



# April 2018

## Corbin High School Lunch Menu



### Corbin High School 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

Monday	Tuesday	Wednesday	Thursday	Friday
Spring Break				
2 Corn Dog Creamy Mac & Cheese Green Beans Fruit Milk	3 Meatball Sub Fonyuns or Doritos Carrot sticks/Ranch Fruit Milk	4 Chicken Nuggets Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk	5 Taco Salad Lettuce, Tomatoes Shredded Cheese Refried Beans Salsa Fruit, Milk	6 Orange Chicken Rice Steamed Vegetables Fruit Sidekick Milk
9 Chicken Sandwich Sandwich Toppings Tater Tots Fruit Sidekick Milk	10 Spaghetti w/Meat Sauce Fresh Garden Salad Garlic Bread Fruit Milk	11 Chicken Nuggets Mashed Potatoes Glazed Carrots Cookie WG Fruit Milk	12 Oven Roasted Turkey Scalloped Potatoes Gravy, Rolls Fruit Milk	13 Pulled Pork Sandwich Baked Chips Baked Beans Cole Slaw Fruit Milk
16 Chicken Alfredo Fresh Garden Salad Garlic Bread Fruit Milk	17 School Pizza Fresh Garden Salad Golden Sweet Corn Fruit Sidekick Milk	18 Chicken Nuggets Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk	19 Cheesy Chicken Nachos, Salsa Lettuce, Tomatoes Queso Cheese Refried Beans Fruit, Milk	20 Hot dog w/ Chili Sauce Potato Wedges Carrot Sticks/Ranch Fruit Milk
23 Corn Dog Creamy Mac & Cheese Green Beans Fruit Milk	24	25	26	27
30 Corn Dog Creamy Mac & Cheese Green Beans Fruit Milk				

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>Variety of Fruit Offered Daily</p>	 <p>Sub Sandwich Chef Salad Hamburger Chicken Sandwich Offered Daily</p>
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### Carb Counts

**Entree Meat Items**

- Cheese Slice 2
- Cheese - Shredded 1
- Chicken Nuggets 16
- Chicken Patty 16
- Corn Dog 30
- Ham 1
- Hamburger Patty 1
- Hotdog Frank 1
- Manwich Sauce/Meat 4
- School Pizza 32
- Spaghetti Meat Sauce 5.5
- Taco Meat 3
- Turkey 0

**Vegetables**

- Broccoli -Fresh 5.5
- Carrot Sticks 6
- Corn 16
- Green Beans 4
- Lettuce
- Mashed Potatoes 15
- Potato Wedges 17
- Refried Beans 16
- Salsa 2
- Smiley Fries 20
- Tossed Salad 3+

**Grains**

- Baked Cheetos 17
- Breadstick 22
- Cookie WG 14
- Doritos RF 20
- Gold Fish 14
- Hamburger Bun
- Hotdog Bun
- Sandwich Bread
- Pasta 42

- Tortilla Chips 21
- Tortilla Shell 25

**Condiments**

- BBQ 11
- Ketchup 3
- Mayonnaise 0
- Mustard 2
- Ranch Dip 5

**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

**Milk 8 oz carton**

- Low Fat White Milk 11
- Fat Free White Milk 11
- Fat Free Chocolate Milk 20
- Fat Free Strawberry Milk 22

**Lunch meal offered includes:**

- Grain - Minimum 1 oz
- Meat/Meat Alternate - Minimum 2 oz
- Vegetable - 1/2 Cup
- Fruit - 1/2 Cup
- Milk - Minimum 8 oz

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

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