

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

JANUARY 2020



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
				
Taco Soup 33g Fritos 16g Cheese Cup 2g Green Beans 4g Dinner Roll 19g w/Margarine Cup 0g Cookie 23g Pears 16g Milk 24g Total Carbs 66	Pizza- Cheese, Pepperoni or Sausage 33g Carrots 6g Cookie 23g Peaches 14g Milk 24g Total Carbs 100g	Turkey Manhattan 33g White Dinner Roll 19g Margarine Cup 0g Peas 11g Mixed Fruit 15g Milk 24g Total Carbs 105g	Spaghetti w/ Meat Sauce 38g WG Bosco Stick 25g Lettuce Salad w/Ranch 8g Applesauce 14g Milk 24g Total Carbs 109g	Fish Filet 20g WG Bun 26g Tarter Sauce Packet 3g Green Beans 4g Baked Beans 43g Tropical Fruit 20g Milk 24g Total 140g
Popcorn Chicken 20g WG Pretzel 30g Carrots 6g Pears 17g Dip Cup 3-11g Milk 24g Total Carbs 108g	Hamburger Steak & Gravy 14g Mashed Potatoes 14g White Dinner Roll 19g Margarine Cup 0g Cookie 24g Peas 11g Peaches 14g Milk 24g Total Carbs 112g	Grilled Cheese 28g Mini Ravioli 16g Baked Beans 43g Mixed Fruit 15g Milk 24g Total Carbs 131g	Potato Bar: Taco 45g Pulled Pork 70g Breadstick 12g Gold Fish Crackers 4g Broccoli 6g Cheese Sauce 4g Applesauce 14g Milk 24g Total 109g (Taco) or 134g (PP)	Fiestada Pizza 43g Spanish Rice 23g Churro 28g Corn 15g Peach Cup 19g Milk 24g Total 152g
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 Broccoli 6g Mixed Fruit 15g Milk 24g Total Carbs 89g	Chicken & Noodles 22g Mashed Potatoes 13g White Dinner Roll 19g Margarine Cup 0g Corn 16g Cookie 23g Applesauce 14g Milk 24g Total Carbs 132g	BBQ Chicken Flatbread Pizza 38g Green Beans 4g Gold Fish Cracker 14g Strawberry Cup 22g Milk 24g Total Carbs 102g
Chicken & Waffle 27g 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 Dorito Taco 24g Salsa 8g Lettuce 2oz 0g Cheese Cup 1oz 1g Diced Tomato 2oz 3g Mixed Fruit 15g Cookie 24g Milk 24g Sour Cream Packet 2g Total Carbs 101g	Cavatini Pasta 65g WG Bosco Stick 25g Lettuce Salad w/Ranch 8g Applesauce 14g Milk 24g Total Carbs 136g	Tiger Bowl 55g Mashed Potatoes, Corn Popcorn Chicken, White Gravy, Shredded Cheese 3g Green Beans 3g White Dinner Roll 19g Margarine Cup 0g Pineapple 18g Milk 24g Total 119g