

**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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 MySchoolBucks.com



# OCTOBER 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
	Hamburger Patty 14g Hamburger Bun 28g Bacon Slices- 2 0g Cheese Slice 1g Waffle Fries 19g Peaches 14g Milk 24g <b>Total Carbs 100g</b>	Grilled Cheese 28g Mini Ravioli 16g Peas 11g Mixed Fruit 17g Milk 24g <b>Total Carbs 96g</b>	Spaghetti w/ Meat Sauce 38g WG Bosco Stick 25g Lettuce Salad w/Ranch 9g Applesauce 14g Milk 24g <b>Total Carbs 110g</b>	Fiestada Pizza 43g Spanish Rice 22g Churro 27g Corn 15g Pineapple 18g Milk 24g <b>Total 149g</b>
Taco Soup 34g Green Beans 4g Dinner Roll 19g w/Margarine Cup 0g Cookie 23g Pineapple 18g Milk 24g <b>Total Carbs 122g</b>	Pizza- Cheese, Pepperoni or Sausage 33g Carrots 6g Cookie 23g Peaches 14g Milk 24g <b>Total Carbs 100g</b>	Turkey Manhattan 31g White Dinner Roll 19g Margarine Cup 0g Peas 11g Mixed Fruit 17g Milk 24g <b>Total Carbs 102g</b>	Chicken & Noodles 54g Mashed Potatoes 13g White Dinner Roll 19g Margarine Cup 0g Corn 16g Cookie 24g Applesauce 14g Milk 24g <b>Total Carbs 164g</b>	Potato Bar 46g Taco-2oz 70g Pulled Pork-3oz 14g Broccoli 5g Cheese Sauce 3g Cookie 23g Mandarine Oranges 20g Milk 24g <b>Total 135g(Taco)or 159g (PP)</b>
Chicken & Waffle 14 Chicken Tenders 16g WG Waffle 37g Hash Brown 27g Mandarine Oranges 20g Milk 24g Syrup Cup 31g <b>Total Carbs 155g</b>	<b>No School</b> 	Sloppy Joe 16g White Hamburger Bun 28g Cookie 24g Seasoned Potato 15g Mixed Fruit 17g Milk 24g <b>Total Carbs 124g</b>	Beef & Noodles 53g Mashed Potatoes 13g White Dinner Roll 19g Margarine Cup 0g Corn 16g Cookie 17g Applesauce 14g Milk 24g <b>Total Carbs 156g</b>	Fish Filet 20g WG Bun 26g Tarter Sauce Pkt 3g Green Beans 4g Tropical Fruit 20g Milk 24g <b>Total 97g</b>
21	22	23	24	25
Chicken Cordon Bleu 46g White Hamburger Bun 28g Cordon Bleu Sauce 4g Green Beans 4g Pears 16g Milk 24g <b>Total Carbs 122g</b>	Hamburger Patty 14g Hamburger Bun 28g Bacon Slices- 2 0g Cheese Slice 1g Waffle Fries 19g Peaches 14g Milk 24g <b>Total Carbs 100g</b>	Grilled Cheese 28g Mini Ravioli 16g Peas 11g Mixed Fruit 17g Milk 24g <b>Total Carbs 96g</b>	Spaghetti w/ Meat Sauce 38g WG Bosco Stick 25g Lettuce Salad w/Ranch 9g Applesauce 14g Milk 24g <b>Total Carbs 110g</b>	
28	29	30	31	