

**Bluffton-Harrison High School**  
**This Institute is an equal opportunity provider**

Don't forget Bluffton-Harrison Elementary 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  
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# SEPTEMBER 2019

## 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 Chef Salad-

- Romaine Lettuce 4g, 1oz Cheese
- 0g, 2oz Ham 3g, 1oz Pea 4g & 1oz Black Bean Cup 5g, Carrots 4g, Broccoli 1g, Celery 1g & Grape Tomatoes 2g
- Fat Free Ranch 8g or Honey French Dressing 13g
- Fruit of the Day 8-28g
- Milk 24g

### Raw Tiger Veggie Packs Vary

#### Daily:

- (1oz Ranch 10g & 1oz Peanut Butter Cup 8g Offered) Cucumbers, Tomatoes, Cauliflower, Bell Pepper Mix, 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
<p><b>No School</b> 2</p> <p>LABOR DAY</p>	<p>Hamburger Patty 2g 3</p> <p>Hamburger Bun 28g</p> <p>Bacon Slices- 2 0g</p> <p>Dill Pickle Slices-3 0g</p> <p>Cheese Slice 1g</p> <p>French Fries 15g</p> <p>Peaches 14g</p> <p>Milk 24g</p> <p><b>Total Carbs 84g</b></p>	<p>Grilled Cheese 28g 4</p> <p>Mini Ravioli 16g</p> <p>Broccoli 5g</p> <p>Mixed Fruit 17g</p> <p>Milk 24g</p> <p><b>Total Carbs 90g</b></p>	<p>Chicken &amp; Noodles 54g 5</p> <p>Mashed Potatoes 13</p> <p>White Dinner Roll 19g</p> <p>Margarine Cup 0g</p> <p>Corn 16g</p> <p>Cookie 17g</p> <p>Applesauce 14g</p> <p>Milk 24g</p> <p><b>Total Carbs 157g</b></p>	<p>Pulled Pork 17g 6</p> <p>White Hamburger Bun 28g</p> <p>Baked Lays 25g</p> <p>Glazed Carrots 12g</p> <p>Strawberry Cup 22g</p> <p>Milk 24g</p> <p><b>Total Carbs 128g</b></p>
<p>Chicken &amp; Waffle 9</p> <p>Chicken Tenders 16g</p> <p>WG Waffle 37g</p> <p>Hash Brown 27g</p> <p>Pears 17g</p> <p>Milk 24g</p> <p>Syrup Cup 31g</p> <p><b>Total Carbs 152g</b></p>	<p>Pizza- Cheese, Pepperoni or Sausage 33g 10</p> <p>Green Beans 4g</p> <p>Cookie 17g</p> <p>Peach Cup 19g</p> <p>Milk 24g</p>	<p>Turkey Sub Sandwich 35g 11</p> <p>Raw Veggie Pack (Varies 1-11g)</p> <p>Pasta Salad 25g</p> <p>Baked Lays Chips 25g</p> <p>Mixed Fruit 17g</p> <p>Milk 24g</p> <p><b>Total Carbs 137g</b></p>	<p>Spaghetti w/ Meat Sauce 38g 12</p> <p>WG Bosco Stick 25g</p> <p>Lettuce Salad w/Ranch 8g</p> <p>Applesauce 14g</p> <p>Milk 24g</p> <p><b>Total Carbs 109g</b></p>	<p>Breaded Chicken 15g 13</p> <p>White Hamburger Bun 26g</p> <p>Cheese Slice 1g</p> <p>Peas 11g</p> <p>Peaches 14g</p> <p>Milk 24g</p> <p><b>Total Carbs 91g</b></p>
<p>Burrito- Beef &amp; Bean 16</p> <p>W/ White Queso 43g</p> <p>Salsa 8g</p> <p>Corn 16g</p> <p>Tortilla Chips 20g</p> <p>Mandarin Oranges 20g</p> <p>Milk 24g</p> <p><b>Total Carbs 131g</b></p>	<p>Sloppy Joe 16g 17</p> <p>White Hamburger Bun 28g</p> <p>Cookie 17g</p> <p>Seasoned Potato 15g</p> <p>Peaches 14g</p> <p>Milk 24g</p> <p><b>Total Carbs 114g</b></p>	<p>BBQ Chicken 18</p> <p>Flatbread Pizza 38g</p> <p>Green Beans 3g</p> <p>Mixed Fruit 17g</p> <p>Milk 24g</p> <p><b>Total Carbs 82g</b></p>	<p>Alfredo Casserole 48g 19</p> <p>WG Bosco Stick 25g</p> <p>Broccoli 5g</p> <p>Peaches 14g</p> <p>Milk 24g</p> <p><b>Total Carbs 116g</b></p>	<p><b>No School E- Learning Day</b> 20</p>
<p>Popcorn Chicken 20g 23</p> <p>WG Pretzel 30g</p> <p>Broccoli 5g</p> <p>Pineapple 18g</p> <p>Dip Cup 3-11g</p> <p>Milk 24g</p> <p><b>Total Carbs 108g</b></p>	<p>Hamburger Steak &amp; Gravy 6g 24</p> <p>Mashed Potatoes 14g</p> <p>White Dinner Roll 19g</p> <p>Margarine Cup 0g</p> <p>Peas 11g</p> <p>Peaches 14g</p> <p>Milk 24g</p> <p><b>Total Carbs 115g</b></p>	<p>Potato Bar 25</p> <p>Taco-2oz 46g</p> <p>Pulled Pork-3oz 70g</p> <p>Breadstick 14g</p> <p>Cookie 17g</p> <p>Mixed Fruit 30g</p> <p>Milk 24g</p> <p><b>Total 131g (Taco) or 155g (PP)</b></p>	<p>Cavatini Pasta 65g 26</p> <p>WG Bosco Stick 25g</p> <p>Lettuce Salad w/Ranch 7g</p> <p>Applesauce 28g</p> <p>Milk 24g</p> <p><b>Total Carbs 149g</b></p>	<p><b>Tiger Bowl</b> 55g 27</p> <p>Mashed Potatoes, Corn</p> <p>Popcorn Chicken, White Gravy, Shredded Cheese</p> <p>White Dinner Roll 19g</p> <p>Margarine Cup 0g</p> <p>Peach Cup 19g</p> <p>Milk 24g</p> <p><b>Total 117g</b></p>
<p>Tater Tot Casserole 41g 30</p> <p>Peas 11g</p> <p>Dinner Roll 19g</p> <p>w/Margarine Cup 0g</p> <p>WG Cookie 17g</p> <p>Pears 16g</p> <p>Milk 24g</p> <p><b>Total Carbs 128g</b></p>				