

**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

NOVEMBER 2018



**Daily Tiger Choices:**

**Tiger Pack**  
 Peanut Butter/Grape Jelly  
 Uncrustable  
 Cheese Stick  
 (String Cheese or Colby  
 Jack)  
 Reduced Fat Nacho Dor-  
 itos  
 Fresh Veggie Pack  
 (See choices below varies  
 daily)  
 Fruit of the Day  
 Milk

**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

**Fresh Tiger Veggie Packs**  
**Vary Daily:**  
 (1oz Ranch & Peanut But-  
 ter Cup Offered)  
 Cucumbers, Tomatoes,  
 Cauliflower, Bell Pepper  
 Mix, Carrots, Celery &  
 Broccoli

**Flavored Milk Varieties**  
**& Condiments Offered**  
**Daily**

*\* Tiger Menu's Subject to  
 Change \**

	Mon	Tue	Wed	Thu	Fri	
				Spaghetti w/ Meat Sauce 60g 1 WG Bosco Stick 25g Green Beans 3g Applesauce 28g Milk 24g <b>Total Carbs 140g</b>	Turkey Pot Pie 56g 2 Peas 11g Dinner Roll 19g Margarine Cup 0g WG Cookie 27g Strawberry Cup 18g Milk 24g <b>Total Carbs 155g</b>	
	Cheese Stuffed Crust Pizza 5 Pepperoni or Cheese 38g Carrots 6g WG Cookie 27g Pears 16g Milk 24g <b>Total Carbs 111g</b>	Chicken Patty 16g 6 Cheese Slice 1g WG Bun 26g Corn 16g Peaches 28g Milk 24g <b>Total Carbs 111g</b>	Turkey Sub Sandwich 36g 7 Raw Veggie Pack (Varies 1-8g) Baked Lays Chips 25g Mixed Fruit 30g Milk 24g <b>Total Carbs 123g</b>	Alfredo Casserole 48g 8 WG Bosco Stick 25g Broccoli 5g WG Cookie 18g Applesauce 28g Milk 24g <b>Total Carbs 148g</b>	Hot Dog 1g 9 Cheese Sauce 4g WG Bun 20g Baked Beans 27g Blueberries 20g Milk 24g <b>Total Carbs 155g</b>	
	Nacho Bel Grande 41g 12 Salsa 8g Corn 16g WG Cookie 27g Pears 16g Milk 24g <b>Total Carbs 132g</b>	Pizza Burger 35g 13 WG Hamburger Bun 26g Carrots 6g Applesauce 28g Milk 24g <b>Total Carbs 119g</b>	Mini Corn Dogs 30g 14 Seasoned Potato Wedges 20g Green Beans 3g Mixed Fruit 30g Milk 24g <b>Total Carbs 121g</b>	Goulash 28g 15 WG Bosco Stick 25g Broccoli Cuts 5g Applesauce 23g Milk 24g <b>Total Carbs 105g</b>	Popcorn Chicken 21g 16 WG Pretzel 30g Baked Beans 27g Peach Cup 22g Orange Juice 14g Milk 24g <b>Total Carbs 138g</b>	
	Chicken & Waffle 19 Chicken Tenders 16g Waffle 37g Hash Rounds 16g Carrots 6g Orange Juice 14g Pears 16g Milk 24g <b>Total Carbs 140g</b>	Cavatini Pasta 54g 20 WG Bosco Stick 25g Lettuce Salad 0g Ranch Dressing 1oz 10g Peaches 28g Milk 24g <b>Total Carbs 141g</b>	<b>E-Learning            No School</b>		<b>No School            Thanksgiving Break</b>	
			Hamburger Patty 2g 28 WG Bun 22g Cheese Slice 1g Baked Beans 15g Waffle Fries 21g Mixed Fruit 33g Milk 24g <b>Total Carbs 112g</b>	Spaghetti w/ Meat Sauce 60g 29 WG Bosco Stick 25g Green Beans 3g Applesauce 28g Milk 24g <b>Total Carbs 140g</b>	Turkey Pot Pie 56g 30 Peas 11g Dinner Roll 19g Margarine Cup 0g WG Cookie 27g Strawberry Cup 18g Milk 24g <b>Total Carbs 155g</b>	
	Tangerine Chicken 20g 26 Teriyaki Noodles 18g Egg Roll 18g Pears 16g Milk 24g <b>Total Carbs 96g</b>	Grilled Cheese 23g 27 Tomato Soup 16g Corn 8g Peaches 28g Milk 24g <b>Total Carbs 19g</b>				