

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



MARCH 2019

Daily Tiger Choices:

Tiger Pack

Peanut Butter/Grape Jelly
 Uncrustable 32g
 Cheese Stick
 (String Cheese 1g or
 Colby Jack 0g)
 Reduced Fat Nacho Doritos 20g
 Fresh 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

Fresh Tiger Veggie Packs Vary Daily:

(1oz Ranch 10g & 1oz Peanut
 Butter Cup 8g Offered)
 Cucumbers, Tomatoes, Cauliflow-
 er, 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 Fiestada Pizza 43g Spanish Rice 44g Churro 27g Corn 16g Peach Cup 19g Milk 24g Total 173g
4 Breaded Pork Chop 18g WG Bun 26g Cheese Slice 1g Baked Beans 43g Pears 16g Milk 24g Total 128g	5 Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Pickle Slices 0g Peas 11g Seasoned Wedges 20g Peaches 14g Milk 24g Total 100g	6 Mini Corn Dogs 30g Waffle Fries 29g Green Bean Casserol 15g Mixed Fruit 17g Milk 24g Total 115g	7 Tater Tot Casserole 36g Peas 11g Dinner Roll 19g w/Margarine Cup 0g WG Cookie 18g Applesauce 14g Milk 24g Total 122g	8 Popcorn Chicken 20g WG Pretzel 30g Broccoli 5g Cheese Sauce 2g Blueberries 8g Dip Cup 3-11g Milk 24g Total 100g
11 Chicken & Waffle Chicken Tenders 16g WG Waffle 37g Hash Rounds 16g Glazed Carrots 12g Pears 16g Milk 24g Syrup Cup 31g Total 152g	12 Sloppy Joe 8g Hamburger Bun 28g WG Cookie 27g Green Beans 4g Peaches 14g Milk 24g Total 112g	13 Stuffed Crust Pizza Pepperoni or Cheese 38g Peas 12g Mixed Fruit 17g Milk 24g Total 91g	14 Chicken & Noodles 56g Mashed Potatoes 14g WG Dinner Roll 19g Margarine Cup 0g Corn 15g WG Cookie 27g Applesauce 14g Milk 24g Total 169g	15 Teriyaki Dippers 9g WG Rice 25g WG Dinner Roll 19g Margarine Cup 0g Broccoli 5g Cheese Sauce 2g Strawberry Cup 18g Milk 24g Total 102g
18 French Toast Sticks 29g Scrambled Eggs 3g Bacon Slices 0g Hash Rounds 16g Syrup Cup 31g Pears 16g WG Cookie 27g Milk 24g Total 146g	19  Parent-Teacher Conferences No School	20 Tiger Bowl 55g Mashed Potatoes, Corn Popcorn Chicken, White Gravy, Shredded Cheese WG Dinner Roll 19g Margarine Cup 0g Mixed Fruit 17g Milk 24g Total 115g	21 Uncrustable 32g Cheese Stick 1g RF Doritos 20g Raw Veggie Option 1-11g Fruit of the Day 8-28g Milk 24g Total Carbs 116g	22  Spring Break No School
25 	26 	27 	28 	29 