

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 \$1.90/day
 Lunch \$2.85/day

MY SCHOOL BUCKS PAY FOR MEALS ONLINE
 MySchoolBucks.com



DECEMBER 2019

Daily Tiger Choices:

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 Salad Options

Mondays:

Chef Salad 54g
 Fruit of the Day 8-28g
 Milk 24g

Tuesdays:

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

Wednesdays:

Buffalo Chicken Salad 46g
 Fruit of the Day 8-28g
 Milk 24g

Thursdays:

Southwest Chicken Salad 66g
 Fruit of the Day 8-28g
 Milk 24g

Fridays:

Chef Salad 54g
 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
 & Condiments Offered Daily (0g-11g)

* Tiger Menu's Subject to Change *

Mon	Tue	Wed	Thu	Fri
Popcorn Chicken 20g WG Pretzel 30g Corn 15g Pears 17g Dip Cup 3-11g Milk 24g Total Carbs 117g	Hamburger Steak & Gravy 6g Mashed Potatoes 14g White Dinner Roll 19g Margarine Cup 0g Cookie 24g Peas 11g Peaches 14g Milk 24g	Grilled Cheese 30g Mini Ravioli 16g Broccoli 5g Mixed Fruit 18g Milk 24g Total Carbs 93g	Spaghetti w/ Meat Sauce 38g WG Bosco Stick 25g Lettuce Salad w/Ranch 9g Applesauce 14g Milk 24g Total Carbs 110g	Fiesta Pizza 43g Spanish Rice 23g Churro 28g Corn 15g Strawberry Cup 22g Milk 24g Total 155g
Pizza— Cheese, Pepperoni or Sausage 33g Carrots 6g Pears 32g Milk 24g Total Carbs 95g	Sloppy Joe 12g Hamburger Bun 28g Cookie 23g Seasoned Baked Potato 15g Peaches 14g Milk 24g Total 116g	Breaded Chicken 15g Hamburger Bun 28g Cheese Slice 1g Peas 12g Mixed Fruit 18g Milk 24g Total Carbs 98g	Chicken & Noodles 22g Mashed Potatoes 13g White Dinner Roll 19g Margarine Cup 0g Corn 16g Cookie 24g Applesauce 14g Milk 24g Total Carbs 132g	Tiger Bowl 55g Mashed Potatoes, Corn Popcorn Chicken, White Gravy, Shredded Cheese Green Beans 3g White Dinner Roll 19g Margarine Cup 0g Pineapple 18g Milk 24g Total 119g
Chicken & Waffle 16g Chicken Tenders 16g WG Waffle 37g Hash Brown 27g Pears 16g Milk 24g Syrup Cup 31g Total Carbs 151g	Hamburger Patty 2g Hamburger Bun 28g Bacon Slices— 2 0g Pickle Slices 0g Cheese Slice 1g Waffle Fries 19g Cookie 24g Peaches 14g Milk 24g Total Carbs 112g	Walking Dorrito Taco 24g Salsa 8g Lettuce 2oz 0g Cheese Cup 2oz 2g Diced Tomato 2oz 3g Pears 17g Cookie 24g Milk 24g Sour Cream Pkt 2g Total Carbs 104g	Cavatini Pasta 65g WG Bosco Stick 25g Lettuce Salad w/Ranch 8g Applesauce 14g Milk 24g Total Carbs 136g	Uncrustable 32g Cheese Stick 1g RF Doritos 20g Raw Veggie Option 1-11g Fruit of the Day 8-28g Milk 24g Total Carbs 116g
No School Christmas Break				
A VERY MERRY CHRISTMAS and Happy New Year!				
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