

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



MARCH 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	Pizza- Cheese, Pepperoni or Sausage 33g Carrots 6g Cookie 23g Peaches 14g Milk 24g Total Carbs 100g	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	Spaghetti w/ Meat Sauce 38g WG Bosco Stick 25g Lettuce Salad w/Ranch 8g Applesauce 14g Milk 24g Total Carbs 109g	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	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	Grilled Cheese 28g Mini Ravioli 16g Peas 6g Mixed Fruit 17g Milk 24g Total Carbs 91g	Potato Bar: Taco Pulled Pork 45g Breadstick 12g Gold Fish Crackers 4g Roasted Broccoli 2g Cheese Sauce 4g Applesauce 14g Milk 24g Total 105g (Taco) or 130g (PP)	Fiestada Pizza 43g Spanish Rice 23g Churro 28g Corn 15g Peach Cup 19g Milk 24g Total 152g
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	No School Parent Teacher Conference	Breaded Chicken 15g Hamburger Bun 28g Cheese Slice 1g Mayo Pkt 0g Broccoli 6g Mixed Fruit 17g Milk 24g Total Carbs 91g	Uncrustable 32g Cheese Stick 1g RF Doritos 20g Raw Veggie Option 1-11g Applesauce Cup 14g Milk 24g Total Carbs 102g	No School Spring Break
22	23	24	25	26
Chicken & Waffle 30 Chicken Tenders 16g WG Waffle 37g Hash Brown 27g Pears 16g Milk 24g Syrup Cup 31g Total Carbs 151g	Sloppy Joe 12g Hamburger Bun 28g Cookie 23g Potato Spirals g Peaches 14g Milk 24g Total 116g			