



May 2017



Corbin Educational Center Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Fajitas 1 Lettuce, Shredded Cheese, Salsa Refried Beans Fruit Sidekick Milk	Chili Soup 2 Grilled Cheese Fresh Broccoli/Ranch Fruit Milk	Chicken Nuggets 3 Mashed Potatoes Steamed Carrots Cookie WG Fruit Milk	School Pizza 4 Tossed Garden Salad Steamed Corn Fruit Milk	Hamburger w/Bun 5 Sandwich Toppings Tator Tots Fruit Milk
Chicken Alfredo 8 Tossed Salad Garlic Bread Fruit Sidekick Milk	Sloppy Joe Sandwich 9 Smiley Fries Fresh Veggies/Ranch Fruit Milk	Chicken Nuggets 10 Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk	Taco Salad 11 Lettuce, Shredded Cheese, Salsa Refried Beans Fruit Milk	Orange Chicken 12 Steamed Vegetables Rice Fruit Milk
Hotdog w/Chili 15 Potato Wedges Baked Beans Fruit Milk	No School 16	Chicken Nuggets 17 Mashed Potatoes Steamed Carrots Cookie WG Fruit Milk	Spaghetti 18 Tossed Salad Garlic Bread Fruit Sidekick Milk	Turkey & Cheese 19 Sandwich Sandwich Toppings Carrtos Sticks/Ranch Doritos Fruit, Milk
22	23	24	25	26
29	30	31		

Have a great summer!!!

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

Variety of Low fat, Fat Free White Milk and Fat Free Flavored Milk Offered Daily		Fruit Offered Daily		Sub Sandwich Chef Salad Offered Daily
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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	
Entree Meat Items	Tortilla Chips 21
Cheese Slice 2	Tortilla Shell 25
Cheese - Shredded 1	Condiments
Chicken Nuggets 16	BBQ 11
Chicken Patty 16	Ketchup 3
Corn Dog 30	Mayonnaise 0
Ham 1	Mustard 2
Hamburger Patty 1	Ranch Dip 5
Hotdog Frank 1	Fruit 1/2 cup servings
Manwich Sauce/Meat 4	Apple 22
School Pizza 32	Orange 21
Spaghetti Meat Sauce 5.5	Banana 27
Taco Meat 3	Applesauce 13-14
Turkey 0	Diced Peaches 14
Vegetables	Diced Pears 16
Broccoli -Fresh 5.5	Mandarin Oranges 20
Carrot Sticks 6	Mixed Fruit 15-17
Corn 16	Pineapple Tidbits 18
Green Beans 4	Milk 8 oz carton
Lettuce	Low Fat White Milk 11
Mashed Potatoes 15	Fat Free White Milk 11
Potato Wedges 17	Fat Free Chocolate Milk 20
Refried Beans 16	Fat Free Strawberry Milk 22
Salsa 2	
Smiley Fries 20	
Tossed Salad 3+	
Grains	
Baked Cheetos 17	
Breadstick 22	
Cookie WG 14	
Doritos RF 20	
Gold Fish 14	
Hamburger Bun	
Hotdog Bun	
Sandwich Bread	
Pasta 42	

Lunch meal offered includes:

Grain - Minimum 1 oz
Meat/Meat Alternate - Minimum 2 oz
Vegetable - 1/2 Cup
Fruit - 1/2 Cup
Milk - Minimum 8 oz

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.

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