





January 2018



Corbin Elementary School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 HAPPY NEW YEAR 2018	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 Bean Fruit Milk	9 Chicken Noodle Soup Grilled Cheese Fresh Veggies/Ranch Fruit Milk	10 Chicken Nuggets Mashed Potatoes Steamed Carrots Cookie WG Fruit Milk	11 Hotdog w/Chili Potato Wedges Broccoli/Ranch Fruit Milk	12 School Pizza Tossed Garden Salad Steamed Corn Fruit Sidekick Milk
15 MARTIN LUTHER KING JR. Day 	16 Chicken Sandwich Sandwich Toppings Smiley Fries Fresh Celery/Ranch Fruit Milk	17 Chicken Nuggets Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk	18 Chili Soup Grilled Cheese Fresh Veggies/Ranch Fruit Milk	19 Hamburger w/Bun Sandwich Toppings Tator tots Fresh Veggies/Ranch Fruit Milk
22 Corn Dog Creamy Mac & Cheese Green Beans 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 Soup Grilled Cheese Fresh Veggies/Ranch Fruit Sidekick Milk	26 Chicken Sandwich Sandwich Toppings Smiley Fries Fresh Celery/Ranch 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

<p>Variety of Low fat, Fat Free White Milk and Fat Free Flavored Milk Offered Daily</p>		<p>Variety of Fruit Offered Daily</p>
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Corbin Elementary School 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 Meat/Meat Alternate - Minimum 2 oz Vegetable - 1/2 Cup Fruit - 1/2 Cup Milk - Minimum 8 oz</p> <p>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</p>	

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