



# February 2017



## Corbin Elementary School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Choice of Pancake Wrap & Syrup, Cereal & Toast, Poptart Fruit, Juice, Milk 1	Choice of Muffin, Cereal & Toast, Poptart Fruit, Juice, Milk 2	Choice of Sausage Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk 3
Choice of Mini Pancakes & Syrup, Cereal & Toast, Poptart Fruit, Juice, Milk 6	Choice of Muffin, Cereal & Toast, Poptart Fruit, Juice, Milk 7	Choice of French Toast Sticks & Syrup, Cereal & Toast, Poptart Fruit, Juice, Milk 8	Choice of Scrambled Eggs, Bacon & Toast, Cereal & Toast, Poptart Fruit, Juice, Milk 9	Choice of Sausage Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk 10
Choice of Pancake Wrap & Syrup, Cereal & Toast, Poptart Fruit, Juice, Milk 13	Choice of Gravy & Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk 14	Choice of Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 15	Choice of Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 16	Choice of Sausage Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk 17
Choice of Mini Pancakes & Syrup, Cereal & Toast, Poptart Fruit, Juice, Milk 20	Choice of Muffin, Cereal & Toast, Poptart Fruit, Juice, Milk 21	Choice of French Toast Sticks & Syrup, Cereal & Toast, Poptart Fruit, Juice, Milk 22	Choice of Scrambled Eggs, Bacon & Toast, Cereal & Toast, Poptart Fruit, Juice, Milk 23	Choice of Sausage Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk 24
Choice of Pancake Wrap & Syrup, Cereal & Toast, Poptart Fruit, Juice, Milk 27	Choice of Gravy & Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk 28			

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

<p><b>Variety of Low fat, Fat Free White Milk and Fat Free Flavored Milk Offered Daily</b></p>		<p><b>Fruit &amp; Variety of Juice Offered Daily</b></p>
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### Lunch Prices

Breakfast \$0.90 Reduced Breakfast \$0.30  
Lunch \$2.10 Reduced Lunch \$0.40

### Online Meal Payments

[www.myschoolbucks.com](http://www.myschoolbucks.com)

### Online Free and Reduced Price Meal Application

[www.heartlandapps.com](http://www.heartlandapps.com)

### Carb Counts

#### Entree Items

Bacon 0  
Biscuit 24  
Breakfast Pizza WG 26  
Chicken Breakfast Pattie 4  
Gravy 6  
Mini Pancakes WG Maple 35  
Mini Pancakes WG Strawberry 35  
Mini Waffles WG 35  
Muffin WG Blueberry 30  
Muffin WG Chocolate 32  
Pancake Wrap WG 18  
Sausage 1  
Scrambled Eggs 0  
Toast WG 1 slice 14

#### Cereal

Cinnamon Toast Crunch 22  
Cocoa Krispies 28  
Frosted Flakes 24  
Froot Loops 18  
Lucky Charms 23

#### Poptarts 2 count package

WG Chocolate Fudge 76  
WG Brown Sugar Cinnamon 75  
WG Strawberry 76

#### Fruit 1/2 cup servings

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

**100 % Fruit Juice 4 oz**  
Orange Juice Carton 15  
Apple Juice - Suncup 14  
Grape Juice - Suncup 19  
Orange Juice - Suncup 14

#### Milk 8 oz carton

Low Fat White Milk 11  
Fat Free White Milk 11  
Fat Free Chocolate Milk 20  
Fat Free Strawberry Milk 22  
Fat Free Vanilla Milk 24

#### Syrup 31

Jelly all varieties 9  
Nutri Grain Bar

Strawberry WG 29  
Cinnamon Apple WG 24  
Blueberry WG 30

**Breakfast meal offered includes:**

**Grain  
Milk  
Fruit  
Juice**

**Students must take a 1/2 cup juice or fruit to count as a meal**

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