

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 2025

Mon

Tue

Wed

Thu

Fri

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, Cau-
 liflower, Bell Peppers, Car-
 rots, 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

	1	2	3
	6	7	8
	9	10	11
	12	13	14
	15	16	17
	18	19	20
	21	22	23
	24	25	26
	27	28	29
	30	31	32

No School