

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 \$1.90/day
 Lunch \$2.85/day

MY SCHOOL BUCKS
 PAY FOR MEALS ONLINE
 MySchoolBucks.com



AUGUST 2019

Daily Tiger Choices:

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	
	5	6	7	8	
				9	
	12	13	14	15	
Burrito- Beef & Bean W/ White Queso Salsa Corn Tortilla Chips Pears Milk Total Carbs	43g 8g 15g 21g 32g 24g 143g	Hamburger Patty Hamburger Bun Bacon Slices- 2 Dill Pickle Slices-3 Cheese Slice WG Onion Rings Seasoned Wedges Peaches Milk Total Carbs	2g 28g 0g 0g 1g 28g 20g 14g 24g 117g	Potato Bar Taco Pulled Pork Breadstick Broccoli Cheese Sauce Mixed Fruit Milk Total 122g (Taco) or 151g (PP)	46g 75g 12g 6g 4g 30g 24g 151g
Walking Frito Taco Salsa Lettuce 2oz Cheese Cup 2oz Blueberries Milk Total Carbs	20g 4g 0g 2g 8g 24g 58g	20g 4g 0g 2g 8g 24g 58g	Spaghetti w/ Meat Sauce WG Bosco Stick Lettuce Salad w/Ranch Applesauce Milk Total Carbs	38g 25g 8g 14g 24g 109g	
Chicken & Waffle Chicken Tenders WG Waffle Hash Rounds Glazed Carrots Pears Milk Syrup Cup Total Carbs	16g 37g 16g 12g 16g 24g 31g 152g	20	21	22	
Sloppy Joe Hamburger Bun WG Cookie Seasoned Potato Peaches Milk Total Carbs	8g 28g 27g 15g 14g 24g 116g	20	21	22	
Potato Soup Saltine Cracker Bread Stick Peas Applesauce Milk Total	15g 4g 12g 12g 14g 24g 81g	21	21	22	
Pizza- Cheese, Pepperoni or Sausage Green Beans Pears Milk Total Carbs	33g 4g 32g 24g 93g	21	21	22	
Popcorn Chicken WG Pretzel Broccoli Cheese Sauce Pears Dip Cup Milk Total Carbs	20g 30g 5g 2g 16g 3-11g 24g 108g	26	28	29	
Hamburger Steak & Gravy Mashed Potatoes WG Dinner Roll Margarine Cup WG Cookie Peas Peaches Milk Total Carbs	6g 14g 19g 0g 27g 11g 14g 24g 115g	26	28	29	
Turkey Sub Sandwich Raw Veggie Pack (Varies 1-8g) Pasta Salad Baked Lays Chips Mixed Fruit Milk Total Carbs	36g 25g 25g 30g 24g 148g	26	28	29	
Chicken & Noodles Mashed Potatoes WG Dinner Roll Margarine Cup Corn WG Cookie Applesauce Milk Total Carbs	56g 14g 19g 0g 15g 27g 14g 24g 169g	26	28	29	
Tiger Bowl Mashed Potatoes, Corn Popcorn Chicken, White Gravy, Shredded Cheese WG Dinner Roll Margarine Cup Peach Cup Milk Total	55g 19g 0g 22g 24g 120g	26	28	29	