

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 \$2.10/day
 Lunch \$2.85/day

MY
 SCHOOL
 BUCKS

PAY FOR MEALS ONLINE
 MySchoolBucks.com



MARCH 2026

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
Teriyaki Dippers 9g 2 WG Rice 25g Dinner Roll 19g Margarine Cup 0g Broccoli 5g Cheese Sauce 2g Peaches 14g Milk 24g Total 98g	Beef Stew 21g Rice 25g Dinner Roll/butter 16g Applesauce 14g Milk 24g Total Carbs 100g	Walking Dorito Taco 24g 4 Salsa 8g Lettuce 2oz 0g Cheese Cup 1oz 1g Diced Tomato 2oz 3g Mixed Fruit 17g Cookie 24g Milk 24g Sour Cream Packet 2g Total Carbs 103g	Spaghetti w/ Meat Sauce 38g 5 WG Bosco Stick 25g Lettuce Salad w/Ranch 8g Pears 14g Milk 24g Total Carbs 109g	Fiestada Pizza 43g 6 Spanish Rice 23g Churro 28g Taco Beans 22g Juice Cup 18g Milk 24g Total 158g
Sloppy Joe 12g 9 Hamburger Bun 28g Cookie 23g Potato Spirals 16g Peaches 14g Milk 24g Total 116g	Popcorn Chicken 20g 10 WG Pretzel 30g Glazed Carrots 13g Mixed Fruit 17g Dip Cup 3-11g Milk 24g Total Carbs 115g	Corn Dog 30g 11 Waffle Fries 29g Green Bean 15g Juice Cup 16g Milk 24g Total 117g	Chicken & Noodles 22g 12 Mashed Potatoes 13g White Dinner Roll 19g Margarine Cup 0g Corn 16g Cookie 23g Applesauce 14g Milk 24g Total Carbs 131g	Hamburger Patty 2g 13 Hamburger Bun 28g Pickle Slices 0g Cheese Slice 1g Waffle Fries 19g Pears 14g Milk 24g Total Carbs 88g
Breaded Chicken 15g 16 Hamburger Bun 28g Cheese Slice 1g Mayo Pkt 0g Broccoli 6g Peach Cup 19g Milk 24g Total Carbs 93g	No School Parent / Teacher Conferences	Tiger Bowl 18 Mashed Potatoes, Corn Popcorn Chicken, White Gravy, Shredded Cheese 55g Broccoli 5g White Dinner Roll 19g Margarine Cup 0g Pears 16g Milk 24g Total 119g	Pizza- Cheese, 33g 19 Pepperoni or Sausage Green Beans 3g Cookie 23g Tropical Fruit 14g Milk 24g Total Carbs 97g	No School
<h1>Enjoy Spring Break</h1>				
Hot Dog 1g 30 Hot Dog Bun 15g Chili Sauce 7g Cheese Sauce 2g Baked Beans 43g Cookie 24g Peaches 14g Milk 24g Total Carbs 130g	Pulled Pork 8g 31 Hamburger Bun 28g BBQ Sauce Option 18g WG Cookie 27g Glazed Carrots 12g Pears 14g Milk 24g Total Carbs 131g			