

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

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

Breakfast \$1.80/day
 Lunch \$2.75/day

MY SCHOOL BUCKS
 PAY FOR MEALS ONLINE
 MySchoolBucks.com

APRIL 2019

SPRING

Daily Tiger Choices:

NEW!!!!!!!!!!!!

Tiger Grab N Go Pepperoni Pizza Meal

- WG Pita Bread (1ea) 26g
- Marinara Sauce (3oz) 3g
- Pepperoni Slices (8ea) 0g
- Mozzerella Cheese (4oz) 0g
- RawVeggie Option (1-11g)
- Fruit of the Day 8-28g
- Milk 24g

Tiger Grab N Go 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 Chef Salad

- Romaine Lettuce 4g, 1oz Cheese 0g, 2oz Ham 3g, 1oz Pea 4g & 1oz Black Bean Cup 5g, Carrots 4g, Broccoli 1g, Celery 1g &
- Grape Tomatoes 2g
- Fat Free Ranch 8g or Honey French Dressing 13g
- Fruit of the Day 8-28g
- Milk 24g

- Raw Tiger Veggie Packs Vary Daily:**
 (1oz Ranch 10g & 1oz Peanut Butter Cup 8g Offered)
- Cucumbers, Tomatoes, Cauliflower, Bell Pepper Mix,
 - Carrots, Celery & Broccoli (1-11g)

Flavored Milk Varieties 11-24g & Condiments Offered Daily (0g-11g)

* Tiger Menu's Subject to Change *

Mon	Tue	Wed	Thu	Fri
Pizza- Cheese, Pepperoni or Sausage 33g Green Beans 4g Pears 32g Milk 24g Total Carbs 93g	Breaded Chicken 15g WG Hamburger Bun 26g Cheese Slice 1g Peas 12g Peaches 14g Milk 24g Total Carbs 92g	Grilled Cheese 23g Mini Ravioli 16g Broccoli 8g Cheese Sauce 4g Mixed Fruit 17g WG Cookie 27g Milk 24g Total Carbs 119g	Cavatini Pasta 57g WG Bosco Stick 14g Lettuce Salad w/Ranch 7g Applesauce 28g Milk 24g Total Carbs 130g	Pulled Pork 8g Hamburger Bun 28g BBQ Sauce Option 18g WG Cookie 27g Glazed Carrots 12g Strawberry Cup 18g Milk 24g Total Carbs 135g
Burrito- Beef & Bean W/ White Queso 43g Salsa 8g (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 Total Carbs 143g	Hamburger Patty 2g Hamburger Bun 28g Bacon Slices- 2 0g Dill Pickle Slices-3 0g Cheese Slice 1g WG Onion Rings 28g Seasoned Wedges 20g Peaches 14g Milk 24g Total Carbs 117g	Potato Bar Taco 46g Pulled Pork 75g Breadstick 12g Broccoli 6g Cheese Sauce 4g Mixed Fruit 30g Milk 24g Total 122g (Taco) or 151g (PP)	Spaghetti w/ Meat Sauce 38g WG Bosco Stick 25g Lettuce Salad w/Ranch 8g Applesauce 14g Milk 24g Total Carbs 109g	Walking Frito Taco 20g Salsa 4g Lettuce 2oz 0g Cheese Cup 2oz 2g Blueberries 8g Milk 24g Total Carbs 58g
Chicken & Waffle 15 Chicken Tenders 16g WG Waffle 37g Hash Rounds 16g Glazed Carrots 12g Pears 16g Milk 24g Syrup Cup 31g Total Carbs 152g	Sloppy Joe 8g Hamburger Bun 28g WG Cookie 27g Seasoned Potato 15g Peaches 14g Milk 24g Total Carbs 116g	BBQ Chicken Flatbread Pizza 38g Green Beans 4g Mixed Fruit 30g Milk 24g Total Carbs 96g	Chicken & Noodles 56g Mashed Potatoes 14g WG Dinner Roll 19g Margarine Cup 0g Corn 15g WG Cookie 27g Applesauce 14g Milk 24g Total Carbs 169g	 No School
Popcorn Chicken 20g WG Pretzel 30g Broccoli 5g Cheese Sauce 2g Pears 16g Dip Cup 3-11g Milk 24g Total Carbs 108g	Hamburger Steak & Gravy 6g Mashed Potatoes 14g WG Dinner Roll 19g Margarine Cup 0g WG Cookie 27g Peas 11g Peaches 14g Milk 24g Total Carbs 115g	Turkey Sub Sandwich 36g Raw Veggie Pack (Varies 1-8g) Pasta Salad 25g Baked Lays Chips 25g Mixed Fruit 30g Milk 24g Total Carbs 148g	Potato Soup 15g Saltine Cracker 4g Bread Stick 12g Peas 12g Applesauce 14g Milk 24g Total 81g	Tiger Bowl 55g Mashed Potatoes, Corn Popcorn Chicken, White Gravy, Shredded Cheese WG Dinner Roll 19g Margarine Cup 0g Peach Cup 22g Milk 24g Total 120g
Tater Tot Casserole 36g Peas 11g Dinner Roll 19g w/Margarine Cup 0g WG Cookie 18g Pears 16g Milk 24g Total Carbs 124g	Alfredo Casserole 48g WG Bosco Stick 25g Broccoli 6g Cheese Sauce 4g Peaches 14g Milk 24g Total Carbs 121g			