

**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 \$2.25/day  
 Lunch \$2.85/day

MY  
 SCHOOL  
 BUCKS

PAY FOR MEALS ONLINE

MySchoolBucks.com



# NOVEMBER 2022

Mon

Tue

Wed

Thu

Fri

**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

	Hamburger Patty 2g <sup>1</sup> Hamburger Bun 28g Pickle Slices 0g Cheese Slice 1g Waffle Fries 19g Cookie 24g Peaches 14g Milk 24g Total Carbs 112g	Grilled Cheese 28g <sup>2</sup> Chili Soup 25g Green Beans 3g Mixed Fruit 17g Milk 24g Total Carbs 97g	Cavatini Pasta 65g <sup>3</sup> WG Bosco Stick 25g Broccoli 6g Applesauce 14g Milk 24g Total Carbs 134g	Fiestada Pizza 4g <sup>4</sup> Spanish Rice 43g Churro 23g Corn 28g Peach Cup 15g Milk 19g Total 24g Total 152g
7	8	9	10	11
Chicken & Waffle 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	<b>Tiger Basket</b> 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 Strawberry Cup 18g Milk 24g Total Carbs 101g
14	15	16	17	18
Mini Corn Dogs 30g Waffle Fries 29g Green Bean 15g Pears 32g Milk 24g Total 130g	Breaded Pork Fitter 12g White Bun 28g Cheese Slice 1g Cole Slaw 23g Cheese Stick 1g Baked Beans 43g Cookie 23g Peaches 14g Milk 24g	Nacho Bel Grande 55g Corn 15g Corn & Black Bean Salsa 16g Cookie 23g Mixed Fruit 17g Milk 24g Total Carbs 150g	Spaghetti w/ Meat Sauce 38g WG Bosco Stick 25g Lettuce Salad w/Ranch 8g Applesauce 14g Milk 24g Total Carbs 109g	<b>Tiger Bowl</b> 55g Mashed Potatoes, Corn Popcorn Chicken, White Gravy, Shredded Cheese Broccoli 5g White Dinner Roll 19g Margarine Cup 0g Peach Cup 19g
21	22	23	24	25
Pizza- Cheese, Pepperoni or Sausage 33g Broccoli 6g Pears 32g Milk 24g Total Carbs 95g	Chicken & Noodles 22g <sup>22</sup> Mashed Potatoes 13g White Dinner Roll 19g Margarine Cup 0g Corn 16g Cookie 23g Applesauce 14g Milk 24g Total Carbs 131g	<b>No School ~ Thanksgiving Break</b>		
28	29	30		
Burrito- Beef & Bean W/ White Queso 43g Salsa 8g Corn 16g Tortilla Chips 20g Mandarin Oranges 20g Milk 24g Total Carbs 131g	Teriyaki Dippers 9g WG Rice 25g WG Dinner Roll 19g Margarine Cup 0g Broccoli 5g Cheese Sauce 2g Strawberry Cup 18g Milk 24g Total 102g	Taco Soup 33g Fritos 16g Cheese Cup 2g Green Beans 4g Dinner Roll 19g Margarine Cup 0g Cookie 22g Pears 16g Milk 24g Total Carbs 136g		

