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 $1.80/day
Lunch $2.75/day

MY SCHOOL BUCKS — PAY FOR MEALS ONLINE — MySchoolBucks.com

MAY 2019

Daily Tiger Choices:

Tiger Grab N Go Pepperoni Pizza Meal
WG Pita Bread (1ea) 26g
Marinara Sauce (3oz) 3g
Pepperoni Slices (8ea) 0g
Mozzerella Cheese (4oz) 0g
RawVeggie Option (1-11g)
Fruit of the Day 8-28g
Milk 24g

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	
		1 Grilled Cheese 23g Mini Ravioli 16g Broccoli 8g Cheese Sauce 4g Mixed Fruit 17g WG Cookie 27g Milk 24g **Total Carbs 119g**	2 Cavatini Pasta 57g WG Bosco Stick 14g Lettuce Salad w/Ranch 7g Applesauce 28g Milk 24g **Total Carbs 130g**	3 Pulled Pork 8g Hamburger Bun 28g BBQ Sauce Option 18g WG Cookie 27g Glazed Carrots 12g Strawberry Cup 18g Milk 24g **Total Carbs 135g**	1
6 Burrito– Beef & Bean W/ White Queso 43g Salsa 8g Corn 15g Tortilla Chips 21g Pears 32g Milk 24g **Total Carbs 143g**	7 Hamburger Patty 2g Hamburger Bun 28g Bacon Slices– 2 0g Dill Pickle Slices-3 0g Cheese Slice 1g WG Onion Rings 28g Seasoned Wedges 20g Peaches 14g Milk 24g **Total Carbs 117g**	8 Potato Bar Taco 46g Pulled Pork 75g Breadstick 12g Broccoli 6g Cheese Sauce 4g Mixed Fruit 30g Milk 24g **Total 122g (Taco) or 151g (PP)**	9 Spaghetti w/ Meat Sauce 38g WG Bosco Stick 25g Lettuce Salad w/Ranch 8g Applesauce 14g Milk 24g **Total Carbs 109g**	10 Walking Frito Taco 20g Salsa 4g Lettuce 2oz 0g Cheese Cup 2oz 2g Blueberries 8g Milk 24g **Total Carbs 58g**	2
13 Chicken & Waffle Chicken Tenders 16g WG Waffle 37g Hash Rounds 16g Glazed Carrots 12g Pears 16g Milk 24g Syrup Cup 31g **Total Carbs 152g**	14 Sloppy Joe 8g Hamburger Bun 28g WG Cookie 27g Seasoned Potato 15g Peaches 14g Milk 24g **Total Carbs 116g**	15 BBQ Chicken Flatbread Pizza 38g Green Beans 4g Mixed Fruit 30g Milk 24g **Total Carbs 96g**	16 Chicken & Noodles 56g Mashed Potatoes 14g WG Dinner Roll 19g Margarine Cup 0g Corn 15g WG Cookie 27g Applesauce 14g Milk 24g **Total Carbs 169g**	17 Pizza– Cheese, Pepperoni or Sausage 33g Green Beans 4g Pears 32g Milk 24g **Total Carbs 93g**	3
20 Popcorn Chicken 20g WG Pretzel 30g Broccoli 5g Cheese Sauce 2g Pears 16g Dip Cup 3-11g Milk 24g **Total Carbs 108g**	21 Hamburger Steak & Gravy 6g Mashed Potatoes 14g WG Dinner Roll 19g Margarine Cup 0g WG Cookie 27g Peas 11g Peaches 14g Milk 24g **Total Carbs 115g**	22 Turkey Sub Sandwich 36g Raw Veggie Pack (Varies 1-8g) Pasta Salad 25g Baked Lays Chips 25g Mixed Fruit 30g Milk 24g **Total Carbs 148g**	23 Potato Soup 15g Saltine Cracker 4g Bread Stick 12g Peas 12g Applesauce 14g Milk 24g **Total 81g**	24 **Tiger Bowl** 55g Mashed Potatoes, Corn Popcorn Chicken, White Gravy, Shredded Cheese WG Dinner Roll 19g Margarine Cup 0g Peach Cup 22g Milk 24g **Total 120g**	4
27 **No School** Memorial DAY	28 Alfredo Casserole 48g WG Bosco Stick 25g Broccoli 6g Cheese Sauce 4g Peaches 14g Milk 24g **Total Carbs 121g**	29 Grilled Cheese 23g Mini Ravioli 16g Broccoli 8g Cheese Sauce 4g Mixed Fruit 17g WG Cookie 27g Milk 24g **Total Carbs 119g**	30 **Last Student Day** Uncrustable 32g Cheese Stick 1g RF Doritos 20g Raw Veggie Option 1-11g Fruit of the Day 8-28g Milk 24g **Total Carbs 116g**	31	1