

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 \$2.10/day
 Lunch \$2.85/day

MY SCHOOL BUCKS PAY FOR MEALS ONLINE
 MySchoolBucks.com



FEBRUARY 2020

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 Salad Options

Mondays:
 Chef Salad 54g
 Fruit of the Day 8-28g
 Milk 24g

Tuesdays:
 Cobb Salad 44g
 Fruit of the Day 8-28g
 Milk 24g

Wednesdays:
 Buffalo Chicken Salad 46g
 Fruit of the Day 8-28g
 Milk 24g

Thursdays:
 Southwest Chicken Salad 66g
 Fruit of the Day 8-28g
 Milk 24g

Fridays:
 Chef Salad 54g
 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
 & Condiments Offered Daily (0g-11g)**

*** Tiger Menu's Subject to Change ***

Mon	Tue	Wed	Thu	Fri
Taco Soup 33g Fritos 16g Cheese Cup 2g Green Beans 4g Dinner Roll 19g Margarine Cup 0g Cookie 22g Pears 16g Milk 24g Total Carbs 136g	3 Pizza- Cheese, Pepperoni or Sausage 33g Carrots 6g Cookie 23g Peaches 14g Milk 24g Total Carbs 100g	4 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	5 6 Spaghetti w/ Meat Sauce 38g WG Bosco Stick 25g Lettuce Salad w/Ranch 8g Applesauce 14g Milk 24g Total Carbs 109g	7 Marinated Grilled Chicken 6g White Bun 23g Gold Fish Crackers 9g Seasoned Potato 12g Peas 11g Strawberry Cup 22g Milk 24g Total Carbs 107g
Popcorn Chicken 20g WG Pretzel 30g Roasted Carrots 8g Pears 17g Dip Cup 3-11g Milk 24g Total Carbs 110g	10 Hot Dog 1g Hot Dog Bun 15g Chili Sauce 7g Cheese Sauce 2g Potato Wedges 20g Cookie 24g Peaches 14g Milk 24g Total Carbs 107g	11 12 Grilled Cheese 28g Mini Ravioli 16g Peas 6g Mixed Fruit 17g Milk 24g Total Carbs 91g	13 Potato Bar: Taco 45g Pulled Pork 70g Breadstick 12g Gold Fish Crackers 4g Roasted Broccoli 2g Cheese Sauce 4g Applesauce 14g Milk 24g Total 105g (Taco) or 130g (PP)	14 Fiestada Pizza 43g Spanish Rice 23g Churro 28g Corn 15g Peach Cup 19g Milk 24g Total 152g
No School PRESIDENTS DAY	17 Hamburger Patty 2g Hamburger Bun 28g Bacon Slices-2 0g Pickle Slices 0g Cheese Slice 1g Waffle Fries 19g Cookie 24g Peaches 14g Milk 24g Total Carbs 112g	18 Breaded Chicken 15g Hamburger Bun 28g Cheese Slice 1g Mayo Pkt 0g Broccoli 6g Mixed Fruit 17g Milk 24g Total Carbs 91g	19 20 Chicken & Noodles 22g Mashed Potatoes 13g White Dinner Roll 19g Margarine Cup 0g Corn 16g Cookie 23g Applesauce 14g Milk 24g Total Carbs 132g	21 Fish Filet 20g WG Bun 26g Tarter Sauce Packet 3g Green Beans 4g Baked Beans 43g Strawberry Cup 22g Milk 24g Total 142g
Chicken & Waffle 24 Chicken Tenders 16g WG Waffle 37g Hash Brown 27g Pears 16g Milk 24g Syrup Cup 31g Total Carbs 151g	25 Sloppy Joe 12g Hamburger Bun 28g Cookie 23g Potato Spirals g Peaches 14g Milk 24g Total 116g	26 Walking Dorito Taco 24g Salsa 8g Lettuce 2oz 0g Cheese Cup 1oz 1g Diced Tomato 2oz 3g Mixed Fruit 17g Cookie 24g Milk 24g Sour Cream Packet 2g Total Carbs 103g	27 Cavatini Pasta 65g WG Bosco Stick 25g Lettuce Salad w/Ranch 8g Applesauce 14g Milk 24g Total Carbs 136g	28 Tiger Bowl 55g Mashed Potatoes, Corn Popcorn Chicken, White Gravy, Shredded Cheese Green Beans 3g White Dinner Roll 19g Margarine Cup 0g Peach Cup 19g Milk 24g Total 120g