

# SEPTEMBER 2022

# TIGER CAFÉ

## LUNCH



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



**September is Whole Grains Month!** Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**Dessert Served  
Each Friday!**



**Labor Day**

5

**No School**

Cheeseburger  
Potato Wedges  
Corn on the Cob  
Fruit  
Milk

6

Chicken & Waffles  
Steamed Broccoli  
Sidekick  
Fruit  
Milk

7

Spaghetti w/ Meatballs  
Tossed Salad  
Bosco  
Fruit  
Milk

1

Taco Salad  
Chips & Salsa  
Black Beans  
Fruit  
Milk

8

Corn Dog  
Mac & Cheese  
Fresh Veggies  
Fruit  
Milk

2

Chicken Sandwich  
Curly Fries  
Fresh Veggies  
Fruit  
Milk

9

Chicken Noodle Soup  
String Cheese & Crackers  
Steamed Broccoli  
Fruit  
Milk

12

Club Sandwich  
Assorted Chips  
Fresh Veggies  
Fruit  
Milk

13

Chicken Strip Basket  
Fries w/ Gravy  
Texas Toast  
Fruit  
Milk

14

Pork BBQ Sandwich  
Cowboy Beans  
Fresh Veggies  
Fruit  
Milk

15

Pizza  
Corn  
Tossed Salad  
Fruit  
Milk

16

Chicken Casserole  
Green Beans  
Steamed Carrots  
Fruit  
Milk

Hot Dog w/ Chili  
Curly Fries  
Baked Beans  
Fruit  
Milk

20

Chicken Nuggets  
Mashed Potatoes  
Broccoli w/ cheese  
Fruit  
Milk

21

**First Day of Fall**  
Spaghetti w/ Meatballs  
Tossed Salad  
Bosco  
Fruit  
Milk

22

Corn Dog  
Mac & Cheese  
Fresh Veggies  
Fruit  
Milk

23

Biscuits & Gravy  
Sausage & Eggs  
Fried Apples  
Potato Rounds  
Milk

26

Cheeseburger  
Potato Wedges  
Corn on the Cob  
Fruit  
Milk

27

Chicken & Waffles  
Steamed Broccoli  
Sidekick  
Fruit  
Milk

28

Taco Salad  
Chips & Salsa  
Black Beans  
Fruit  
Milk

29

Chicken Sandwich  
Curly Fries  
Fresh Veggies  
Fruit  
Milk

30