

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



AUGUST 2025

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

Mon	Tue	Wed	Thu	Fri
4	5	6	7	8
11	12	13	14	15
		Hamburger Patty 2g Hamburger Bun 28g Pickle Slices 0g Cheese Slice 1g Waffle Fries 19g Peaches 14g Milk 24g Total Carbs 88g	BBQ Rib 17g White Hamburger Bun 28g Baked Lays 25g California Blend 12g Strawberry Cup 22g Milk 24g Total Carbs 128g	Mini Corn Dogs-6ea 30g French Fries 17g Baked Beans 43g Pears 16g Milk 24g Total 130g
Hot Dog 1g Hot Dog Bun 15g Chili Sauce 7g Cheese Sauce 2g Baked Beans 43g Cookie 24g Peaches 14g Milk 24g Total Carbs 130g	18 Breaded Chicken 15g Hamburger Bun 28g Cheese Slice 1g Mayo Pkt 0g Broccoli 6g Pears 16g- Milk 24g Total Carbs 90g	20 Turkey Sub Sandwich 30g Raw Veggie Pack (Varies 1-8g) Mayo Pkt. 0g Macaroni Salad 22g Baked Chips 21g Mixed Fruit 17g Milk 24g Total Carbs 104g	21 Chicken & Noodles 22g Mashed Potatoes 13g White Dinner Roll 19g Margarine Cup 0g Corn 16g Cookie 23g Applesauce 14g Milk 24g Total Carbs 131g	22 Fiestada Pizza 43g Spanish Rice 23g Churro 28g Taco Beans 22g Strawberry Cup 18g Milk 24g Total 158g
25 Burrito- Beef & Bean W/ White Queso 43g Salsa 8g Corn 16g Tortilla Chips 20g Mandarin Oranges 20g Milk 24g Total Carbs 131g	26 Popcorn Chicken 20g WG Pretzel 30g Green Beans 13g Mixed Fruit 17g Dip Cup 3-11g Milk 24g Total Carbs 115g	27 Teriyaki Dippers 9g WG Rice 25g Dinner Roll 19g Margarine Cup 0g Broccoli 5g Cheese Sauce 2g Peaches 14g Milk 24g Total 98g	28 Spaghetti w/ Meat Sauce 38g WG Bosco Stick 25g Lettuce Salad w/Ranch 8g Applesauce 14g Milk 24g Total Carbs 109g	29 Pizza- Cheese, 33g Pepperoni or Sausage Green Beans 3g Cookie 23g Peaches 14g Milk 24g Total Carbs 97g