

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
 PAY FOR MEALS ONLINE
 MySchoolBucks.com



NOVEMBER 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 Salad Options

Mondays:
 Chef Salad 54g
 Fruit of the Day 8-28g
 Milk 24g

Tuesdays:
 Cobb Salad 44g
 Fruit of the Day 8-28g
 Milk 24g

Wednesdays:
 Buffalo Chicken Salad 46g
 Fruit of the Day 8-28g
 Milk 24g

Thursdays:
 Southwest Chicken Salad 66g
 Fruit of the Day 8-28g
 Milk 24g

Fridays:
 Chef Salad 54g
 Fruit of the Day 8-28g
 Milk 24g

Raw Tiger Veggie Option Daily:
 Cucumbers, Tomatoes, Cauliflower,
 Bell Peppers, 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
				Fiestada Pizza 43g Spanish Rice 22g Churro 27g Corn 15g Pineapple 18g Milk 24g Total 149g
Taco Soup 34g Fritos 16g Cheese Cup 2g Green Beans 4g Dinner Roll 19g w/Margarine Cup 0g Cookie 23g Pineapple 18g Milk 24g Total Carbs 140g	Pizza- Cheese, Pepperoni or Sausage 33g Carrots 6g Cookie 23g Peaches 14g Milk 24g Total Carbs 100g	Turkey Manhattan 31g White Dinner Roll 19g Margarine Cup 0g Peas 11g Mixed Fruit 17g Milk 24g Total Carbs 102g	Chicken & Noodles 54g Mashed Potatoes 13g White Dinner Roll 19g Margarine Cup 0g Corn 16g Cookie 24g Applesauce 14g Milk 24g Total Carbs 164g	Fish Filet 20g WG Bun 26g Tarter Sauce Pkt 3g Green Beans 4g Tropical Fruit 20g Milk 24g Total 97g
Chicken & Waffle 16g Chicken Tenders 37g WG Waffle 27g Hash Brown 20g Tropical Fruit 24g Milk 31g Total Carbs 155g	Hamburger Steak & Gravy 6g Mashed Potatoes 14g White Dinner Roll 19g Margarine Cup 0g Cookie 23g Peas 11g Peaches 14g Milk 24g Total Carbs 111g	Grilled Cheese 23g Mini Ravioli 16g Broccoli 8g Cheese Sauce 4g Mixed Fruit 17g Milk 24g Total Carbs 92g	Cavatini Pasta 65g WG Bosco Stick 25g Lettuce Salad w/Ranch 7g Applesauce 28g Milk 24g Total Carbs 149g	Walking Frito Taco 20g Salsa 8g Cookie 23g Lettuce 2oz 0g Cheese Cup 1oz 1g Pears 17g Milk 24g Total Carbs 93g
Popcorn Chicken 20g WG Pretzel 30g Peas 11g Pears 17g Dip Cup 3-11g Milk 24g Total Carbs 107g	Potato Bar 46g Taco-2oz 70g Pulled Pork-3oz 14g Breadstick 5g Broccoli 3g Cheese Sauce 23g Cookie 14g Peaches 24g Milk 24g Total 129g(Taco) or 153g (PP)	Hamburger Patty 14g Hamburger Bun 28g Bacon Slices- 2 0g Cheese Slice 1g Waffle Fries 19g Cookie 24g Mixed Fruit 17g Milk 24g Total Carbs 127g	Beef & Noodles 53g Mashed Potatoes 13g White Dinner Roll 19g Margarine Cup 0g Corn 16g Cookie 17g Applesauce 14g Milk 24g Total Carbs 156g	Tiger Bowl 55g Mashed Potatoes, Corn Popcorn Chicken, White Gravy, Shredded Cheese White Dinner Roll 19g Margarine Cup 0g Pineapple 18g Milk 24g Total 116g
Chicken Cordon Bleu 46g White Hamburger Bun 28g Cordon Bleu Sauce 4g Green Beans 4g Pineapple 18g Milk 24g Total Carbs 124g	Uncrustable 32g Cheese Stick 1g RF Doritos 20g Raw Veggie Option 1-11g Fruit of the Day 8-28g Milk 24g Total Carbs 116g	No School E- Learning		