

**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 2021

**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
		Marinated Grilled Chicken 6g White Bun 28g Gold Fish Crackers 9g Seasoned Potato 12g Peas 11g Strawberry Cup 22g Milk 24g <b>Total Carbs 112g</b>	Beef & Noodles 53g Mashed Potatoes 13g White Dinner Roll 19g Margarine Cup 0g Corn 16g Cookie 17g Pears 16g Milk 24g <b>Total Carbs 158g</b>	Pulled Pork 8g Hamburger Bun 28g BBQ Sauce Option 18g WG Cookie 27g Glazed Carrots 12g Strawberry Cup 18g Milk 24g <b>Total Carbs 135g</b>
6	7	8	9	10
<b>Labor Day No School</b>		<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 <b>Total 124g</b>	Spaghetti w/ Meat Sauce 38g WG Bosco Stick 25g Lettuce Salad w/Ranch 8g Applesauce 14g Milk 24g <b>Total Carbs 109g</b>	Pizza- Cheese, 33g Pepperoni or Sausage Baked Beans 43g Cookie 23g Strawberry Cup 18g Milk 24g
13	14	15	16	17
<b>Tiger Bowl</b> 55g Mashed Potatoes, Corn Popcorn Chicken, White Gravy, Shredded Cheese Broccoli 5g White Dinner Roll 19g Margarine Cup 0g Pears 16g Milk 24g <b>Total 119g</b>	Breaded Pork Fitter 12g White Bun 28g Cheese Slice 1g Cole Slaw 23g Baked Beans 43g Cookie 23g Peaches 14g Milk 24g <b>Total Carbs 168g</b>	Nacho Bel Grande 55g Corn 15g Corn & Black Bean Salsa 16g Cookie 23g Mixed Fruit 17g Milk 24g <b>Total Carbs 150g</b>	Potato Bar: Taco 45g Pulled Pork 70g Breadstick 12g Gold Fish Crackers 4g Broccoli 5g Cheese Sauce 4g Applesauce 14g Milk 24g <b>Total 108g (Taco) or 133g</b>	Mini Corn Dogs 30g Waffle Fries 29g Green Bean 15g Peach Cup 19g Milk 24g <b>Total 117g</b>
20	21	22	23	24
Taco Soup 33g Fritos 16g Cheese Cup 2g Green Beans 4g Dinner Roll 19g Margarine Cup 0g Cookie 22g Pears 16g Milk 24g <b>Total Carbs 136g</b>	Hamburger Patty 2g Hamburger Bun 28g Pickle Slices 0g Cheese Slice 1g Waffle Fries 19g Peaches 14g Milk 24g <b>Total Carbs 88g</b>	Grilled Cheese 28g Chili Soup 25g Green Beans 3g Mixed Fruit 17g Milk 24g <b>Total Carbs 97g</b>	Chicken & Noodles 22g Mashed Potatoes 13g White Dinner Roll 19g Margarine Cup 0g Corn 16g Cookie 23g Applesauce 14g Milk 24g <b>Total Carbs 131g</b>	<b>eLearning day</b>
27	28	29	30	
<b>Tiger Basket</b> 27 Chicken Strips- 4ea 53g w/ Texas Toast & Gravy Margarine Cup 0g French Fries 17g Glazed Carrots 13g Mixed Fruit 17g Milk 24g <b>Total 124g</b>	Pizza- Cheese, 33g Pepperoni or Sausage Green Beans 3g Cookie 23g Peaches 14g Milk 24g <b>Total Carbs 97g</b>	Goulash 29g WG Bosco Stick 25g Peas 11g Applesauce 28g Milk 24g <b>Total Carbs 117g</b>	Breaded Chicken 15g Hamburger Bun 28g Cheese Slice 1g Mayo Pkt 0g Broccoli 6g Peach Cup 19g Milk 24g <b>Total Carbs 93g</b>	