



# February 2017



## Corbin High School Breakfast Menu

### Lunch Prices

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

### Online Meal Payments

www.myschoolbucks.com

### Online Free and Reduced Price Meal Application

www.heartlandapps.com

Monday	Tuesday	Wednesday	Thursday	Friday
		Choice of Bagel, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 1	Choice of Muffin, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 2	Choice of Sausage Biscuit, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 3
Choice of Mini Pancakes & Syrup, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 6	Choice of Scrambled Eggs, Bacon & Toast, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 7	Choice of Bagel, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 8	Choice of Muffin, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 9	Choice of Sausage Biscuit, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 10
Choice of Mini Pancakes & Syrup, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 13	Choice of Gravy & Biscuit, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 14	Choice of Bagel, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 15	Choice of Muffin, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 16	Choice of Sausage Biscuit, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 17
Choice of Mini Pancakes & Syrup, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 20	Choice of Scrambled Eggs, Bacon & Toast, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 21	Choice of Bagel, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 22	Choice of Muffin, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 23	Choice of Sausage Biscuit, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 24
Choice of Mini Pancakes & Syrup, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 27	Choice of Gravy & Biscuit, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 28			

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>Fruit &amp; Variety of Juice Offered Daily</p>
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### Carb Counts

<p><b>Entree Items</b></p> <p>Bacon 0 Biscuit 24 Breakfast Pizza WG 26 Chicken Breakfast Pattie 4 Gravy 6 Mini Pancakes WG Maple 35 Mini Pancakes WG Strawberry 35 Mini Waffles WG 35 Muffin WG Blueberry 30 Muffin WG Chocolate 32 Pancake Wrap WG 18 Sausage 1 Scrambled Eggs 0 Toast WG 1 slice 14</p> <p><b>Cereal</b></p> <p>Cinnamon Toast Crunch 22 Cocoa Krispies 28 Frosted Flakes 24 Froot Loops 18 Lucky Charms 23</p> <p><b>Poptarts 2 count package</b></p> <p>WG Chocolate Fudge 76 WG Brown Sugar Cinnamon 75 WG Strawberry 76</p> <p><b>Fruit 1/2 cup servings</b></p> <p>Apple 22 Orange 21 Banana 27 Applesauce 13-14 Diced Peaches 14 Diced Pears 16 Mandarin Oranges 20 Mixed Fruit 15-17</p>	<p>Pineapple Tidbits 18 <b>100 % Fruit Juice 4 oz</b> Orange Juice Carton 15 Apple Juice - Suncup 14 Grape Juice - Suncup 19 Orange Juice - Suncup 14</p> <p><b>Milk 8 oz carton</b></p> <p>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</p> <p>Syrup 31 Jelly all varieties 9 Nutri Grain Bar Strawberry WG 29 Cinnamon Apple WG 24 Blueberry WG 30</p>
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**Breakfast meal offered includes:**

**Grain  
Milk  
Fruit  
Juice**

**Students must take a 1/2 cup juice or fruit to count as a meal**

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