

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



NOVEMBER 2020

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, Cau-
 liflower, Bell Peppers, Car-
 rots, 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
Popcorn Chicken 20g 2 WG Pretzel 30g Glazed Carrots 13g Baked Beans 43g Pears 16g Dip Cup 3-11g Milk 24g Total Carbs 157g	Hamburger Patty 2g 3 Hamburger Bun 28g Pickle Slices 0g Cheese Slice 1g Waffle Fries 19g Cookie 24g Peaches 14g Milk 24g Total Carbs 112g	Grilled Cheese 28g 4 Chili Soup 25g Green Beans 3g Mixed Fruit 17g Milk 24g Total Carbs 97g	Cavatini Pasta 65g 5 WG Bosco Stick 25g Broccoli 6g Applesauce 14g Milk 24g Total Carbs 134g	Fiestada Pizza 43g 6 Spanish Rice 23g Churro 28g Corn 15g Peach Cup 19g Milk 24g Total 152g
Chicken & Waffle 9 Chicken Tenders 16g WG Waffle 37g Hash Brown 27g Pears 16g Milk 24g Syrup Cup 31g Total Carbs 151g	Hot Dog 1g 10 Hot Dog Bun 15g Chili Sauce 7g Cheese Sauce 2g Baked Beans 43g Cookie 24g Peaches 14g Milk 24g Total Carbs 130g	Tiger Basket 11 Chicken Strips- 4ea 53g w/ Texas Toast & Gravy Margarine Cup 0g French Fries 17g Glazed Carrots 13g Mixed Fruit 17g Milk 24g Total 124g	Potato Bar: Taco 45g 12 Pulled Pork 70g Breadstick 12g Gold Fish Crackers 4g Broccoli 5g Cheese Sauce 4g Applesauce 14g Milk 24g Total 107g (Taco) or 132g	Pizza- Cheese, 33g 13 Pepperoni or Sausage Green Beans 3g Cookie 23g Strawberry Cup 18g Milk 24g Total Carbs 101g
Mini Corn Dogs 30g 16 Waffle Fries 29g Green Bean 15g Pears 32g Milk 24g Total 130g	Breaded Pork Fitter 12g 17 White Bun 28g Cheese Slice 1g Cole Slaw 23g Cheese Stick 1g Baked Beans 43g Cookie 23g Peaches 14g Milk 24g Total Carbs 169g	Nacho Bel Grande 55g 18 Corn 15g Corn & Black Bean Salsa 16g Cookie 23g Mixed Fruit 17g Milk 24g Total Carbs 150g	Spaghetti w/ Meat Sauce 38g 19 WG Bosco Stick 25g Lettuce Salad w/Ranch 8g Applesauce 14g Milk 24g Total Carbs 109g	Tiger Bowl 55g 20 Mashed Potatoes, Corn Popcorn Chicken, White Gravy, Shredded Cheese Broccoli 5g White Dinner Roll 19g Margarine Cup 0g Peach Cup 19g Milk 24g Total 122g
Taco Soup 33g 23 Fritos 16g Cheese Cup 2g Green Beans 4g Dinner Roll 19g Margarine Cup 0g Cookie 22g Pears 16g Milk 24g Total Carbs 136g	Pizza- Cheese, 33g 24 Pepperoni or Sausage Green Beans 3g Cookie 23g Peaches 14g Milk 24g Total Carbs 97g	E-Learning Day 25	No School ~ Thanksgiving Break 26 	27
Tiger Basket 30 Chicken Strips- 4ea 44g w/ Texas Toast & Gravy Margarine Cup 0g French Fries 17g Baked Beans 43g Pears 16g Milk 24g Total 144g				1