

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 \$2.30/day
 Lunch \$2.85/day

MY
 SCHOOL
 BUCKS

PAY FOR MEALS ONLINE
 MySchoolBucks.com

NOVEMBER 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
3	4	5	6	7
Marinated Grilled Chicken 38g White Bun g Green Beans 4g Potato Wedges g Gold Fish Cracker 14g Strawberry Cup 22g Milk 24g Total Carbs 102g	Hot/Ham&Cheese 33g Lettuce Salad 4g Brownie 18g Pineapple 18g Milk 24g Total Carbs 97g	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
10	11	12	13	14
Beef Stew 21g Rice 25g Dinner Roll/Butter 16g Pineapple 17g Cookie 24g Milk 24g Total Carbs 111g	Walking Dorito Taco 24g Salsa 8g Lettuce 2oz 0g Cheese Cup 1oz 1g Diced Tomato 2oz 3g Mixed Fruit 17g Cookie 24g Milk 24g Total Carbs 101g	Corn Dog 30g Waffle Fries 29g Mixed Vegetables 15g Pears 16g Milk 24g Total 115g	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
17	18	19	20	21
Hamburger Patty 14g Hamburger Bun 28g Bacon Slices- 2 0g Cheese Slice 1g Waffle Fries 19g Peaches 14g Milk 24g Total Carbs 100g	Popcorn Chicken 20g WG Pretzel 30g Glazed Carrots 13g Pears 16g Dip Cup 3-11g Milk 24g	Burrito— Beef & Bean W/ White Queso 43g Salsa 8g Corn 16g Tortilla Chips 20g Mandarin Oranges 20g Milk 24g Total Carbs 131g	Spaghetti w/ Meat Sauce 38g WG Bosco Stick 25g Lettuce Salad w/Ranch 8g Applesauce 14g Milk 24g Total Carbs 109g	Breaded Chicken 15g Hamburger Bun 28g Cheese Slice 1g Mayo Pkt 0g Broccoli 6g Mixed Fruit 17g Milk 24g Total Carbs 91g
24	25	No School Happy Thanksgiving!		
Pizza— Cheese, Pepperoni or Sausage 33g Carrots 6g Cookie 23g Pears 16g Milk 24g Total Carbs 102g	Baked Chicken 15g Green Bean Casserole 25g Roll/Butter 19g Peaches 14g Milk 24g Total Carbs 91g			