

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



PAY FOR MEALS ONLINE
 MySchoolBucks.com

OCTOBER 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
			1 Spaghetti w/ Meat Sauce 38g WG Bosco Stick 14g Lettuce Salad w/Ranch 17g Applesauce 14g Milk 24g Total 107g	2 Hot Dog 1g Hot Dog Bun 22g Baked Beans 53g Peach Cup 19g Milk 24g Total Carbs 119g
5 Teriyaki Dippers- 6ea 21g White Rice 2g White Dinner Roll 19g Margarine Cup 0g Broccoli 3g Pears 16g Milk 24g Total 85g	6 Marinated Grilled Chicken 16g White Bun 22g Corn 15g Peaches 14g Milk 24g Total 91g	7 BBQ Rib 18g Cheese Slice 1g Hamburger Bun 28g French Fries 17g Peas 6g Mixed Fruit 17g Milk 24g Total 109g	8 Turkey Manhattan 32g Corn 16g Cookie 17g Applesauce 14g Milk 24g Total 103g	9 Pizza— Cheese 33g Carrots 4g Man Oranges 20g Cookie 17g Milk 24g Total 100g
12 Cheeseburger 18g Cheese Slice 1g Hamburger Bun 28g French Fries 17g Carrots 6g Peaches 14g Milk 24g Total 108g	13 Popcorn Chicken 14g WG Pretzel 14g Broccoli 8g Mixed Fruit 18g Dip Cup 11g Milk 24g Total 89g	14 Pulled Pork 8g Hamburger Bun 28g BBQ Sauce Option 18g Carrots 6g Man Oranges 20g Milk 24g Total Carbs 121g	15 Beef Taco -3oz 22g 2oz Lettuce 0g Shredded Cheese Cup 2g Corn & Black Bean Salsa 31g Applesauce 14g Milk 24g Total 93g	16 Chicken Patty 15g Cheese Slice 1g Hamburger Bun 28g Broccoli 8g Pineapple 19g Milk 24g Total 93g
19 	20 	21 	22 	23 
26 Corn Dog on a Stick 30g French Fries 29g Green Beans 15g Pears 16g Milk 24g Total 114g	27 Grilled Cheese 28g Mini Ravioli 17g Carrots 6g Applesauce 14g Milk 24g Total 92g	28 Sloppy Joe 8g Hamburger Bun 28g WG Cookie 27g Peas 11g Peaches 14g Milk 24g Total 112g	29 No School Waiver Day	30 Pizza— Cheese or Pepperoni 33g Peas 11g Cookie 17g Mixed Fruit 18g Milk 24g Total Carbs 107g