



May 2017



Corbin High School Breakfast Menu

Meal 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

Carb Counts

Entree Items

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

Cereal

Cinnamon Toast Crunch 22
Cocoa Krispies 28
Frosted Flakes 24
Froot Loops 18
Lucky Charms 23

Poptarts 2 count package

WG Chocolate Fudge 76
WG Brown Sugar Cinnamon 75
WG Strawberry 76

Fruit 1/2 cup servings

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
100 % Fruit Juice 4 oz
Orange Juice Carton 15
Apple Juice - Suncup 14
Grape Juice - Suncup 19
Orange Juice - Suncup 14

Milk 8 oz carton

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
Cinnamon Apple WG 24
Blueberry WG 30

Breakfast meal offered includes:

**Grain
Milk
Fruit
Juice**

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

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of French Toast Sticks & Syrup, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 1	Choice of Gravy & Biscuit, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 2	Choice of Bagel, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 3	Choice of Muffin, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 4	Choice of Sausage Biscuit, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 5
Choice of French Toast Sticks & Syrup, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 8	Choice of Scrambled Eggs, Bacon & Toast, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 9	Choice of Bagel, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 10	Choice of Muffin, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 11	Choice of Sausage Biscuit, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 12
Choice of French Toast Sticks & Syrup, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 15	No School 16	Choice of Bagel, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 17	Choice of Muffin, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 18	Choice of Sausage Biscuit, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 19
22	23	24	25	26
29	30	31		

Have a great summer!!!

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 & Variety of Juice Offered Daily</p>
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