

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



APRIL 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 20g

Tiger Salad Option:

Cobb Salad 44g
 Fruit of the Day 8-28g
 Milk 20g

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
		Hot Dog 1g Hot Dog Bun 15g Baked Beans 43g Mac & Cheese 28g Cookie 24g Peaches 14g Milk 20g Total Carbs 145g	Grilled Cheese 28g Tomato Soup 16g Peas 11g Mixed Fruit 17g Milk 24g Total Carbs 96g	No School Good Friday
Breaded Chicken 15g Hamburger Bun 28g Cheese Slice 1g Mayo Pkt 0g Broccoli 6g Pears 16g Milk 20g Total Carbs 89g	Teriyaki Dippers 9g WG Rice 25g Dinner Roll 19g Margarine Cup 0g Broccoli 5g Cheese Sauce 2g Peaches 14g Milk 20g Total 96g	Beef Stew 21g Rice 25g Dinner Roll/butter 16g Applesauce 14g Milk 24g Total Carbs 100g	Spaghetti w/ Meat Sauce 38g WG Bosco Stick 25g Lettuce Salad w/Ranch 8g Mixed fruit 17g Milk 20g Total Carbs 110g	Pizza- Cheese, Pepperoni or Sausage 33g Corn 16g Cookie 23g Strawberry Cup 18g Milk 20g Total Carbs 110g
BBQ Rib 38g White Bun 28g Green Beans 4g Potato Wedges 17g Gold Fish Cracker 14g Mixed Fruit 17g Milk 24g Total Carbs 142g	Popcorn Chicken 20g WG Pretzel 30g Glazed Carrots 13g Baked Beans 43g Pears 16g Dip Cup 3-11g Milk 24g Total Carbs 157g	Turkey Sub Sandwich 30g Raw Veggie Pack (Varies 1-8g) Mayo Pkt. 0g Pasta Salad 13g Baked Lays Chips 21g Peaches 14g Milk 20g Total Carbs 99g	Walking Dorito Taco 24g Salsa 8g Lettuce 2oz 0g Cheese Cup 1oz 1g Diced Tomato 2oz 3g Applesauce 14g Cookie 24g Milk 20g Total Carbs 87g	Mini Corn Dogs 30g Waffle Fries 29g Green Bean 15g Mandarin Oranges 20g Milk 20g Total 117g
Fiestada Pizza 43g Spanish Rice 23g Churro 28g Taco Beans 22g Pears 16g Milk 20g Total 154g	Sloppy Joe 12g Hamburger Bun 28g Cookie 23g Potato Spirals g Peaches 14g Milk 24g Total 116g	Pizza- Cheese, Pepperoni or Sausage 33g Broccoli 6g Pineapple 18g Milk 20g Total Carbs 93g	Chicken & Noodles 22g Mashed Potatoes 13g White Dinner Roll 19g Margarine Cup 0g Corn 16g Cookie 23g Applesauce 14g Milk 20g Total Carbs 129g	Hamburger Patty 2g Hamburger Bun 28g Pickle Slices 0g Cheese Slice 1g Waffle Fries 19g Peaches 14g Milk 20g Total Carbs 86g
Breaded Chicken 15g Hamburger Bun 28g Cheese Slice 1g Mixed Vegetables 5g Cookie 24g Pears 16g- Milk 24g Total Carbs 90g	Pizza- Cheese, Pepperoni or Sausage 33g Green Beans 3g Cookie 23g Peaches 14g Milk 20g Total Carbs 95g	Cheeseburger 18g Cheese Slice 1g Hamburger Bun 28g California Blend 5g French Fries 17g Juice Cup 14g Milk 24g Total 107g	Tiger Bowl 55g Mashed Potatoes, Corn Popcorn Chicken, White Gravy, Shredded Cheese Broccoli 5g White Dinner Roll 19g Margarine Cup 0g Mixed Fruit 17g Milk 20g Total 118g	