



October 2017

Corbin High School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of Pancake Wrap, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 2	Choice of Scrambled Eggs, Sausage Links & Toast, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 3	Choice of Bagel, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 4	Choice of Glazed Donut, Breakfast Pizza, Cereal & Toast, Poptart, Fruit, Juice, Milk 5	Choice of Sausage Biscuit, Breakfast Pizza, Cereal & Toast, Poptart, Fruit, Juice, Milk 6
Choice of Pancake Wrap, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 9	Choice of Gravy & Biscuit, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 10	Choice of Bagel, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 11	Choice of Funnel Cake & Syrup, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 12	Choice of Sausage Biscuit, Breakfast Pizza, Cereal & Toast, Poptart, Fruit, Juice, Milk 13
FALL BREAK				
Choice of Pancake Wrap, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 23	Choice of Scrambled Eggs, Sausage Links & Toast, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 24	Choice of Bagel, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 25	Choice of Glazed Donut, Breakfast Pizza, Cereal & Toast, Poptart, Fruit, Juice, Milk 26	Choice of Sausage Biscuit, Breakfast Pizza, Cereal & Toast, Poptart, Fruit, Juice, Milk 27
Choice of Pancake Wrap, Breakfast Pizza, Cereal & Toast, Poptart, Fruit, Juice, Milk 30	Choice of Gravy & Biscuit, Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 31			

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

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

www.heartlandapps.com

Carb Counts

<p>Entree Items</p> <ul style="list-style-type: none"> 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 <p>Cereal</p> <ul style="list-style-type: none"> Cinnamon Toast Crunch 22 Cocoa Krispies 28 Frosted Flakes 24 Froot Loops 18 Lucky Charms 23 <p>Fruit 1/2 cup servings</p> <ul style="list-style-type: none"> Apple 22 Orange 21 Banana 27 Applesauce 13-14 Diced Peaches 14 Diced Pears 16 Mandarin Oranges 20 	<ul style="list-style-type: none"> Mixed Fruit 15-17 Pineapple Tidbits 18 <p>Poptarts 2 count package</p> <ul style="list-style-type: none"> Chocolate Fudge WG 76 Brown Sugar Cinnamon WG 75 Strawberry WG 76 <p>100 % Fruit Juice 4 oz</p> <ul style="list-style-type: none"> Orange Juice Carton 15 Apple Juice - Suncup 14 Grape Juice - Suncup 19 Orange Juice - Suncup 14 <p>Milk 8 oz carton</p> <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> Syrup 31 Jelly all varieties 9 Nutri Grain Bar Strawberry WG 29 Nutri Grain Apple Cinnamon WG 24 Nutri Grain Blueberry WG 30
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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

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