



# December 2017

## Corbin High School Breakfast Menu



### Corbin High School Meal Prices

Breakfast \$0.90    Reduced Breakfast \$0.30  
 Lunch \$2.20    Reduced Lunch \$0.40

Online Meal Payments

Online Free and Reduced  
 Price Meal Application

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

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

### Carb Counts

<b>Entree Items</b> Bacon 0 Biscuit 24 Breakfast Pizza WG 26 Chicken Breakfast Pattie 4 Cinnamon Minnis WG 39 Donut, Mini Powdered WG 41 Donut, Mini Chocolate WG 41 Donut, Glazed WG 29 French Toast Sticks WG 35 Frudel, Apple WG 36 Frudel, Cherry WG 37 Funnel Cake (Dutch Waffle) WG 43 Gravy 6 Mini Pancakes WG Maple 35 Mini Pancakes WG Strawberry 35 Mini Waffles WG 35 Muffin WG Blueberry 30 Muffin WG Chocolate 32 Oatmeal 40 Pancake Wrap WG 18 Sausage 1 Scrambled Eggs 0 Toast WG 1 slice 14	Mandarin Oranges 20 Mixed Fruit 15-17 Pineapple Tidbits 18  <b>Poptarts 2 count package</b> Chocolate Fudge WG 76 Brown Sugar Cinnamon WG 75 Strawberry WG 76  <b>100 % Fruit Juice 4 oz</b> Orange Juice Carton 15 Apple Juice - Suncup 14 Grape Juice - Suncup 19 Orange Jucie - Suncup 14  <b>Milk 8 oz carton</b> 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 Nutri Grain Apple Cinnamon WG 24
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**Breakfast meal offered includes:**

**Grain (Entree)**  
**Milk**  
**Fruit**  
**Juice**

**Students must select entree and a 1/2 cup fruit or juice to count as a meal**

Monday	Tuesday	Wednesday	Thursday	Friday
				Choice of Sausage Biscuit, Breakfast Pizza, Cereal & Toast, Poptart, Fruit, Juice, Milk 1
Choice of Pancake Wrap, Breakfast Pizza, Cereal & Toast, Poptart, Fruit, Juice, Milk 4	Choice of Scrambled Eggs, Sausage Links & Toast, Breakfast Pizza, Cereal & Toast, Poptart, Fruit, Juice, Milk 5	Choice of Bagel, Breakfast Pizza, Cereal & Toast, Poptart, Fruit, Juice, Milk 6	Choice of Frudel, Breakfast Pizza, Cereal & Toast, Poptart, Fruit, Juice, Milk 7	Choice of Sausage Biscuit, Breakfast Pizza, Cereal & Toast, Poptart, Fruit, Juice, Milk 8
Choice of Pancake Wrap, Breakfast Pizza, Cereal & Toast, Poptart, Fruit, Juice, Milk 11	Choice of Gravy & Biscuit, Breakfast Pizza, Cereal & Toast, Poptart, Fruit, Juice, Milk 12	Choice of Bagel, Breakfast Pizza, Cereal & Toast, Poptart, Fruit, Juice, Milk 13	Choice of Funnel Cake, Breakfast Pizza, Cereal & Toast, Poptart, Fruit, Juice, Milk 14	Choice of Sausage Biscuit, Breakfast Pizza, Cereal & Toast, Poptart, Fruit, Juice, Milk 15
18	19	20	21	22
25	26	27	28	29

# Merry Christmas

# And Happy New Year!!

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		Fruit & Variety of Juice Offered Daily
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