

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



DECEMBER 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, Cauliflower, Bell Peppers, Carrots, 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					
			Hamburger Steak & Gravy 6g Mashed Potatoes 14g White Dinner Roll 19g Margarine Cup 0g Cookie 24g Corn 16g Applesauce 14g Milk 24g Total Carbs 117g	Breaded Chicken 15g Hamburger Bun 28g Cheese Slice 1g Mayo Pkt 0g Broccoli 6g Mixed Fruit 17g Milk 24g Total Carbs 91g					
Beef & Noodles 53g Mashed Potatoes 13g White Dinner Roll 19g Margarine Cup 0g Corn 16g Cookie 17g Pears 16g Milk 24g Total Carbs 158g	5	Teriyaki Dippers 9g WG Rice 25g Dinner Roll 19g Margarine Cup 0g Broccoli 5g Cheese Sauce 2g Peaches 14g Milk 24g Total 102g	6	Burrito- Beef & Bean W/ White Queso 43g Salsa 8g Corn 16g Tortilla Chips 20g Mandarin Oranges 20g Milk 24g Total Carbs 131g	7	Tiger Basket Chicken Strips- 4ea 53g w/ Texas Toast & Gravy Margarine Cup 0g French Fries 17g Glazed Carrots 13g Mixed Fruit 17g Milk 24g Total 124g	8	Pizza- Cheese, Pepperoni or Sausage 33g Baked Beans 43g Cookie 23g Strawberry Cup 18g Milk 24g Total Carbs 141g	9
Mini Corn Dogs 30g Waffle Fries 29g Green Bean 15g Pears 16g Milk 24g Total 114g	12	Tiger Bowl 55g Mashed Potatoes, Corn Popcorn Chicken, White Gravy, Shredded Cheese Broccoli 5g White Dinner Roll 19g Margarine Cup 0g Peach Cup 19g Milk 24g Total 122g	13	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	14	Spaghetti w/ Meat Sauce 38g WG Bosco Stick 25g Lettuce Salad w/Ranch 8g Applesauce 14g Milk 24g Total Carbs 109g	15	Hamburger Patty 2g Hamburger Bun 28g Pickle Slices 0g Cheese Slice 1g Waffle Fries 19g Cookie 24g Peaches 14g Milk 24g Total Carbs 112g	16
Sausage Patty 1g Mac & Cheese 26g WG Pretzel 30g Peas 11g Peach Cup 19g Milk 24g Total 111g	19	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	20	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	21	Chicken & Noodles 22g Mashed Potatoes 13g White Dinner Roll 19g Margarine Cup 0g Corn 16g Cookie 23g Applesauce 14g Milk 24g Total Carbs 131g	22		23
	26		28	29	30				