

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 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:

Chef Salad 44g
 Fruit of the Day 8-28g
 Milk 24g

Raw Tiger Veggie Option

Daily:

Cucumbers, Tomatoes, Cauliflower, Bell Peppers, Carrots, 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			6	7
10	11	12	13	14
		Hamburger Patty 2g Hamburger Bun 28g Pickle Slices 0g Cheese Slice 1g Waffle Fries 19g Peaches 14g Milk 24g Total Carbs 88g	Spaghetti w/ Meat Sauce 38g WG Bosco Stick 25g Lettuce Salad w/Ranch 8g Applesauce 14g Milk 24g Total Carbs 109g	Pizza– Cheese, 33g Pepperoni or Sausage Corn 16g Cookie 23g Strawberry Cup 18g Milk 24g Total Carbs 114g
Hot Dog 1g Hot Dog Bun 15g Chili Sauce 7g Curly Fries 16g Cookie 24g Peaches 14g Milk 24g Total Carbs 128g	17	18	19	20
	Popcorn Chicken 20g WG Pretzel 30g Baked Beans 43g Pears 16g Dip Cup 3-11g Milk 24g Total Carbs 144g	Turkey Sub Sandwich 30g Raw Veggie Pack (Varies 1-8g) Mayo Pkt. 0g Pasta Salad 13g Baked Lays Chips 21g Mixed Fruit 17g Milk 24g Total Carbs 105g	Chicken & Noodles 22g Mashed Potatoes 13g White Dinner Roll 19g Margarine Cup 0g Corn 16g Cookie 23g Applesauce 14g Milk 24g Total Carbs 131g	21
24	25	26	27	28
Burrito– Beef & Bean W/ White Queso 43g Salsa 8g Corn 16g Tortilla Chips 20g Mandarin Oranges 20g Milk 24g Total Carbs 131g	Hamburger Patty 14g Hamburger Bun 28g Cheese Slice 1g Tator Tots 19g Peaches 14g Milk 24g Total Carbs 100g	Mini Corn Dogs 30g Fries 29g Green Bean 15g Pineapple 19g Milk 24g Total 117g	Tiger Bowl 55g Mashed Potatoes, Corn Popcorn Chicken, White Gravy, Shredded Cheese Broccoli 5g White Dinner Roll 19g Margarine Cup 0g Pears 16g Milk 24g	Pizza– Cheese, 33g Pepperoni or Sausage Green Beans 3g Cookie 23g Mixed Fruit 17g Milk 24g Total Carbs 97g
31				
Breaded Chicken 15g Hamburger Bun 28g Cheese Slice 1g Mayo Pkt 0g Broccoli 6g Peach Cup 19g Milk 24g Total Carbs 93g				

2

3

4

1