

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 7:15-7:45

Breakfast \$1.80/day
 Lunch \$2.75/day

MY
 SCHOOL
 BUCKS

PAY FOR MEALS ONLINE

MySchoolBucks.com

DECEMBER 2018



Daily Tiger Choices:

Tiger Pack

Peanut Butter/Grape Jelly
 Uncrustable
 Cheese Stick
 (String Cheese or Colby Jack)

Reduced Fat Nacho Doritos
 Fresh Veggie Pack
 (See choices below varies daily)
 Fruit of the Day
 Milk

Tiger Chef Salad

(Romaine Lettuce, 2oz Cheese, Ham, 1oz Pea & Black Bean Cup, Carrots, Broccoli, Celery & Grape Tomatoes)
 Fat Free Ranch or Honey French Dressing
 Fruit of the Day
 Milk

Fresh Tiger Veggie Packs Vary Daily:

(1oz Ranch & Peanut Butter Cup Offered)
 Cucumbers, Tomatoes, Cauliflower, Bell Pepper Mix, Carrots, Celery & Broccoli

Flavored Milk Varieties & Condiments Offered Daily

** Tiger Menu's Subject to Change **

	Mon	Tue	Wed	Thu	Fri
	Stuffed Crust 3 Pizza Slice 38g Carrots 6g Pears 16g Milk 24g Total Carbs 84g	Chicken Patty 16g Cheese Slice 1g WG Bun 26g Waffle Fries 16g Peaches 28g Milk 24g Total Carbs 111g	Turkey Manhattan 31g Corn 16g WG Cookie 28g Mixed Fruit 30g Milk 24g Total Carbs 129g	Alfredo Casserole 48g WG Bosco Stick 25g Broccoli 5g WG Cookie 18g Applesauce 28g Milk 24g Total Carbs 148g	Hot Dog 1g Cheese Sauce 4g WG Bun 20g Baked Beans 27g Blueberries 20g Milk 24g Total Carbs 96g
	Mini Corn Dogs 30g Seasoned Potato Wedges 20g Green Beans 3g Pears 16g Milk 24g Total Carbs 93g	Pulled Pork 17g Hamburger Bun 28g BBQ Sauce Option 18g Carrots 6g Peaches 28g Milk 24g Total Carbs 121g	Nacho Bel Grande 41g Salsa 8g Corn 16g WG Cookie 27g Mixed Fruit 32g Milk 24g Total Carbs 148g	Goulash 28g WG Bosco Stick 25g Broccoli Cuts 5g Cheese Sauce 4g Applesauce 28g Milk 24g Total Carbs 114g	Popcorn Chicken 21g WG Pretzel 30g Baked Beans 37g Peach Cup 22g Milk 24g Total Carbs 134g
	Chicken & Waffle 17 3- Chicken Tenders 16g Waffle 37g Tri-Potato 27g Carrots 6g Pears 16g Milk 24g Total Carbs 126g	Cavatini Pasta 54g WG Bosco Stick 25g Lettuce Salad 7g Ranch Dressing 1oz 10g Peaches 28g Milk 24g Total Carbs 148g	Stuffed Crust 19 Pizza Slice 38g Pea's 12g Mixed Fruit 32g Milk 24g Total Carbs 106g	Chicken & Noodles 56g Mashed Potatoes 14g WG Dinner Roll w/Butter Cup 19g Corn 15g WG Carnival Cookie 27g Applesauce 28g Milk 24g Total Carbs 183g	Walking Dorito Taco 43g Refried Beans 20g Lettuce & Cheese Cup 2g Salsa 8g Strawberry Cup 22g Blueberries 20g Milk 24g Total Carbs 139g
	24	25	26	27	28
	No School Christmas Break				
	30	31			
	No School Christmas Break				

