

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



SEPTEMBER 2018

Daily Tiger Choices:

Tiger Pack

- Peanut Butter/Grape Jelly
- Un crustable
- Cheese Stick
- (String Cheese or Colby Jack)
- Reduced Fat Nacho Doritos
- 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 Butter 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
No School Labor Day	3 Chicken Fajita Bake 25g 4 Corn 16g Tortilla Chips 20g Salsa 8g Peaches 28g Milk 24g Total Carbs 121g	5 Hamburger Patty 2g WG Bun 22g Cheese Slice 1g Baked Beans 15g French Fries 12g Mixed Fruit 30g Milk 24g Total Carbs 106g	6 Spaghetti w/ Meat Sauce 60g WG Bosco Stick 25g Green Beans 2g Applesauce 23g Milk 24g Total Carbs 134g	7 Biscuit & Gravy 21g Hash Brown 19g Egg Omelet 2g Carrots 6g Strawberry Cup 18g Milk 24g Total Carbs 90g
	10 Cheese Stuffed Crust Pizza Pepperoni or Cheese 38g Carrots 6g Pears 16g Milk 24g Total Carbs 84g	11 Chicken Patty 16g Cheese Slice 1g WG Bun 26g Corn or Broccoli 16g Broccoli 5g Peaches 28g Milk 24g Total Carbs 116g	12 Turkey Sub Sandwich 36g Raw Veggie Pack(Varies 1-8g) Baked Lays Chips 25g Mixed Fruit 30g Milk 24g Total Carbs 123g	13 Goulash 31g WG Bosco Stick 25g Broccoli Cuts 5g Applesauce 23g Milk 24g Total Carbs 108g
	17 Nacho Bel Grande 41g Salsa 8g Corn 16g Pears 16g Milk 24g Total Carbs 105g	18 Pizza Burger 35g Carrots 12g WG Carnival Cookie 27g Peaches 28g Milk 24g Total Carbs 126g	19 Mini Corn Dogs 30g French Fries 12g Green Beans 2g Mixed Fruit 30g Milk 24g Total Carbs 98g	No School E-Learning Day
	24 Chicken & Waffle Chicken Tenders 16g Waffle 37g Hash Brown 27g Orange Juice 14g Pears 16g Carrots 6g Milk 24g Total Carbs 140g	25 Cavatini Pasta 54g WG Bosco Stick 25g Lettuce Salad 0g Ranch Dressing 1oz 10g Peaches 28g Milk 24g Total Carbs 141g	26 Cheese Stuffed Crust Pizza Pepperoni or Cheese 38g Carrots 6g Mixed Fruit 30g Milk 24g Total Carbs 98g	27 Chicken & Noodles 27g Mashed Potatoes 14g Dinner Roll w/ Butter Cup 19g Corn 0g Applesauce 16g Milk 23g Total Carbs 123g
				28 Walking Dorito Taco w/ Fajita Chicken 22g Lettuce/Cheese Cup 4g Tortilla Chips 20g Refried Beans 20g Salsa 8g WG Cookie 18g Blueberries 10g Milk 24g Total Carbs 126g