





October 2017

Corbin High School Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Pulled Pork Sandwich 2 Baked Chips Baked Beans Cole Slaw Fruit Milk	Spaghetti w/Meat 3 Sauce Tossed Salad Garlic Bread Fruit Milk	Chicken Nuggets 4 Mashed Potatoes Steamed Carrots Cookie WG Fruit Milk	Hotdog w/Chili 5 Potato Wedges Broccoli/Ranch Fruit Sidekick Milk	School Pizza 6 Tossed Garden Salad Steamed Corn Fruit Milk
Chicken Alfredo 9 Tossed Salad Garlic Bread Fruit Milk	Taco Salad 10 Lettuce, Salsa Shredded Cheese Refried Beans Fruit Milk	Chicken Nuggets 11 Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk	Meatball Sub 12 Tossed Salad Steamed Corn Fruit Sidekick Milk	Hamburger w/Bun 13 Sandwich Toppings Baked Chips Celery/Ranch Fruit Milk
16	17	18	19	20
FALL BREAK				
Chicken Sandwich 23 Sandwich Toppings Smiley Fries Fresh Celery/Ranch Fruit Milk	Cheesy Chicken 24 Nachos Lettuce Queso Cheese Refried Bean Fruit, Milk	Chicken Nuggets 25 Mashed Potatoes Steamed Carrots Cookie WG Fruit Milk	Corn Dog 26 Mac & Cheese Green Beans Fruit Sidekick Milk	Calzones 27 Tossed Garden Salad Steamed Corn Fruit Milk
Pulled Pork Sandwich 30 Baked Chips Baked Beans Cole Slaw Fruit Milk	Spaghetti w/Meat 31 Sauce Tossed Salad Garlic Bread Fruit Milk			

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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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

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 Fat Free Vanilla Milk 24
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.	

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