

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



APRIL 2024

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 20g

Tiger Salad Option:

Cobb Salad 44g
 Fruit of the Day 8-28g
 Milk 20g

Raw Tiger Veggie Option
Daily:

Cucumbers, Tomatoes, Cauliflower, Bell Peppers, Carrots, Celery & Broccoli (1-11g)

Flavored Milk Varieties
 11-20g

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
1 Pulled Pork 17g White Hamburger Bun 28g Baked Lays 25g Glazed Carrots 12g Strawberry Cup 22g Milk 24g Total Carbs 128g	2 Breaded Chicken 15g Hamburger Bun 28g Cheese Slice 1g Mayo Pkt 0g Broccoli 6g Peach Cup 19g Milk 24g Total Carbs 93g	3 Hot Dog 1g Hot Dog Bun 15g Baked Beans 43g Mac & Cheese 28g Cookie 24g Peaches 14g Milk 20g Total Carbs 145g	4 Grilled Cheese 28g Tomato Soup 16g Peas 11g Mixed Fruit 17g Milk 24g Total Carbs 96g	5 Mini Corn Dogs 30g Waffle Fries 29g Green Bean 15g Peach Cup 19g Milk 20g Total 115g
Virtual Learning				
8	9 Teriyaki Dippers 9g WG Rice 25g Dinner Roll 19g Margarine Cup 0g Broccoli 5g Cheese Sauce 2g Peaches 14g Milk 20g Total 96g	10 BBQ Rib 38g White Bun 28g Green Beans 4g Potato Wedges 17g Gold Fish Cracker 14g Mixed Fruit 17g Milk 24g Total Carbs 142g	11 Spaghetti w/ Meat Sauce 38g WG Bosco Stick 25g Lettuce Salad w/Ranch 8g Applesauce 14g Milk 20g Total Carbs 107g	12 Pizza— Cheese, Pepperoni or Sausage 33g Corn 16g Cookie 23g Strawberry Cup 18g Milk 20g Total Carbs 110g
15 Burrito— Beef & Bean W/ White Queso 43g Salsa 8g Corn 16g Tortilla Chips 20g Mandarin Oranges 20g Milk 20g Total Carbs 129g	16 Popcorn Chicken 20g WG Pretzel 30g Glazed Carrots 13g Baked Beans 43g Pears 16g Dip Cup 3-11g Milk 24g Total Carbs 157g	17 Turkey Sub Sandwich 30g Raw Veggie Pack (Varies 1-8g) Mayo Pkt. 0g Pasta Salad 13g Baked Lays Chips 21g Mixed Fruit 17g Milk 20g Total Carbs 103g	18 Walking Dorito Taco 24g Salsa 8g Lettuce 2oz 0g Cheese Cup 1oz 1g Diced Tomato 2oz 3g Mixed Fruit 17g Cookie 24g Milk 20g Sour Cream Packet 2g Total Carbs 101g	19 Breaded Chicken 15g Hamburger Bun 28g Cheese Slice 1g Mayo Pkt 0g Broccoli 6g Peach Cup 19g Milk 20g Total Carbs 91g
22 Chicken & Waffle Chicken Tenders 16g WG Waffle 37g Hash Brown 27g Pears 16g Milk 24g Syrup Cup 31g Total Carbs 151g	23 Hamburger Patty 2g Hamburger Bun 28g Pickle Slices 0g Cheese Slice 1g Waffle Fries 19g Peaches 14g Milk 20g Total Carbs 86g	24 Pizza— Cheese, Pepperoni or Sausage 33g Broccoli 6g Pears 32g Milk 20g Total Carbs 93g	25 Chicken & Noodles 22g Mashed Potatoes 13g White Dinner Roll 19g Margarine Cup 0g Corn 16g Cookie 23g Applesauce 14g Milk 20g Total Carbs 129g	26 Fiestada Pizza 43g Spanish Rice 23g Churro 28g Taco Beans 22g Strawberry Cup 18g Milk 20g Total 156g
29 Hamburger Patty 14g Hamburger Bun 28g Cheese Slice 1g Waffle Fries 19g Peaches 14g Milk 24g Total Carbs 100g	30 Pizza— Cheese, Pepperoni or Sausage 33g Green Beans 3g Cookie 23g Peaches 14g Milk 20g Total Carbs 95g			