

AUGUST 2022

TIGER CAFÉ

BREAKFAST



Barbourville Independent School is an equal opportunity provider. Menu is subject to change based on availability. Milk Variety offered daily.



Nutrition Tip: Drink water! Sip water or other drinks with few or no calories to stay hydrated and help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.

Reference: USDA MyPlate



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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Egg & Cheese Croissant
Fruit
Juice
Milk

Assorted Cereal
Fruit
Juice
Milk

Assorted Biscuit
Fruit
Juice
Milk

Confetti Pancakes
Fruit
Juice
Milk

Cereal Bar & Yogurt
Fruit
Juice
Milk

Assorted Biscuit
Fruit
Juice
Milk

National Waffle Day!
Waffles
Fruit
Juice
Milk

Bagel
Fruit
Juice
Milk

Assorted Biscuit
Fruit
Juice
Milk

Egg & Cheese Croissant
Fruit
Juice
Milk



**Welcome Back,
Tiger Family!**