

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 \$2.10/day
 Lunch \$2.85/day

MY SCHOOL BUCKS PAY FOR MEALS ONLINE
 MySchoolBucks.com



MARCH 2021

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
Beef & Noodles 53g Mashed Potatoes 13g White Dinner Roll 19g Margarine Cup 0g Corn 16g Cookie 17g Pears 16g Milk 24g Total 119g	Teriyaki Dippers 9g WG Rice 25g Dinner Roll 19g Margarine Cup 0g Broccoli 5g Cheese Sauce 2g Peaches 14g Milk 24g Total 98g	Tiger Basket 3 Chicken Strips- 4ea 53g w/ Texas Toast & Gravy Margarine Cup 0g French Fries 17g Glazed Carrots 13g Mixed Fruit 17g Milk 24g Total 124g	4 Spaghetti w/ Meat Sauce 38g WG Bosco Stick 25g Lettuce Salad w/Ranch 8g Applesauce 14g Milk 24g Total Carbs 109g	5 Pizza- Cheese, 33g Pepperoni or Sausage Baked Beans 43g Cookie 23g Strawberry Cup 18g Milk 24g Total Carbs 141g
Tiger Bowl 55g Mashed Potatoes, Corn 8 Popcorn Chicken, White Gravy, Shredded Cheese Broccoli 5g White Dinner Roll 19g Margarine Cup 0g Pears 16g Milk 24g Total 119g	9 Breaded Pork Fitter 12g White Bun 28g Cheese Slice 1g Cole Slaw 23g Baked Beans 43g Cookie 23g Peaches 14g Milk 24g Total Carbs 168g	10 Nacho Bel Grande 55g Corn 15g Corn & Black Bean Salsa 16g Cookie 23g Mixed Fruit 17g Milk 24g Total Carbs 150g	11 Potato Bar: Taco 45g Pulled Pork 70g Breadstick 12g Gold Fish Crackers 4g Broccoli 5g Cheese Sauce 4g Applesauce 14g Milk 24g Total 108g (Taco) or 133g	12 Mini Corn Dogs 30g Waffle Fries 29g Green Bean 15g Peach Cup 19g Milk 24g Total 117g
Taco Soup 33g Fritos 16g Cheese Cup 2g Green Beans 4g Dinner Roll 19g Margarine Cup 0g Cookie 22g Pears 16g Milk 24g	15 16 No School Parent / Teacher Conferences	17 Grilled Cheese 28g Chili Soup 25g Green Beans 3g Mixed Fruit 17g Milk 24g Total Carbs 97g	18 Chicken & Noodles 22g Mashed Potatoes 13g White Dinner Roll 19g Margarine Cup 0g Corn 16g Cookie 23g Applesauce 14g Milk 24g Total Carbs 131g	19 No School
22	23	24	26	26
<h1>Enjoy Spring Break</h1>				
29 Tiger Basket Chicken Strips- 4ea 53g w/ Texas Toast & Gravy Margarine Cup 0g French Fries 17g Glazed Carrots 13g Pears 16g Milk 24g Total 123g	30 Pizza- Cheese, 33g Pepperoni or Sausage Green Beans 3g Cookie 23g Peaches 14g Milk 24g Total Carbs 97g	31 Popcorn Chicken 20g WG Pretzel 30g Glazed Carrots 13g Mixed Fruit 17g Dip Cup 3-11g Milk 24g Total Carbs 115g		