



# October 2017

## Corbin Elementary School Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Sandwich 2 Sandwich Toppings Smiley Fries Fresh Celery/Ranch Fruit Milk	Spaghetti w/Meat 3 Sauce Tossed Salad Garlic Bread Fruit Milk	Chicken Nuggets 4 Mashed Potatoes Steamed Carrots Cookie WG Fruit Milk	Hotdog w/Chili 5 Potato Wedges Broccoli/Ranch Fruit Sidekick Milk	School Pizza 6 Tossed Garden Salad Steamed Corn Fruit Milk
Chicken Alfredo 9 Tossed Salad Garlic Bread Fruit Milk	Taco Salad 10 Lettuce, Salsa Shredded Cheese Refried Beans Fruit Milk	Chicken Nuggets 11 Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk	Turkey Sandwich 12 Sandwich Toppings Tator Tots Veggies/Ranch Fruit Sidekick Milk	Hamburger w/Bun 13 Sandwich Toppings Baked Chips Celery/Ranch Fruit Milk
16	17	18	19	20
FALL BREAK				
Chicken Sandwich 23 Sandwich Toppings Smiley Fries Fresh Celery/Ranch Fruit Milk	Cheesy Chicken 24 Nachos Lettuce Queso Cheese Refried Bean Fruit, Milk	Chicken Nuggets 25 Mashed Potatoes Steamed Carrots Cookie WG Fruit Milk	Corn Dog 26 Mac & Cheese Green Beans Fruit Sidekick Milk	Calzones 27 Tossed Garden Salad Steamed Corn Fruit Milk
Chicken Sandwich 30 Sandwich Toppings Smiley Fries Fresh Celery/Ranch Fruit Milk	Spaghetti w/Meat 31 Sauce Tossed Salad Garlic Bread Fruit Milk			

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**



**Variety of  
Fruit Offered Daily**

**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><b>Entree Meat Items</b></p> <ul style="list-style-type: none"> <li>Chicken Sandwich 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>  <b>Meat/Meat Alternate - Minimum 2 oz</b>  <b>Vegetable - 1/2 Cup</b>  <b>Fruit - 1/2 Cup</b>  <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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