

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



DECEMBER 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 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
2	3	4	5	6
Ham&Cheese Calzone 33g Lettuce Salad 4g Brownie 18g Pineapple 18g Milk 24g Total Carbs 97g	Biscuits & Gravy 47g Scrambled Eggs 1g Hash Brown 27g Applesauce Cup 14g Milk 24g Total 113g	Fiestada Pizza 43g Spanish Rice 23g Churro 28g Cauliflower Blend 5g Mandarin Oranges 20g Milk 24g Total 142g	Hamburger Steak & Gravy 6g Mashed Potatoes 14g White Dinner Roll 19g Margarine Cup 0g Cookie 24g Peas 11g Peaches 14g Milk 24g Total Carbs 112g	Breaded Chicken 15g Hamburger Bun 28g Cheese Slice 1g Mayo Pkt 0g Broccoli 6g Mixed Fruit 17g Milk 24g Total Carbs 91g
9	10	11	12	13
Popcorn Chicken 20g WG Pretzel 30g Glazed Carrots 13g Pears 16g Dip Cup 3-11g Milk 24g Total Carbs 115g	Hot Dog 1g Hot Dog Bun 15g Chili Sauce 7g Cheese Sauce 2g Potato Wedges 20g Baked Beans 43g Cookie 24g Peaches 14g Milk 24g Total Carbs 150g	Hamburger Patty 2g Hamburger Bun 28g Pickle Slices 0g Cheese Slice 1g Emoji Fries 19g Green Beans 3g Cookie 24g Tropical Fruit 16g Milk 24g Total Carbs 115g	Chicken & Noodles 22g Mashed Potatoes 13g White Dinner Roll 19g Margarine Cup 0g Corn 16g Cookie 23g Applesauce 14g Milk 24g Total Carbs 132g	Pizza— Cheese, Pepperoni or Sausage 33g Corn 16g Mandarin Oranges 20g Milk 24g Total Carbs 93g
16	17	18		20
Beef Stew 21g Rice 25g Dinner Roll/Butter 16g Mixed Fruit 17g Cookie 24g Milk 24g Total Carbs 111g	Baked Chicken 15g Green Bean Casserole 25g Roll/Butter 19g Peaches 14g Milk 24g Total Carbs 91g	Mini Corn Dogs 30g Waffle Fries 29g Mixed Vegetables 15g Pears 16g Milk 24g Total 115g	Pizza— Cheese, Pepperoni or Sausage 33g Carrots 6g Cookie 23g Peaches 14g Milk 24g Total Carbs 100g	No School
18	19	20	21	22
				29