



May 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

Online Free and Reduced Price Meal Application

www.myschoolbucks.com

www.heartlandapps.com

Monday	Tuesday	Wednesday	Thursday	Friday
	Meatball Sub Funiyuns or Doritos Carrot sticks/Ranch Fruit Milk	Chicken Nuggets Mashed Potatoes Glazed Carrots Cookie WG Fruit Milk	Taco Salad Lettuce, Tomatoes Shredded Cheese Refried Beans Salsa Fruit, Milk	Orange Chicken Rice Steamed Vegetables Fruit Sidekick Milk
Chicken Sandwich Sandwich Toppings Tater Tots Fruit Sidekick Milk	Spaghetti w/Meat Sauce Fresh Garden Salad Garlic Bread Fruit Milk	Chicken Nuggets Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk	Open Faced Turkey Gravy, Sliced Bread Scalloped Potatoes Fruit Milk	Pulled Pork Sandwich Baked Chips Baked Beans Cole Slaw Fruit Milk
Chicken Alfredo Fresh Garden Salad Garlic Bread Fruit Milk	School Pizza Fresh Garden Salad Golden Sweet Corn Fruit Sidekick Milk	Chicken Nuggets Mashed Potatoes Glazed Carrots Cookie WG Fruit Milk	Cheesy Chicken Nachos, Salsa Lettuce, Tomatoes Queso Cheese Refried Beans Fruit, Milk	Hot dog w/ Chili Sauce Potato Wedges Carrot Sticks/Ranch Fruit Milk
Meatball Sub Funiyuns or Doritos Carrot sticks/Ranch Fruit Milk	NO SCHOOL ELECTION DAY	Chicken Nuggets Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk	LAST DAY OF SCHOOL HALF DAY Sack Lunches Turkey and Cheese Sandwich, Chips, Veggie Stick Treat Fruit, Milk	

Have a great summer!!!

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>
---	--	---	--	---

Carb Counts

Entree Meat Items	Tortilla Shell 25
Cheese Slice 2	Condiments
Cheese - Shredded 1	BBQ 11
Chicken Nuggets 16	Ketchup 3
Chicken Patty 16	Mayonnaise 0
Corn Dog 30	Mustard 2
Ham 1	Ranch Dip 5
Hamburger Patty 1	Fruit 1/2 cup servings
Hotdog Frank 1	Apple 22
Manwich Sauce/Meat 4	Orange 21
School Pizza 32	Banana 27
Spaghetti Meat Sauce 5.5	Applesauce 13-14
Taco Meat 3	Diced Peaches 14
Turkey 0	Diced Pears 16
Vegetables	Mandarin Oranges 20
Broccoli -Fresh 5.5	Mixed Fruit 15-17
Carrot Sticks 6	Pineapple Tidbits 18
Corn 16	Milk 8 oz carton
Green Beans 4	Low Fat White Milk 11
Lettuce	Fat Free White Milk 11
Mashed Potatoes 15	Fat Free Chocolate Milk 20
Potato Wedges 17	Fat Free Strawberry Milk 22
Refried Beans 16	Fat Free Vanilla Milk 24
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	

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 meal.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.