



APRIL | 2018

Bluffton Harrison High School
This Institute is an equal opportunity provider

**Don't forget Bluffton Harrison MSD Serves
 Breakfast Daily! Start your tiger out with a
 Nutritional Advantage!
 Served Daily 7:15am-7:45am**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pizza 35g Corn 16g Peas 11g Pears 16g WG Choc Chip Cookie 18g Milk 20g Total Carbs 116g	3 Cavatini Pasta 65g Bosco Breadstick 25g Lettuce Salad Blend 11g Ranch Dressing 5g Applesauce 14g Total Carbs 140g	4 Grilled Cheese Sand 30g Bread Tomato Soup 40g Saltine Crackers 7g Broccoli Florets 5g Mixed Fruit 15g Milk 20g Total Carbs 117g	5 Lasagna Roll 36g Mozzarella Cheese 1g Bosco Breadstick 25g Lettuce Salad with Ranch 25g Peaches 28g Milk 20g Total Carbs 135g	6 Breaded Chicken Patty 16g WG Bun 26g Cheese Slice 1g Baked Beans 53g Blueberries 22g Milk 20g Total Carbs 128g
9 BBQ Rib Patty 13g WG Bun 16g Broccoli Florets 5g Corn 16g Pears 16g Milk 20g Total Carbs 86g	10 Pizza Burger 34g WG Bun 16g Crinkle Carrots 6g WG Carnival Cookie 28g Applesauce 14g Milk 20g Total 118g	11 Mini Corn Dogs 30g French Fries 15g Green Beans 3g Mixed Fruit 15g Ketchup Packet 0g Mustard Packet 0g Milk 20g Total Carbs 83g	12 Build your own Turkey Sub 51g Raw Veggie Pack 20g Peaches 28g Milk 20g Total Carbs 119g	13 Popcorn Chicken 14g Baked Beans 20g Pretzel 30g BBQ Sauce Cup 11g Ketchup 0g Frozen Peaches 19g Milk 20g Total Carbs 111g
16 Breaded Chicken Patty 16g WG Hamburger Bun 25g Cheese Slice 1g Broccoli 10g Corn 31g Ketchup/Mustard 0g Applesauce 14g Milk 20g Total Carbs 91g	17 Breaded Pork Patty 18g WG Hamburger Bun 25g Cheese Slice 1g French Fries 34g Applesauce 28g Milk 20g Total Grams 126g	18 Pizza 35g WG Choc Chip Cookie 18g Carrots 12g Mixed Fruit 15g Milk 20g Total Carbs 100g	19 Chicken & Noodles 16g Mashed Potatoes 36g Corn 16g Dinner Roll/Butter Cup 16g WG Carnival Cookie 28g Peaches 14g Milk 20g Total Carbs 146g	20 Walking Dorito Taco w/ Fajita Chicken 25g Lettuce/Cheese Cup 4g Tostitos 18g Refried Beans 20g Salsa 8g WG Cookie 18g Blueberries 10g Milk 20g Total 123g
23 Tangerine Chicken 25g Teriyaki Noodles 44g Egg Roll 22g Peas 32g Milk 20g Total Carbs 143g	24 Broccoli Cheddar Soup 12g Lettuce Salad w/Ranch 25g WG Saltine Cracker 7g WG Carnival Cookie 28g Applesauce 28g Total Carbs 98g	25 Cheese Burger 0g WG Hamburger Bun 22g Potato Wedges 17g Green Beans 3g Mixed Fruit 15g Ketchup/Mustard 0g Milk 20g Total Carbs 98g	26 Spaghetti 48g Lettuce Salad/Ranch 16g Bosco Breadstick 25g Peaches 14g Milk 20g Total Carbs 123g	27 Biscuit & Gravy 27g Tri- Hashbrown 27g Scrambled Eggs 1g Broccoli 10g Frozen Peach Cup 32g Milk 20g Total Carbs 117g
30 Pizza 35g Corn 16g Peas 11g Pears 16g WG Choc Chip Cookie 18g Milk 20g Total Carbs 116g				

News

Daily Tiger Choices:
 Tiger Pack
 Peanut Butter/Grape Jelly
 Uncrustable
 Cheese Stick
 (String Cheese)
 Reduced Fat Nacho Doritos
 Fresh Veggie Pack
 (See below Choice Varies Daily)
 Fruit of the Day
 Milk

Tiger Chef Salad
 (Romaine Lettuce, 1oz Cheese, Ham,
 Pea & Black Bean Cup, Carrots,
 Broccoli, Celery & Grape Tomatoes)
 Fat Free Ranch or Honey French
 Dressing
 Fruit of the Day
 Milk

**Fresh Tiger Veggie Packs
 Vary Daily:**
 (1oz Ranch & Peanut Butter Cup
 Offered)
 Cucumbers, Tomatoes, Cauliflower,
 Bell Pepper Mix, Carrots, Celery &
 Broccoli
**Tiger Menu's Subject to
 Change**