



February 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
			Pulled Pork Sandwich ¹ Baked Chips Baked Beans Cole Slaw Fruit Milk	Vegetable Beef Soup ² Grilled Cheese Fresh Veggies/Ranch Fruit Milk
Chicken Noodle Soup ⁵ Grilled Cheese Fresh Veggies/Ranch Fruit Milk	Hot dog w/ Chili Sauce ⁶ Potato Wedges Celery/Ranch Fruit Milk	Chicken Nuggets ⁷ Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk	Taco Salad ⁸ Lettuce Shredded Cheese Refried Bean Fruit Milk	School Pizza ⁹ Fresh Garden Salad Golden Sweet Corn Fruit Sidekick Milk
Corn Dog ¹² Creamy Mac & Cheese Green Beans Fruit Sidekick Milk	Chili Soup ¹³ Grilled Cheese Fresh Veggies/Ranch Fruit Milk	Chicken Nuggets ¹⁴ Mashed Potatoes Glazed Carrots Cookie WG Fruit Milk	Open Face Turkey ¹⁵ Scalloped Potatoes Turkey Gravy Sliced Bread Fruit Milk	Meatball Sub ¹⁶ Fresh Garden Salad Golden Sweet Corn Fruit Milk
Orange Chicken ¹⁹ Chicken Rice Steamed Vegetables Fruit Sidekick Milk	Spaghetti w/Meat ²⁰ Sauce Fresh Garden Salad Garlic Bread Fruit Milk	Chicken Nuggets ²¹ Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk	Vegetable Beef ²² Soup Grilled Cheese Fresh Veggies/Ranch Fruit Milk	Pulled Pork Sandwich ²³ Baked Chips Baked Beans Cole Slaw Fruit Milk
Taco Salad ²⁶ Lettuce Shredded Cheese Refried Bean Fruit Milk	Chicken Noodle ²⁷ Soup Grilled Cheese Fresh Veggies/Ranch Fruit Milk	Chicken Nuggets ²⁸ Mashed Potatoes Glazed Carrots Cookie WG 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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