

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

JANUARY 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
No School Christmas Break				
	1	2	3	4 
7	8	9	10	11
Breaded Pork Chop 18g WG Bun 26g Cheese Slice 1g Baked Beans 37g Pears 16g Milk 24g Total 122g	Stuffed Crust Pizza Pepperoni or Cheese 38g Peas 12g Peaches 14g Milk 24g Total 88g	Mini Corn Dogs 30g Waffle Fries 29g Green Beans 4g Mixed Fruit 17g Milk 24g Total 104g	Nacho Bel Grande 36g Salsa 8g Corn 16g WG Cookie 18g Applesauce 14g Milk 24g Total 116g	Popcorn Chicken 20g WG Pretzel 30g Broccoli 5g Blueberries 8g Dipping Sauce 3-11g Milk 24g Total 98g
14	15	16	17	18
Chicken & Waffle Chicken Tenders 16g WG Waffle 37g Hash Rounds 16g Carrots 6g Pears 16g Milk 24g Syrup Cup 31g Total 146g	Sloppy Joe 8g Hamburger Bun 28g WG Cookie 27g Peas 11g Peach Cup 19g Milk 24g Total 117g	Hamburger Patty 2g Hamburger Bun 28g Cheese Slice 1g Baked Beans 27g Seasoned Wedges 20g Mixed Fruit 17g Milk 24g Total 119g	Chicken & Noodles 56g Mashed Potatoes 14g WG Dinner Roll w/Butter Cup 19g Corn 0g WG Cookie 15g Applesauce 27g Milk 14g Milk 24g Total 183g	Teriyaki Dippers 6g WG Rice 25g WG Dinner Roll 19g Margarine Cup 0g WG Cookie 27g Strawberry Cup 18g Milk 24g Total 119g
21	22	23	24	25
Fiestada Pizza 43g Spanish Rice 44g Corn 16g Pears 16g Milk 24g Total 143g	Hamburger Patty 2g Hamburger Bun 22g Cheese Slice 1g Baked Beans 15g Waffle Fries 21g Peaches 14g Milk 24g Total 113g	Grilled Chicken 28g WG Bun 26g Broccoli Cuts 5g Cheese Sauce 4g Mixed Fruit 17g WG Cookie 27g Milk 24g Total 131g	Spaghetti w/ Meat Sauce 60g WG Bosco Stick 25g Green Beans 3g Applesauce 14g Milk 24g Total 140g	Walking Beef Taco 23g Refried Beans 20g Lettuce & Cheese Cup 2g Salsa 26g Peach Cup 19g Milk 24g Total 117g
28	29	30	31	
Turkey Manhattan 31g Corn 16g WG Cookie 28g Pears 16g Milk 24g Total 115g	Chicken Patty 16g Cheese Slice 1g WG Bun 22g Peas 12g Peach Cup 19g Milk 24g Total 94g	Grilled Cheese 23g Mini Ravioli 33g Broccoli 8g Cheese Sauce 4g Mixed Fruit 17g Milk 24g Total 109g	Pulled Pork 8g Hamburger Bun 28g BBQ Sauce Option 18g Carrots 6g Applesauce 14g Milk 24g Total Carbs 121g	