

**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 2024

**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<br>Pepperoni or Sausage<br>Carrots 6g<br>Cookie 23g<br>Peaches 14g<br>Milk 24g<br>Total Carbs 100g                        |
| Popcorn Chicken 20g<br>WG Pretzel 30g<br>Glazed Carrots 13g<br>Pears 16g<br>Dip Cup 3-11g<br>Milk 24g<br>Total Carbs 115g | Hot Dog 1g<br>Hot Dog Bun 15g<br>Chili Sauce 7g<br>Cheese Sauce 2g<br>Potato Wedges 20g<br>Baked Beans 43g<br>Cookie 24g<br>Peaches 14g<br>Milk 24g<br>Total Carbs 150g | Hamburger Patty 2g<br>Hamburger Bun 28g<br>Pickle Slices 0g<br>Cheese Slice 1g<br>Waffle Fries 19g<br>Green Beans 3g<br>Cookie 24g<br>Tropical Fruit 16g<br>Milk 24g<br>Total Carbs 115g | Turkey Manhattan 33g<br>White Dinner Roll 19g<br>Margarine Cup 0g<br>Peas 11g<br>Mixed Fruit 15g<br>Milk 24g<br>Total Carbs 105g   | Fiestada Pizza 43g<br>Spanish Rice 23g<br>Churro 28g<br>Broccoli 5g<br>Mandarin Oranges 20g<br>Milk 24g<br>Total 142g                        |
| Biscuits & Gravy 47g<br>Scrambled Eggs 1g<br>Hash Brown 27g<br>Applesauce Cup 14g<br>Milk 24g<br>Total 113g               | Breaded Chicken 15g<br>Hamburger Bun 28g<br>Cheese Slice 1g<br>Mayo Pkt 0g<br>Broccoli 6g<br>Mixed Fruit 17g<br>Milk 24g<br>Total Carbs 91g                             | Ham&Cheese Calzone 33g<br>Lettuce Salad 4g<br>Brownie 18g<br>Pineapple 18g<br>Milk 24g<br>Total Carbs 97g  | Tiger Bowl 55g<br>Mashed Potatoes, Corn<br>Popcorn Chicken, White<br>Gravy, Shredded Cheese<br>Green Beans 3g<br>White Dinner Roll 19g<br>Margarine Cup 0g<br>Strawberry Cup 18g<br>Milk 24g | Pizza- Cheese, 33g<br>Pepperoni or Sausage<br>Green Beans 3g<br>Cookie 23g<br>Peaches 14g<br>Milk 24g<br>Total Carbs 97g                     |
| Mini Corn Dogs-6ea 30g<br>French Fries 17g<br>Baked Beans 43g<br>Pears 16g<br>Milk 24g<br>Total Carbs 130g                | French Toast Sticks 29g<br>Scrambled Eggs 3g<br>Bacon Slices 0g<br>Hash Rounds 16g<br>Syrup Cup 31g<br>Peaches 16g<br>WG Cookie 27g<br>Milk 24g<br>Total Carbs 146g     | Walking Dorito Taco 24g<br>Salsa 8g<br>Lettuce 2oz 0g<br>Cheese Cup 1oz 1g<br>Diced Tomato 2oz 3g<br>Mixed Fruit 17g<br>Cookie 24g<br>Milk 24g<br>Total Carbs 101g                       | Spaghetti w/ Meat Sauce 38g<br>WG Bosco Stick 25g<br>Lettuce Salad w/Ranch 8g<br>Applesauce 14g<br>Milk 24g<br>Total Carbs 109g  | Chicken & Waffle<br>Chicken Tenders 16g<br>WG Waffle 37g<br>Tator Tots 27g<br>Pineapple 18g<br>Milk 24g<br>Syrup Cup 31g<br>Total Carbs 151g |
| Beef Stew 21g<br>Rice 25g<br>Green Beans 3g<br>Dinner Roll/Butter 16g<br>Mixed Fruit 17g<br>Milk 24g<br>Total Carbs 106g  | Chicken & Noodles 22g<br>Mashed Potatoes 13g<br>White Dinner Roll 19g<br>Margarine Cup 0g<br>Corn 16g<br>Cookie 23g<br>Applesauce 14g<br>Milk 24g<br>Total Carbs 132g   | <b>Thanksgiving Break</b>  |  |  |

