



MAY | 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 7:15-7:45

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Breaded Pork Patty 16g WG Hamburger Bun 25g Cheese Slice 1g Broccoli 10g Corn 31g Ketchup/Mustard 0g Applesauce 14g Milk 20g Total Carbs 91g	2 Build your own Turkey Sub 51g Raw Veggie Pack 20g Peaches 28g Milk 20g Total Carbs 119g	3 Lasagna Roll 36g Mozzarella Cheese 1g Bosco Breadstick 14g Lettuce Salad with Ranch 17g Peaches 17g Milk 20g Total Carbs 105g	4 Breaded Chicken Patty 15g WG Bun 26g Cheese Slice 1g Broccoli 5g Corn 16g Ketchup/Mustard 0g Blueberries 10g Milk 20g Total Carbs 93g
7 Philly Steak 6g WG Mini Sub Bun 32g Broccoli Florets 5g Corn 16g Pears 16g Milk 20g Total Carbs 95g	8 Pizza Burger 34g Crinkle Carrots 12g WG Carnival Cookie 28g Applesauce 14g Milk 20g Total Carbs 108g	9 Mini Corn Dogs 30g French Fries 15g Green Beans 3g Mixed Fruit 15g Ketchup / Mustard Packet 0g Milk 20g Total Carbs 83g	10 Alfredo Casserole 47g Lettuce Salad/Ranch 17g WG Bosco Stick 14g Peaches 17g Milk 20g Total Carbs 73g	11 Popcorn Chicken 14g Baked Beans 26g Pretzel 14g BBQ Sauce Cup 11g Ketchup 0g Frozen Peaches 16g Milk 20g Total Carbs 104g
14 Breaded Chicken Patty 15g WG Bun 26g Cheese Slice 1g Broccoli 5g Corn 16g Ketchup/Mustard 0g Pears 16g Milk 20g Total Carbs 99g	15 Cavatini Pasta 44g Bosco Breadstick 14g Lettuce Salad/Ranch 17g Applesauce 14g Milk 20g Total Carbs 109g	16 Ham & Beans 48g WG Corn Bread 28g Carrots 12g Mixed Fruit 30g Milk 20g Total Grams 111g	17 Chicken & Noodles 27g Mashed Potatoes 36g Dinner Roll/Butter Cup 19g Peaches 17g Milk 20g Total Carbs 147g	18 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
21 Tangerine Chicken 25g Teriyaki Noodles 44g Egg Roll 22g Pears 16g Milk 20g Total Grams 127g	22 Broccoli Cheddar Soup 12g Lettuce Salad w/Ranch 17g WG Saltine Cracker 7g WG Carnival Cookie 28g Applesauce 28g Total Carbs 198g	23 Cheese Burger 0g WG Hamburger Bun 22g Potato Wedges 17g Green Beans 3g Mixed Fruit 15g Ketchup/Mustard 0g Milk 20g Total Carbs 102g	24 Spaghetti 36g Lettuce Salad/Ranch 17g Bosco Breadstick 14g Peaches 17g Milk 20g Total Carbs 103g	25 Biscuit & Gravy 27g Hashbrown 27g Scrambled Eggs 1g Broccoli 5g Frozen Peaches 16g Milk 20g Total Carbs 96g
28 No School 	29 Breaded Pork Patty 16g WG Hamburger Bun 25g Cheese Slice 1g Broccoli 10g Corn 31g Ketchup/Mustard 0g Applesauce 14g Milk 20g Total Carbs 91g	30 Build your own Turkey Sub 51g Raw Veggie Pack 20g Peaches 28g Milk 20g Total Carbs 119g	31 Lasagna Roll 36g Mozzarella Cheese 1g Bosco Breadstick 14g Lettuce Salad / Ranch 17g Peaches 17g Milk 20g Total Carbs 105g	June 1st PB&J Pack Grape Uncrustable 32g Cheese Stick 1g RF Doritos 20g Raw Carrot Pack 10g Frozen Strawberry Cup 22g Milk 20g Total Carbs 105g

News

Daily Tiger Choices:
 Tiger Pack
 Peanut Butter/Grape Jelly
 Uncrustable
 Cheese Stick
 (String Cheese)
 Reduced Fat Nacho Doritos
 Fresh Veggie Pack
 (See choices below 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

Flavored Milk Varieties & Condiments Offered Daily