




February 2017



Corbin High School Lunch Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| | | Chicken Nuggets 1 Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk | Chili Soup 2 Grilled Cheese Celery Sticks/Ranch Fruit Sidekick Milk | Spaghetti w/Meat 3 Sauce Tossed Salad Breadstick Fruit Milk |
| Hamburger w/Bun 6 Sandwich Toppings Tator Tots Fruit Sidekick Milk | Vegetable Soup 7 Grilled Cheese Fresh Veggies/Ranch Fruit Milk | Chicken Nuggets 8 Mashed Potatoes Steamed Carrots Cookie WG Fruit Milk | Taco Salad 9 Lettuce, Shredded Cheese, Salsa Refried Beans Fruit Milk | School Pizza 10 Tossed Salad Corn Fruit Milk |
| Chicken Fajitas 13 w/Tortilla Shell Lettuce, Shredded Cheese, Salsa Fruit Milk | Corn Dog 14 Mac & Cheese Green Beans Fruit Milk | Chicken Nuggets 15 Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk | Hamburger w/Bun 16 Sandwich Toppings Potato Wedges Baked Beans Fruit Milk | Orange Chicken 17 Steamed Vegetables Rice Fruit Sidekick Milk |
| Chicken Sandwich 20 Sandwich Toppings Smiley Fries Fruit Sidekick Milk | Chili Soup 21 Grilled Cheese Celery Sticks/Ranch Fruit Milk | Chicken Nuggets 22 Mashed Potatoes Steamed Carrots Cookie WG Fruit Milk | Spaghetti w/Meat 23 Sauce Tossed Salad Breadstick Fruit Milk | Snappy Tomato 24 Pizza Tossed Salad Corn Fruit Milk |
| Hamburger w/Bun 27 Sandwich Toppings Tator Tots Fruit Sidekick Milk | Chicken Noodle 28 Soup Grilled Cheese Fresh Veggies/Ranch 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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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

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 1 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 will include a fruit or vegetable to count as a meal.

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