



# March 2018

## Corbin Elementary School Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			Spaghetti w/Meat Sauce Fresh Garden Salad Garlic Bread Fruit Milk	Hotdog w/Chili Potato Wedges Broccoli/Ranch Fruit Milk
Chicken Alfredo Fresh Garden Salad Garlic Bread Fruit Milk	Vegetable soup Grilled Cheese Fresh Veggies/Ranch Fruit Sidekick Milk	Chicken Nuggets Mashed Potatoes Glazed Carrots Cookie WG Fruit Milk	Cheesy Chicken Nachos Queso Cheese Lettuce, Diced Tomatoes, Refried Beans Fruit, Milk	Hamburger w/Bun Sandwich Toppings Tator tots Fresh Veggies/Ranch Fruit Milk
Chicken Noodle Soup Grilled Cheese Fresh Veggies/Ranch Fruit Milk	Taco Salad Lettuce Shredded Cheese Refried Bean Fruit Milk	Chicken Nuggets Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk	Hotdog w/Chili Potato Wedges Broccoli/Ranch Fruit Milk	School Pizza Fresh Garden Salad Golden Sweet Corn Fruit Sidekick Milk
Chicken Sandwich Sandwich Toppings Smiley Fries Fresh Celery/Ranch Fruit Milk	Corn Dog Creamy Mac & Cheese Green Beans Fruit Sidekick Milk	Chicken Nuggets Mashed Potatoes Steamed Carrots Cookie WG Fruit Milk	Chili Soup Grilled Cheese Fresh Veggies/Ranch Fruit Milk	Hamburger w/Bun Sandwich Toppings Tator tots Fresh Veggies/Ranch Fruit Milk
Cheesy Chicken Nachos Queso Cheese Lettuce, Diced Tomatoes, Refried Beans Fruit, Milk	Spaghetti w/Meat Sauce Fresh Garden Salad Garlic Bread Fruit Milk	Chicken Nuggets Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk	Vegetable Soup Grilled Cheese Fresh Veggies/Ranch Fruit Milk	School Pizza Fresh Garden Salad Golden Sweet Corn Fruit Sidekick 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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**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.

<b>Carb Counts</b>	
<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>	

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