



# February 2017



## Corbin Intermediate School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Choice of Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk	2 Choice of Muffin, Cereal & Toast, Poptart Fruit, Juice, Milk	3 Choice of Sausage Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk
6 Choice of Mini Pancakes & Syrup, Cereal & Toast, Poptart Fruit, Juice, Milk	7 Choice of Muffin, Cereal & Toast, Poptart Fruit, Juice, Milk	8 Choice of Bagel, Cereal & Toast, Poptart Fruit, Juice, Milk	9 Choice of Scrambled Eggs, Bacon & Toast, Cereal & Toast, Poptart Fruit, Juice, Milk	10 Choice of Sausage Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk
13 Choice of Pancake Wrap & Syrup, Cereal & Toast, Poptart Fruit, Juice, Milk	14 Choice of Gravy & Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk	15 Choice of Bagel, Cereal & Toast, Poptart Fruit, Juice, Milk	16 Choice of Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk	17 Choice of Sausage Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk
20 Choice of Mini Pancakes & Syrup, Cereal & Toast, Poptart Fruit, Juice, Milk	21 Choice of Muffin, Cereal & Toast, Poptart Fruit, Juice, Milk	22 Choice of Bagel, Cereal & Toast, Poptart Fruit, Juice, Milk	23 Choice of Scrambled Eggs, Bacon & Toast, Cereal & Toast, Poptart Fruit, Juice, Milk	24 Choice of Sausage Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk
27 Choice of Pancake Wrap & Syrup, Cereal & Toast, Poptart Fruit, Juice, Milk	28 Choice of Gravy & Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk			

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

<p><b>Variety of Low fat, Fat Free White Milk and Fat Free Flavored Milk Offered Daily</b></p>		<p><b>Fruit &amp; Variety of Juice Offered Daily</b></p>
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### Lunch Prices

Breakfast \$0.90 Reduced Breakfast \$0.30  
Lunch \$2.10 Reduced Lunch \$0.40

### Online Meal Payments

[www.myschoolbucks.com](http://www.myschoolbucks.com)

### Online Free and Reduced Price Meal Application

[www.heartlandapps.com](http://www.heartlandapps.com)

### Carb Counts

<p><b>Entree Items</b></p> <ul style="list-style-type: none"> <li>Bacon 0</li> <li>Biscuit 24</li> <li>Breakfast Pizza WG 26</li> <li>Chicken Breakfast Pattie 4</li> <li>Gravy 6</li> <li>Mini Pancakes WG Maple 35</li> <li>Mini Pancakes WG Strawberry 35</li> <li>Mini Waffles WG 35</li> <li>Muffin WG Blueberry 30</li> <li>Muffin WG Chocolate 32</li> <li>Pancake Wrap WG 18</li> <li>Sausage 1</li> <li>Scrambled Eggs 0</li> <li>Toast WG 1 slice 14</li> </ul> <p><b>Cereal</b></p> <ul style="list-style-type: none"> <li>Cinnamon Toast Crunch 22</li> <li>Cocoa Krispies 28</li> <li>Frosted Flakes 24</li> <li>Froot Loops 18</li> <li>Lucky Charms 23</li> </ul> <p><b>Poptarts 2 count package</b></p> <ul style="list-style-type: none"> <li>WG Chocolate Fudge 76</li> <li>WG Brown Sugar Cinnamon 75</li> <li>WG Strawberry 76</li> </ul> <p><b>Fruit 1/2 cup servings</b></p> <ul style="list-style-type: none"> <li>Apple 22</li> <li>Orange 21</li> <li>Banana 27</li> <li>Applesauce 13-14</li> <li>Diced Peaches 14</li> <li>Diced Pears 16</li> <li>Mandarin Oranges 20</li> <li>Mixed Fruit 15-17</li> </ul>	<ul style="list-style-type: none"> <li>Pineapple Tidbits 18</li> <li><b>100 % Fruit Juice 4 oz</b></li> <li>Orange Juice Carton 15</li> <li>Apple Juice - Suncup 14</li> <li>Grape Juice - Suncup 19</li> <li>Orange Juice - Suncup 14</li> </ul> <p><b>Milk 8 oz carton</b></p> <ul style="list-style-type: none"> <li>Low Fat White Milk 11</li> <li>Fat Free White Milk 11</li> <li>Fat Free Chocolate Milk 20</li> <li>Fat Free Strawberry Milk 22</li> <li>Fat Free Vanilla Milk 24</li> </ul> <p>Syrup 31</p> <ul style="list-style-type: none"> <li>Jelly all varieties 9</li> <li>Nutri Grain Bar</li> <li>Strawberry WG 29</li> <li>Cinnamon Apple WG 24</li> <li>Blueberry WG 30</li> </ul>
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**Breakfast meal offered includes:**

**Grain  
Milk  
Fruit  
Juice**

**Students must take a 1/2 cup juice or fruit to count as a meal**

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