



January 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 |
|--|---|---|--|---|
| 1 HAPPY NEW YEAR 2018 | 2 No School | 3 No School | 4 Chicken Nuggets Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk | 5 Corn Dog Creamy Mac & Cheese Green Beans Fruit Sidekick Milk |
| 8 Taco Salad Lettuce Shredded Cheese Refried Bean Fruit Milk | 9 Chicken Noodle Soup Grilled Cheese Fresh Veggies/Ranch Fruit Milk | 10 Chicken Nuggets Mashed Potatoes Glazed Carrots Cookie WG Fruit Milk | 11 Hot dog w/ Chili Sauce Potato Wedges Celery/Ranch Fruit Milk | 12 School Pizza Fresh Garden Salad Golden Sweet Corn Fruit Sidekick Milk |
| 15 MARTIN LUTHER KING JR. Day | 16 Corn Dog Creamy Mac & Cheese Green Beans Fruit Sidekick Milk | 17 Chicken Nuggets Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk | 18 Chili Soup Grilled Cheese Fresh Veggies/Ranch Fruit Milk | 19 Meatball Sub Fresh Garden Salad Golden Sweet Corn Fruit Milk |
| 22 Orange Chicken Chicken Rice Steamed Vegetables Fruit Sidekick Milk | 23 Spaghetti w/Meat Sauce Fresh Garden Salad Garlic Knot Fruit Milk | 24 Chicken Nuggets Mashed Potatoes Glazed Carrots Cookie WG Fruit Milk | 25 Vegetable Beef Soup Grilled Cheese Fresh Veggies/Ranch Fruit Milk | 26 Pulled Pork Sandwich Baked Chips Baked Beans Cole Slaw Fruit Milk |
| 29 Taco Salad Lettuce Shredded Cheese Refried Bean Fruit Milk | 30 Chicken Noodle Soup Grilled Cheese Fresh Veggies/Ranch Fruit Milk | 31 Chicken Nuggets Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk | | |

Some menu items are subject to change without notice due to availability

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|---|---|---|
| <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> |
|---|---|---|

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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