

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 2022

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 |
|--|--|---|--|---|
| | | | Beef & Noodles 53g 1 Mashed Potatoes 13g White Dinner Roll 19g Margarine Cup 0g Corn 16g Cookie 17g Pears 16g Milk 24g Total Carbs 158g | Mini Corn Dogs 30g 2 Waffle Fries 29g Green Bean 15g Peach Cup 19g Milk 24g Total 117g |
| 5 | 6 Teriyaki Dippers 9g WG Rice 25g Dinner Roll 19g Margarine Cup 0g Broccoli 5g Cheese Sauce 2g Peaches 14g Milk 24g Total 98g | 7 Tiger Basket Chicken Strips- 4ea 53g w/ Texas Toast & Gravy Margarine Cup 0g French Fries 17g Glazed Carrots 13g Mixed Fruit 17g Milk 24g Total 124g | 8 Spaghetti w/ Meat Sauce 38g WG Bosco Stick 25g Lettuce Salad w/Ranch 8g Applesauce 14g Milk 24g Total Carbs 109g | 9 Pizza- Cheese, 33g Pepperoni or Sausage Baked Beans 43g Cookie 23g Strawberry Cup 18g Milk 24g Total Carbs 141g |
| Tiger Bowl 55g 12 Mashed Potatoes, Corn Popcorn Chicken, White Gravy, Shredded Cheese Broccoli 5g White Dinner Roll 19g Margarine Cup 0g Pears 16g Milk 24g Total 119g | 13 Turkey Sub Sandwich 30g Raw Veggie Pack (Varies 1-8g) Mayo Pkt. 0g Pasta Salad 13g Baked Lays Chips 21g Mixed Fruit 17g Milk 24g Total Carbs 105g | 14 Burrito- Beef & Bean W/ White Queso 43g Salsa 8g Corn 16g Tortilla Chips 20g Mandarin Oranges 20g Milk 24g Total Carbs 131g | 15 Potato Bar: Taco 45g Pulled Pork 70g Breadstick 12g Gold Fish Crackers 4g Broccoli 5g Cheese Sauce 4g Applesauce 14g Milk 24g | 16 Breaded Chicken 15g Hamburger Bun 28g Cheese Slice 1g Mayo Pkt 0g Broccoli 6g Peach Cup 19g Milk 24g Total Carbs 93g |
| 19 Pizza- Cheese, Pepperoni or Sausage 33g Broccoli 6g Pears 32g Milk 24g Total Carbs 95g | 20 Hamburger Patty 2g Hamburger Bun 28g Pickle Slices 0g Cheese Slice 1g Waffle Fries 19g Peaches 14g Milk 24g Total Carbs 88g | 21 Grilled Cheese 28g Chili Soup 25g Green Beans 3g Mixed Fruit 17g Milk 24g | 22 Chicken & Noodles 22g Mashed Potatoes 13g White Dinner Roll 19g Margarine Cup 0g Corn 16g Cookie 23g Applesauce 14g Milk 24g Total Carbs 131g | 23 <h2 style="color: red; text-align: center;">No School</h2> |
| 26 Tiger Basket Chicken Strips- 4ea 53g w/ Texas Toast & Gravy Margarine Cup 0g French Fries 17g Glazed Carrots 13g Mixed Fruit 17g Milk 24g Total 124g | 27 Pizza- Cheese, 33g Pepperoni or Sausage Green Beans 3g Cookie 23g Peaches 14g Milk 24g Total Carbs 97g | 28 Popcorn Chicken 20g WG Pretzel 30g Glazed Carrots 13g Mixed Fruit 17g Dip Cup 3-11g Milk 24g Total Carbs 115g | 29 Goulash 29g WG Bosco Stick 25g Peas 11g Applesauce 28g Milk 24g | 30 Pulled Pork 8g Hamburger Bun 28g BBQ Sauce Option 18g WG Cookie 27g Glazed Carrots 12g Strawberry Cup 18g Milk 24g Total Carbs 135g |