

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

MAY 2026

Have an
 awesome
 Summer!



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:

Chef 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
				Pulled Pork 8g Hamburger Bun 28g BBQ Sauce Option 18g WG Cookie 27g Glazed Carrots 12g Strawberry Cup 18g Milk 24g Total Carbs 135g
Breaded Chicken 15g Hamburger Bun 28g Cheese Slice 1g Mayo Pkt 0g Broccoli 6g Mixed Fruit 17g Milk 24g Total Carbs 91g	Mini Corn Dogs 30g Waffle Fries 29g Green Bean 15g Pears 16g Milk 24g Total 114g	Hot Dog 1g Hot Dog Bun 15g Chili Sauce 7g Cheese Sauce 2g Tator tots 16g Cookie 24g Peaches 14g Milk 24g Total Carbs 103g	Spaghetti w/ Meat Sauce 38g WG Bosco Stick 25g Lettuce Salad w/Ranch 8g Applesauce 14g Milk 24g Total Carbs 109g	Pizza- Cheese, Pepperoni or Sausage 33g Cookie 23g Corn 16g Juice Cup 18g Milk 24g Total Carbs 141g
Burrito- Beef & Bean 11 W/ White Queso 43g Salsa 8g Corn 16g Tortilla Chips 20g Mandarin Oranges 20g Milk 24g Total Carbs 131g	Teriyaki Dippers 9g WG Rice 25g Dinner Roll 19g Margarine Cup 0g Broccoli 5g Cheese Sauce 2g Peaches 14g Milk 24g Total 98g	Breaded Pork Fitter 12g White Bun 28g Cheese Slice 1g Cole Slaw 23g Baked Beans 43g Cookie 23g Pineapple 14g Milk 24g Total Carbs 168g	Tiger Bowl 55g Mashed Potatoes, Corn 14 Popcorn Chicken, White Gravy, Shredded Cheese Broccoli 5g White Dinner Roll 19g Margarine Cup 0g Pears 16g Milk 24g Total 119g	Popcorn Chicken 20g WG Pretzel 30g Glazed Carrots 13g Mixed Fruit 17g Dip Cup 3-11g Milk 24g Total Carbs 115g
Popcorn Chicken 20g WG Pretzel 30g Glazed Carrots 13g Baked Beans 43g Pears 16g Dip Cup 3-11g Milk 24g Total Carbs 157g	Hamburger Patty 2g Hamburger Bun 28g Pickle Slices 0g Cheese Slice 1g Fries 19g Peaches 14g Milk 24g Total Carbs 88g	BBQ Rib 38g White Bun 23g Gold Fish Crackers 9g Seasoned Potato 12g Peas 11g Man Oranges 17g Milk 24g Total Carbs 134g	Chicken & Noodles 22g Mashed Potatoes 13g White Dinner Roll 19g Margarine Cup 0g Corn 16g Cookie 23g Applesauce 14g Milk 24g Total Carbs 131g	Fiestada Pizza 43g Spanish Rice 23g Churro 28g Taco Beans 22g Mixed Fruit 18g Milk 24g Total 158g
Breaded Chicken 15g Hamburger Bun 28g Cheese Slice 1g Mayo Pkt 0g Broccoli 6g Peach Cup 19g Milk 24g Total Carbs 93g	Pizza- Cheese, Pepperoni or Sausage 33g Green Beans 3g Cookie 23g Pears 16g Milk 24g Total Carbs 97g	Chicken Quesadilla 37g Spanish Rice 44g Corn & Black Bean Salsa 16g Cookie 23g Mixed Fruit 17g Milk 24g Total Carbs 161g	Uncrustable 32g Cheese Stick 1g RF Doritos 20g Raw Veggie Option 1-11g Fruit of the Day 8-28g Milk 24g Total Carbs 116g	