



May 2017



Corbin High School Lunch Menu

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 Chicken Fajitas Lettuce, Shredded Cheese, Salsa Refried Beans Fruit Sidekick Milk	2 Spaghetti w/Meat Sauce Tossed Salad Breadstick Fruit Milk	3 Chicken Nuggets Mashed Potatoes Steamed Carrots Cookie WG Fruit Milk	4 Sloppy Joe Tator Tots Fresh Veggies/Ranch Fruit Milk	5 Orange Chicken Steamed Vegetables Rice Fruit Milk
8 Chicken Alfredo Tossed Garden Salad Garlic Bread Fruit Milk	9 Hotdog w/Chili Potato Wedges Baked Beans Fruit Milk	10 Chicken Nuggets Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk	11 Hot Ham & Cheese Sandwich Toppings Smiley Fries Fruit Sidekick Milk	12 School Pizza Tossed Garden Salad Steamed Corn Fruit Milk
15 Corn Dog Mac & Cheese Green Beans Fruit Sidekick Milk	16 No School	17 Chicken Nuggets Mashed Potatoes Steamed Carrots Cookie WG Fruit Milk	18 Taco Salad Lettuce, Shredded Cheese, Salsa Refried Beans Fruit Milk	19 Chicken Sandwich Sandwich Toppings Fresh Veggies/Ranch Smiley Fries Fruit Milk
22	23	24	25	26
29	30	31		

Have a great summer!!!

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		Variety of Fruit Offered Daily		Sub Sandwich Chef Salad Hamburger Chicken Sandwich Offered Daily
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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 will include a fruit or vegetable to count as a meal.

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