



# January 2018



## Corbin Educational Center Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>HAPPY NEW YEAR 2018</b>	2 No School	3 No School	4 Chicken Nuggets Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk	5 Corn Dog Creamy Mac & Cheese Green Beans Fruit Sidekick Milk
8 Taco Salad Lettuce Shredded Cheese Refried Beans Fruit Milk	9 Chicken Noodle Soup Grilled Cheese Fresh Veggies/Ranch Fruit Milk	10 Chicken Nuggets Mashed Potatoes Glazed Carrots Cookie WG Fruit Milk	11 Hot dog w/ Chili Sauce Potato Wedges Celery/Ranch Fruit Milk	12 School Pizza Fresh Garden Salad Golden Sweet Corn Fruit Sidekick Milk
15 <b>MARTIN LUTHER KING JR. Day</b>	16 Corn Dog Creamy Mac & Cheese Green Beans Fruit Sidekick Milk	17 Chicken Nuggets Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk	18 Chili Soup Grilled Cheese Fresh Veggies/Ranch Fruit Milk	19 Meatball Sub Fresh Garden Salad Golden Sweet Corn Fruit Milk
22 Orange Chicken Chicken Rice Steamed Vegetables Fruit Sidekick Milk	23 Spaghetti w/Meat Sauce Fresh Garden Salad Garlic Knot Fruit Milk	24 Chicken Nuggets Mashed Potatoes Glazed Carrots Cookie WG Fruit Milk	25 Vegetable Beef Soup Grilled Cheese Fresh Veggies/Ranch Fruit Milk	26 Pulled Pork Sandwich Baked Chips Baked Beans Cole Slaw Fruit Milk
29 Taco Salad Lettuce Shredded Cheese Refried Bean Fruit Milk	30 Chicken Noodle Soup Grilled Cheese Fresh Veggies/Ranch Fruit Milk	31 Chicken Nuggets Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk		

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

<b>Variety of Low fat, Fat Free White Milk and Fat Free Flavored Milk Offered Daily</b>		<b>Fruit Offered Daily</b>		<b>Sub Sandwich Chef Salad Offered Daily</b>
---	--	------------------------------------	--	--

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

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov). This institution is an equal opportunity provider.