

Bluffton-Harrison High School
This Institute is an equal opportunity provider

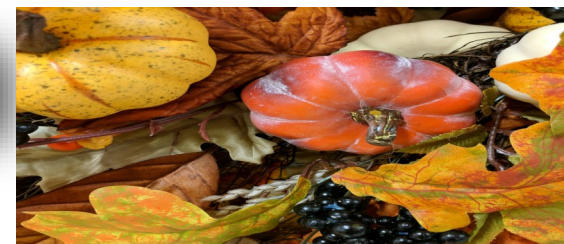
Don't forget Bluffton-Harrison High School Serves
 Breakfast Daily!
 Start your tiger out with a Nutritional Advantage!
 Served Daily 7:25am—7:45am

Breakfast \$2.30/day
 Lunch \$2.85/day

MY
 SCHOOL
 BUCKS

PAY FOR MEALS ONLINE
 MySchoolBucks.com

SEPTEMBER 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, 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
	Fiestada Pizza 43g ¹ Spanish Rice 23g Churro 28g Taco Beans 22g Mixed berries 18g Milk 24g Total 158g	Cheeseburger 14g ² Cheese Slice 1g Hamburger Bun 28g Broccoli 5g French Fries 17g Pears 16g Milk 24g Total 107g	Goulash 29g ³ WG Bosco Stick 25g Peas 11g Applesauce 28g Milk 24g Total Carbs 117g	Pulled Pork 8g ⁴ Hamburger Bun 28g BBQ Sauce Option 18g WG Cookie 27g Glazed Carrots 12g Pineapple 18g Milk 24g
Labor Day No School	Teriyaki Dippers 9g ⁸ WG Rice 25g Dinner Roll 19g Margarine Cup 0g Broccoli 5g Cheese Sauce 2g ManOranges 14g Milk 24g Total 98g	Breaded Chicken 15g ⁹ Hamburger Bun 28g Cheese Slice 1g Mayo Pkt 0g Green Beans 4g Peach Cup 19g Milk 24g Total Carbs 93g	Tiger Bowl 55g ¹⁰ Mashed Potatoes, Corn Popcorn Chicken, White Gravy, Shredded Cheese White Dinner Roll 19g Margarine Cup 0g Pears 16g Milk 24g Total 119g	Pizza— Cheese, 33g ¹¹ Pepperoni or Sausage Peas 11g Cookie 23g Mixed Fruit 18g Milk 24g Total Carbs 109g
Burrito— Beef & Bean 14 W/ White Queso 43g Salsa 8g Corn 16g Tortilla Chips 20g Mandarin Oranges 20g Milk 24g Total Carbs 131g	Breaded Pork Fitter 15 12g White Bun 28g Cheese Slice 1g Cole Slaw 23g Baked Beans 43g Cookie 23g Peaches 14g Milk 24g Total Carbs 168g	Marinated Grilled 16 Chicken 38g White Bun 28g Green Beans 4g Potato Wedges 17g Mixed Fruit 17g Milk 24g Total Carbs 142g	Grilled Cheese 28g ¹⁷ Ravioli 16g Peas 11g Applesauce 28g Milk 24g Total Carbs 97g	Mini Corn Dogs 30g ¹⁸ Waffle Fries 29g Carrots 4g Pears 16g Milk 24g Total 117g
Popcorn Chicken 20g ²¹ WG Pretzel 30g Glazed Carrots 13g Pears 16g Dip Cup 3-11g Milk 24g Total Carbs 157g	Hamburger Patty 2g ²² Hamburger Bun 28g Pickle Slices 0g Cheese Slice 1g Waffle Fries 19g Peaches 14g Milk 24g Total Carbs 88g	Walking Dorito Taco 24g ²³ Salsa 8g Lettuce 2oz 0g Cheese Cup 1oz 1g Diced Tomato 2oz 3g Mixed Fruit 17g Milk 24g Sour Cream Packet 2g Total Carbs 103g	Chicken & Noodles 22g ²⁴ Mashed Potatoes 13g White Dinner Roll 19g Margarine Cup 0g Corn 16g Cookie 23g Applesauce 14g Milk 24g Total Carbs 131g	Hot Dog 1g ²⁵ Hot Dog Bun 15g Chili Sauce 7g Cheese Sauce 2g Baked Beans 43g Pineapple 18g Milk 24g Total Carbs 130g
BBQ Rib 38g ²⁸ Hamburger Bun 28g French Fries 17g Broccoli 6g Pears 16g Milk 24g Total carbs 129g	Chicken Nuggets 16g ²⁹ Mac & Cheese 26g Peas 11g Peach Cup 19g Milk 24g Total 111g	Sloppy Joe 16g ³⁰ White Hamburger Bun 28g Cookie 24g Seasoned Potato 15g Mixed Fruit 17g Milk 24g Total Carbs 124g		