Milk 24g Total 98g 9	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 10	Spaghetti w/ Meat Sauce 38g WG Bosco Stick 25g Lettuce Salad w/Ranch 8g Mandarin Oranges 20g Milk 24g Total Carbs 115g 11	Pizza- Cheese, Pepperoni or Sausage 33g Carrots 6g Cookie 23g Peaches 14g Milk 24g Total Carbs 100g 12
15 No School MLK JR DAY	Breaded Pork Fitter 12g White Bun 28g Cheese Slice 1g Cole Slaw 23g Baked Beans 43g Cookie 23g Peaches 14g Milk 24g Total Carbs 168g 16	Sloppy Joe 16g White Hamburger Bun 28g Cookie 24g Seasoned Potato 15g Mixed Fruit 17g Milk 24g Total Carbs 124g 17	Beef & Noodles 53g Mashed Potatoes 13g White Dinner Roll 19g Margarine Cup 0g Corn 16g Cookie 17g Pears 16g Milk 24g Total Carbs 158g 18	Mini Corn Dogs 30g Waffle Fries 29g Green Bean 15g Peach Cup 19g Milk 24g Total 117g 19
Breaded Chicken 15g Hamburger Bun 28g Cheese Slice 1g Mayo Pkt 0g Broccoli 6g Mixed Fruit 17g Milk 24g Total Carbs 91g 22	Chicken & Noodles 22g Mashed Potatoes 13g White Dinner Roll 19g Margarine Cup 0g Corn 16g Cookie 23g Applesauce 14g Milk 24g Total Carbs 131g 23	Pulled Pork 17g White Hamburger Bun 28g Baked Lays 25g Glazed Carrots 12g Strawberry Cup 22g Milk 24g Total Carbs 128g 24	Pizza- Cheese, Pepperoni or Sausage 33g Green Beans 3g Cookie 23g Peaches 14g Milk 24g Total Carbs 97g 25	Breaded Chicken 15g Hamburger Bun 28g Cheese Slice 1g Mayo Pkt 0g Broccoli 6g Pineapple 18g Milk 24g Total Carbs 92g 26
Marinated Grilled Chicken 38g White Bun 28g Green Beans 4g Potato Wedges 17g Gold Fish Cracker 14g Mixed Fruit 17g Milk 24g Total Carbs 142g 29	Hot Dog 1g Hot Dog Bun 15g Chili Sauce 7g Cheese Sauce 2g Baked Beans 43g Cookie 24g Grape Juice Cup 19g Milk 24g Total Carbs 135g 30	Popcorn Chicken 20g WG Pretzel 30g Glazed Carrots 13g Peaches 14g Dip Cup 3-11g Milk 24g Total Carbs 115g 31		

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**