

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 \$2.25/day
 Lunch \$2.85/day

MY SCHOOL BUCKS PAY FOR MEALS ONLINE
 MySchoolBucks.com



AUGUST 2022

Daily Tiger Choices:
Hot Meal Service
Or

Tiger 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 Option:
 Cobb Salad 44g
 Fruit of the Day 8-28g
 Milk 24g

Raw Tiger Veggie Option
Daily:

Cucumbers, Tomatoes, Cau-
 liflower, Bell Peppers, Car-
 rots, Celery & Broccoli (1-
 11g)

Flavored Milk Varieties
11-24g
 1 Cup 1% White
 1 Cup FF Chocolate

Condiments Offered Daily
according to menu
(0g-11g)

*** Tiger Menu's Subject**
to Change

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
8	9	10 Popcorn Chicken 20g WG Pretzel 30g Glazed Carrots 13g Mixed Fruit 17g Dip Cup 3-11g Milk 24g Total Carbs 115g	11 Spaghetti w/ Meat Sauce 38g WG Bosco Stick 25g Lettuce Salad w/Ranch 8g Applesauce 14g Milk 24g Total Carbs 109g	12 Hot Dog 1g Hot Dog Bun 15g Chili Sauce 7g Cheese Sauce 2g Baked Beans 43g Cookie 24g Peaches 14g Milk 24g Total Carbs 130g
15 Pizza- Cheese, Pepperoni or Sausage 33g Broccoli 6g Pears 32g Milk 24g Total Carbs 95g	16 Hamburger Patty 2g Hamburger Bun 28g Pickle Slices 0g Cheese Slice 1g Waffle Fries 19g Peaches 14g Milk 24g Total Carbs 88g	17 Walking Dorito Taco 24g Salsa 8g Lettuce 2oz 0g Cheese Cup 1oz 1g Diced Tomato 2oz 3g Mixed Fruit 17g Cookie 24g Milk 24g Sour Cream Packet 2g Total Carbs 103g	18 Tiger Bowl 55g Mashed Potatoes, Corn Popcorn Chicken, White Gravy, Shredded Cheese Broccoli 5g White Dinner Roll 19g Margarine Cup 0g Pears 16g Milk 24g Total 119g	19 Mini Corn Dogs-6ea 30g French Fries 17g Baked Beans 43g Pears 16g Milk 24g Total 130g
22 Breaded Pork Fitter 12g White Bun 28g Cheese Slice 1g Cole Slaw 23g Baked Beans 43g Cookie 23g Peaches 14g Milk 24g Total Carbs 168g	23 Cavatini Pasta 65g WG Bosco Stick 25g Broccoli 6g Applesauce 14g Milk 24g Total Carbs 134g	24 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	25 Chicken & Noodles 22g Mashed Potatoes 13g White Dinner Roll 19g Margarine Cup 0g Corn 16g Cookie 23g Applesauce 14g Milk 24g Total Carbs 131g	26 Fiestada Pizza 43g Spanish Rice 23g Churro 28g Taco Beans 22g Strawberry Cup 18g Milk 24g Total 158g
29 Marinated Grilled Chicken 6g White Bun 23g Gold Fish Crackers 9g Seasoned Potato 12g Peas 11g Strawberry Cup 22g Milk 24g Total Carbs 107g	30 Pizza- Cheese, 33g Pepperoni or Sausage Green Beans 3g Cookie 23g Peaches 14g Milk 24g Total Carbs 97g	31 Teriyaki Dippers 9g WG Rice 25g Dinner Roll 19g Margarine Cup 0g Broccoli 5g Cheese Sauce 2g Peaches 14g Milk 24g Total 98g		