





February 2017



Corbin Educational Center Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Chicken Nuggets 1 Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk	Chili Soup 2 Grilled Cheese Celery Sticks/Ranch Fruit Sidekick Milk	Snappy Tomato 3 Pizza Tossed Salad Corn Fruit Milk
Hamburger w/Bun 6 Sandwich Toppings Tator Tots Fruit Sidekick Milk	Vegetable Soup 7 Grilled Cheese Fresh Veggies/Ranch Fruit Milk	Chicken Nuggets 8 Mashed Potatoes Steamed Carrots Cookie WG Fruit Milk	Taco Salad 9 Lettuce, Shredded Cheese, Salsa Refried Beans Fruit Milk	Spaghetti w/Meat 10 Sauce Tossed Salad Breadstick Fruit Milk
Chicken Fajitas 13 w/Tortilla Shell Lettuce, Shredded Cheese, Salsa Fruit Milk	Turkey & Dressing 14 Mashed Potatoes Green Beans Gravy, Roll Fruit Milk	Chicken Nuggets 15 Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk	Hamburger w/Bun 16 Sandwich Toppings Potato Wedges Baked Beans Fruit Milk	Orange Chicken 17 Steamed Vegetables Rice Fruit Sidekick Milk
Chicken Sandwich 20 Sandwich Toppings Smiley Fries Fruit Sidekick Milk	Chili Soup 21 Grilled Cheese Celery Sticks/Ranch Fruit Milk	Chicken Nuggets 22 Mashed Potatoes Steamed Carrots Cookie WG Fruit Milk	Spaghetti w/Meat 23 Sauce Tossed Salad Breadstick Fruit Milk	Hotdog w/Chili 24 Doritos Broccoli/Ranch Fruit Milk
Hamburger w/Bun 27 Sandwich Toppings Tator Tots Fruit Sidekick Milk	Chicken Noodle 28 Soup Grilled Cheese Fresh Veggies/Ranch Fruit Milk			

Some menu items are subject to change without notice due to availability

<p>Variety of Low fat, Fat Free White Milk and Fat Free Flavored Milk Offered Daily</p> 	<p>Fruit Offered Daily</p> 	<p>Sub Sandwich Chef Salad Offered Daily</p>
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Corbin Educational Center is a CEP school
(CEP - Community Eligibility Provision)

Breakfast and Lunch provided free of charge to all students enrolled in this school.

Carb Counts	
<p>Entree Meat Items</p> <ul style="list-style-type: none"> Cheese Slice 2 Cheese - Shredded 1 Chicken Nuggets 16 Chicken Patty 16 Corn Dog 30 Ham 1 Hamburger Patty 1 Hotdog Frank 1 Manwich Sauce/Meat 4 School Pizza 32 Spaghetti Meat Sauce 5.5 Taco Meat 3 Turkey 0 <p>Vegetables</p> <ul style="list-style-type: none"> Broccoli -Fresh 5.5 Carrot Sticks 6 Corn 16 Green Beans 4 Lettuce Mashed Potatoes 15 Potato Wedges 17 Refried Beans 16 Salsa 2 Smiley Fries 20 Tossed Salad 3+ <p>Grains</p> <ul style="list-style-type: none"> Baked Cheetos 17 Breadstick 22 Cookie WG 14 Doritos RF 20 Gold Fish 14 Hamburger Bun Hotdog Bun Sandwich Bread Pasta 42 	<ul style="list-style-type: none"> Tortilla Chips 21 Tortilla Shell 25 <p>Condiments</p> <ul style="list-style-type: none"> BBQ 11 Ketchup 3 Mayonnaise 0 Mustard 2 Ranch Dip 5 <p>Fruit 1/2 cup servings</p> <ul style="list-style-type: none"> Apple 22 Orange 21 Banana 27 Applesauce 13-14 Diced Peaches 14 Diced Pears 16 Mandarin Oranges 20 Mixed Fruit 15-17 Pineapple Tidbits 18 <p>Milk 8 oz carton</p> <ul style="list-style-type: none"> Low Fat White Milk 11 Fat Free White Milk 11 Fat Free Chocolate Milk 20 Fat Free Strawberry Milk 22
<p>Lunch meal offered includes:</p> <p>Grain - Minimum 1 oz</p> <p>Meat/Meat Alternate - Minimum 1 oz</p> <p>Vegetable - 1/2 Cup</p> <p>Fruit - 1/2 Cup</p> <p>Milk - Minimum 8 oz</p> <p>Students do not have to take all five components, but they must take a minimum of three, which will include a fruit or vegetable to count as a meal.</p>	

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