

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

Don't forget Bluffton-Harrison Middle 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



MARCH 2025

Daily Tiger Choices :

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

Or Hot Meal option as menued

**Raw Tiger Veggie Packs
 Vary Daily:**

(1oz Ranch 10g & 1oz Peanut
 Butter Cup 8g Offered)
 1/2C Cucumbers
 1/2C Grape Tomatoes
 1/2C Cauliflower
 1/2C Bell Pepper
 1/2C Carrots
 1/2C Celery
 1/2C 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
Popcorn Chicken 21g WG Pretzel 14g Carrots 4g Pears 16g Dip Cup 3-11g Milk 24g Total 90g	Mini Corn Dogs-6ea 30g French Fries 17g Baked Beans 43g Cookie 17g Mandarin Oranges 20g Milk 24g Total 151g	BBQ Rib 13g White Hamburger Bun 28g Green Beans 3g Baked Lays 25g- Pineapple 18g Milk 24g Total 111g	Grilled Cheese 23g Mini Ravioli 16g Broccoli 8g Cheese Sauce 4g Applesauce 14g Milk 24g Total 89g	Breaded Chicken Patty 15g Cheese Slice 1g Hamburger Bun 28g Mixed vegetables 4g Peaches 14g Mayo Pkt 0g Milk 20g Total 82g
Lasagna Roll w/ Meat Sauce 35g WG Bosco Stick 14g Green Beans 4g Applesauce 14g Milk 24g Total 91g	Breaded Chicken Patty 16g Cheese Slice 1g Hamburger Bun 28g Corn 16g Peaches 14g Milk 20g Total 95g	Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Broccoli 5g Tater Tots 16g Mixed Fruit 18g Milk 20g Total 90g	No School	
Chicken Quesadilla 37g Spanish Rice 44g Cookie 17g Carrots 4g Peach Cup 19g Milk 20g Total 141g	Hot Dog w/Bun 23g Tater Tots 16g California Blend 4g Pears 16g Milk 24g Total Carbs 79g	Marinated Grilled Chicken 16g White Bun 22g Corn 15g Mixed Fruit 18g Milk 24g Total 95g	Spaghetti w/ Meat Sauce 38g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 20g Total 103g	No School
SPRING BREAK!				
Chicken Nuggets- 5es 16g 1/2 baked potato 38g Mixed Fruit 15g Dip Cup 3-11g Pears 17g Milk 24g Total 121 g				