

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 7:15-7:45

Breakfast \$1.80/day
 Lunch \$2.75/day

MY SCHOOL BUCKS **PAY FOR MEALS ONLINE**
 MySchoolBucks.com

OCTOBER 2018



| | Mon | Tue | Wed | Thu | Fri | |
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| <p><u>Daily Tiger Choices:</u></p> <p>Tiger Pack Peanut Butter/Grape Jelly Uncrustable Cheese Stick (String Cheese or Colby Jack) Reduced Fat Nacho Doritos Fresh Veggie Pack (See choices below varies daily) Fruit of the Day Milk</p> <p>Tiger Chef Salad (Romaine Lettuce, 2oz Cheese, Ham, 1oz Pea & Black Bean Cup, Carrots, Broccoli, Celery & Grape Tomatoes) Fat Free Ranch or Honey French Dressing Fruit of the Day Milk</p> <p>Fresh Tiger Veggie Packs Vary Daily: (1oz Ranch & Peanut Butter Cup Offered) Cucumbers, Tomatoes, Cauliflower, Bell Pepper Mix, Carrots, Celery & Broccoli</p> <p>Flavored Milk Varieties & Condiments Offered Daily</p> <p><i>* Tiger Menu's Subject to Change *</i></p> | <p>1</p> <p>Tangerine Chicken 20g Teriyaki Noodles 18g Egg Roll 18g Pears 16g Milk 24g</p> <p>Total Carbs 96g</p> | <p>2</p> <p>Grilled Cheese 23g Tomato Soup 16g Corn 8g Peaches 28g Milk 24g</p> <p>Total Carbs 19g</p> | <p>3</p> <p>Hamburger Patty 2g WG Bun 22g Cheese Slice 1g Baked Beans 15g French Fries 12g Mixed Fruit 33g Milk 24g</p> <p>Total Carbs 112g</p> | <p>4</p> <p>Spaghetti w/ Meat Sauce 60g WG Bosco Stick 25g Green Beans 3g Applesauce 28g Milk 24g</p> <p>Total Carbs 140g</p> | <p>5</p> <p>Turkey Pot Pie 56g Peas 11g Dinner Roll 19g Margarine Cup 0g WG Cookie 27g Strawberry Cup 18g Milk 24g</p> | |
| | <p>8</p> <p>Cheese Stuffed Crust Pizza Pepperoni or Cheese 38g Carrots 6g WG Cookie 27g Pears 16g Milk 24g</p> <p>Total Carbs 111g</p> | <p>9</p> <p>Chicken Patty 16g Cheese Slice 1g WG Bun 26g Corn or 16g Peaches 28g Milk 24g</p> <p>Total Carbs 111g</p> | <p>10</p> <p>Turkey Sub Sandwich 36g Raw Veggie Pack (Varies 1-8g) Baked Lays Chips 25g Mixed Fruit 30g Milk 24g</p> <p>Total Carbs 123g</p> | <p>11</p> <p>Alfredo Casserole 48g WG Bosco Stick 25g Broccoli 5g WG Cookie 18g Applesauce 28g Milk 24g</p> <p>Total Carbs 148g</p> | <p>12</p> <p>Hot Dog 1g Cheese Sauce 4g WG Bun 20g Baked Beans 27g Blueberries 20g Milk 24g</p> <p>Total Carbs 96g</p> | |
| | <p>15</p> <p>Nacho Bel Grande 41g Salsa 8g Corn 16g WG Cookie 27g Pears 16g Milk 24g</p> <p>Total Carbs 132g</p> | <p>16</p> <p>No School Parent/Teacher Conference</p> | | <p>17</p> <p>Mini Corn Dogs 30g French Fries 34g Green Beans 3g Mixed Fruit 30g Milk 24g</p> <p>Total Carbs 121g</p> | <p>18</p> <p>Goulash 28g WG Bosco Stick 25g Broccoli Cuts 5g Applesauce 23g Milk 24g</p> <p>Total Carbs 105g</p> | <p>19</p> <p>Popcorn Chicken 21g WG Pretzel 30g Baked Beans 27g Peach Cup 22g Orange Juice 14g Milk 24g</p> <p>Total Carbs 138g</p> |
| | <p>22</p> <p></p> | <p>23</p> | <p>24</p> | <p>25</p> | <p>26</p> <p></p> | |
| | <p>No School Fall Break</p> | | | | | |
| | <p>29</p> <p>Tangerine Chicken 20g Teriyaki Noodles 18g Egg Roll 18g Pears 16g Milk 24g</p> <p>Total Carbs 96g</p> | <p>30</p> <p>Grilled Cheese 23g Tomato Soup 16g Corn 8g Peaches 28g Milk 24g</p> <p>Total Carbs 19g</p> | <p>31</p> <p>Hamburger Patty 2g WG Bun 22g Cheese Slice 1g Baked Beans 15g French Fries 12g Mixed Fruit 33g Milk 24g</p> <p>Total Carbs 112g</p> | | | |