



# February 2017



## Corbin Elementary School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Chicken Nuggets 1 Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk	Hotdog w/Chili 2 Doritos Baked Beans Fruit Milk	Chicken Noodle 3 Soup Grilled Cheese Fresh Veggies/Ranch Fruit Milk
Hamburger w/Bun 6 Sandwich Toppings Potato Wedges Fruit Sidekick Milk	Chili Soup 7 Grilled Cheese Celery Sticks/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	Chicken Alfredo 10 Tossed Salad Breadstick Fruit Milk
Chicken Fajitas 13 w/Tortilla Shell Lettuce, Shredded Cheese, Salsa Fruit Milk	Corn Dog 14 Mac & Cheese Green Beans Fruit Milk	Chicken Nuggets 15 Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk	Hamburger w/Bun 16 Sandwich Toppings Potato Wedges Fruit Milk	SchoolPizza 17 Tossed Salad Corn Fruit Sidekick Milk
Chicken Sandwich 20 Sandwich Toppings Smiley Fries Fruit Sidekick Milk	Vegetable 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 Baked Beans 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><b>Variety of Low fat, Fat Free White Milk and Fat Free Flavored Milk Offered Daily</b></p>		<p><b>Variety of Fruit 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

### Online Free and Reduced Price Meal Application

www.heartlandapps.com

### Carb Counts

#### Entree Meat Items

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

#### Vegetables

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+

#### Grains

Baked Cheetos 17  
Breadstick 22  
Cookie WG 14  
Doritos RF 20  
Gold Fish 14  
Hamburger Bun  
Hotdog Bun  
Sandwich Bread  
Pasta 42

Tortilla Chips 21  
Tortilla Shell 25

#### Condiments

BBQ 11  
Ketchup 3  
Mayonnaise 0  
Mustard 2  
Ranch Dip 5

#### 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

#### Milk 8 oz carton

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

#### Lunch meal offered includes:

**Grain - Minimum 1 oz**  
**Meat/Meat Alternate - Minimum 1 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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