

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



OCTOBER 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	
			Chicken & Noodles 22g Mashed Potatoes 13g White Dinner Roll 19g Margarine Cup 0g Corn 16g Cookie 23g Applesauce 14g Milk 24g Total Carbs 131g	Tiger Basket Chicken Strips- 4ea 44g w/ Texas Toast & Gravy Margarine Cup 0g French Fries 17g Baked Beans 43g Strawberry Cup 18g Milk 24g Total 146g	
Mini Corn Dogs 30g Waffle Fries 29g Green Bean 15g Pears 32g Milk 24g Total 130g	Nacho Bel Grande 44g Corn 15g Cookie 23g Peach Cup 19g Milk 24g Total Carbs 125g	Popcorn Chicken 20g WG Pretzel 30g Glazed Carrots 13g Mixed Fruit 17g Dip Cup 3-11g Milk 24g Total Carbs 115g	Cavatini Pasta 65g WG Bosco Stick 25g Broccoli 6g Applesauce 14g Milk 24g Total Carbs 134g	Hot Dog 1g Hot Dog Bun 15g Chili Sauce 7g Cheese Sauce 2g Baked Beans 43g Cookie 24g Peaches 14g Milk 24g Total Carbs 130g	
Pizza- Cheese, Pepperoni or Sausage 33g Broccoli 6g Pears 32g Milk 24g Total Carbs 95g	No School Parent / Teacher Conferences		Tiger Bowl 55g Mashed Potatoes, Corn Popcorn Chicken, White Gravy, Shredded Cheese Green Beans 3g White Dinner Roll 19g Margarine Cup 0g Mixed Fruit 17g Milk 24g Total 118g	Hamburger Steak & Gravy 6g Mashed Potatoes 14g White Dinner Roll 19g Margarine Cup 0g Cookie 24g Corn 16g Applesauce 14g Milk 24g Total Carbs 117g	Fiestada Pizza 43g Spanish Rice 23g Churro 28g Glazed Carrots 13g Strawberry Cup 18g Milk 24g Total 141g
	FALL BREAK ~ NO SCHOOL				
Tiger Basket Chicken Strips- 4ea 44g w/ Texas Toast & Gravy Margarine Cup 0g French Fries 17g Baked Beans 43g Strawberry Cup 18g Milk 24g Total 146g	Pizza- Cheese, Pepperoni or Sausage 33g Green Beans 3g Cookie 23g Peaches 14g Milk 24g Total Carbs 97g	Grilled Cheese 28g Chili Soup 25g Glazed Carrots 13g Mixed Fruit 17g Milk 24g Total Carbs 107g	Chicken & Noodles 22g Mashed Potatoes 13g White Dinner Roll 19g Margarine Cup 0g Corn 16g Cookie 23g Applesauce 14g Milk 24g Total Carbs 131g	Breaded Chicken 15g Hamburger Bun 28g Cheese Slice 1g Mayo Pkt 0g Broccoli 6g Pears 16g- Milk 24g Total Carbs 90g	