

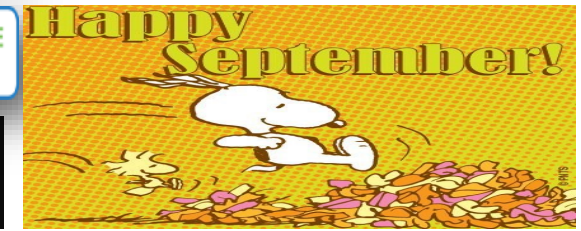
Bluffton-Harrison High School
This Institute is an equal opportunity provider

Don't forget Bluffton-Harrison High School Serves
 Breakfast Daily!
 Start your tiger out with a Nutritional Advantage!
 Served Daily 7:25am—7:45am

Breakfast \$2.10/day
 Lunch \$2.85/day

MY
 SCHOOL
 BUCKS

PAY FOR MEALS ONLINE
 MySchoolBucks.com



SEPTEMBER 2020

Daily Tiger Choices:
Hot Meal Service
Or

Tiger 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 Option:

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

Raw Tiger Veggie Option
Daily:

Cucumbers, Tomatoes, Cau-
 liflower, Bell Peppers, Car-
 rots, Celery & Broccoli (1-
 11g)

**Flavored Milk Varieties 11-
 24g**

1 Cup 1% White
1 Cup FF Chocolate

Condiments Offered Daily
according to menu
(0g-11g)

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

Mon	Tue	Wed	Thu	Fri
	Pizza- Cheese, 33g Pepperoni or Sausage Green Beans 3g Cookie 23g Peaches 14g Milk 24g Total Carbs 97g	Marinated Grilled Chicken 6g White Bun 23g Gold Fish Crackers 9g Seasoned Potato 12g Peas 11g Mixed Fruit 17g Milk 24g Total Carbs 102g	Chicken & Noodles 22g Mashed Potatoes 13g White Dinner Roll 19g Margarine Cup 0g Corn 16g Cookie 23g Applesauce 14g Milk 24g Total Carbs 132g	NEW Menu Lil' Smoked Sausages 1g Mac & Cheese 26g WG Pretzel 30g Peas 11g Peach Cup 19g Milk 24g Total 111g
No School 	Hamburger Patty 2g Hamburger Bun 28g Pickle Slices 0g Cheese Slice 1g Waffle Fries 19g Green Beans 3g Cookie 24g Peaches 14g Milk 24g	Grilled Cheese 28g Mini Ravioli 16g Baked Beans 43g Mixed Fruit 17g Milk 24g Total Carbs 128g	Cavatini Pasta 65g WG Bosco Stick 25g Lettuce Salad w/Ranch 8g Applesauce 14g Milk 24g Total Carbs 136g	NEW Menu Fiestada Pizza 43g Spanish Rice 23g Churro 28g Broccoli 5g Strawberry Cup 18g Milk 24g Total 141g
Chicken & Waffle 14 Chicken Tenders 16g WG Waffle 37g Hash Brown 27g Pears 16g Milk 24g Syrup Cup 31g Total Carbs 151g	Hot Dog 1g Hot Dog Bun 15g Chili Sauce 7g Cheese Sauce 2g Baked Beans 43g Cookie 24g Peaches 14g Milk 24g Total Carbs 130g	Tiger Basket—NEW Chicken Strips—4ea 53g w/ Texas Toast & Gravy Margarine Cup 0g French Fries 17g Glazed Carrots 13g Mixed Fruit 17g Milk 24g Total 124g	Potato Bar: Taco 45g Pulled Pork 70g Breadstick 12g Gold Fish Crackers 4g Broccoli 5g Cheese Sauce 4g Applesauce 14g Milk 24g Total 107g (Taco) or 132g	Pizza- Cheese, 33g Pepperoni or Sausage Green Beans 3g Cookie 23g Peach Cup 19g Milk 24g Total Carbs 102g
Mini Corn Dogs-6ea 30g French Fries 17g Baked Beans 43g Pears 16g Milk 24g Total 130g	NEW Menu Breaded Cheeseburger 18g Cheese Slice 1g Hamburger Bun 28g Broccoli 5g French Fries 17g Peaches 14g Milk 24g Total 107g	Walking Dorito Taco 24g Salsa 8g Lettuce 2oz 0g Cheese Cup 1oz 1g Diced Tomato 2oz 3g Mixed Fruit 17g Cookie 24g Milk 24g Sour Cream Packet 2g Total Carbs 103g	Spaghetti w/ Meat Sauce 38g WG Bosco Stick 25g Lettuce Salad w/Ranch 8g Applesauce 14g Milk 24g Total Carbs 109g	Tiger Bowl 55g Mashed Potatoes, Corn Popcorn Chicken, White Gravy, Shredded Cheese Green Beans 3g White Dinner Roll 19g Margarine Cup 0g Strawberry Cup 18g Milk 24g Total 119g
Breaded Chicken 15g Hamburger Bun 28g Cheese Slice 1g Mayo Pkt 0g Broccoli 6g Pears 16g Milk 24g Total Carbs 90g	Pizza- Cheese, 33g Pepperoni or Sausage Green Beans 3g Cookie 23g Peaches 14g Milk 24g Total Carbs 97g	Marinated Grilled Chicken 38g White Bun 28g Green Beans 4g Potato Wedges 17g Gold Fish Cracker 14g Mixed Fruit 17g Milk 24g Total Carbs 142g		