



# January 2018

## Corbin Intermediate Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>HAPPY NEW YEAR 2018</b>	2 No School	3 No School	4 Choice of Cinnamon Bun, Cereal & Toast, Poptart Fruit, Juice, Milk	5 Choice of Yogurt Parfait, Sausage Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk
8 Choice of Apple or Cherry Frudel, Cereal & Toast, Poptart Fruit, Juice, Milk	9 Choice of Gravy & Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk	10 Choice of Mini Pancakes & Syrup, Cereal & Toast, Poptart Fruit, Juice, Milk	11 Choice of Funnel Cake, Cereal & Toast, Poptart Fruit, Juice, Milk	12 Choice of Yogurt Parfait, Sausage Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk
15 <b>MARTIN LUTHER KING JR. Day</b> 	16 Choice of Scrambled Eggs, Sausage Links & Toast, Cereal & Toast, Poptart Fruit, Juice, Milk	17 Choice of Pancake Wrap & Syrup, Cereal & Toast, Poptart Fruit, Juice, Milk	18 Choice of Mini Donuts, Cereal & Toast, Poptart Fruit, Juice, Milk	19 Choice of Yogurt Parfait, Sausage Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk
22 Choice of Cinnamon Bun, Cereal & Toast, Poptart Fruit, Juice, Milk	23 Choice of Gravy & Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk	24 Choice of Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk	25 Choice of French Toast Sticks & Syrup, Cereal & Toast, Poptart Fruit, Juice, Milk	26 Choice of Sausage Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk
29 Choice of Apple or Cherry Frudel, Cereal & Toast, Poptart Fruit, Juice, Milk	30 Choice of Scrambled Eggs, Sausage Links & Toast, Cereal & Toast, Poptart Fruit, Juice, Milk	31 Choice of Mini Pancakes & Syrup, 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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**Corbin Intermediate School is a CEP school**  
(CEP - Community Eligibility Provision)

Breakfast and Lunch provided free of charge to all students enrolled in this school.

<b>Carb Counts</b>	
<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>Cinnamon Minnis WG 39</li> <li>Donut, Mini Powdered WG 41</li> <li>Donut, Mini Chocolate WG 41</li> <li>Donut, Glazed WG 29</li> <li>French Toast Sticks WG 35</li> <li>Frudel, Apple WG 36</li> <li>Frudel, Cherry WG 37</li> <li>Funnel Cake (Dutch Waffle) WG 43</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>Oatmeal 40</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>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> </ul>	<ul style="list-style-type: none"> <li>Mandarin Oranges 20</li> <li>Mixed Fruit 15-17</li> <li>Pineapple Tidbits 18</li> </ul> <p><b>Poptarts 2 count package</b></p> <ul style="list-style-type: none"> <li>Chocolate Fudge WG 76</li> <li>Brown Sugar Cinnamon WG 75</li> <li>Strawberry WG 76</li> </ul> <p><b>100 % Fruit Juice 4 oz</b></p> <ul style="list-style-type: none"> <li>Orange Juice Carton 15</li> <li>Apple Juice - Suncup 14</li> <li>Grape Juice - Suncup 19</li> <li>Orange Jucie - 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> <ul style="list-style-type: none"> <li>Syrup 31</li> <li>Jelly all varieties 9</li> <li>Nutri Grain Bar Strawberry WG 29</li> <li>Nutri Grain Apple Cinnamon WG 24</li> </ul>
<p><b>Breakfast meal offered includes:</b></p> <p style="margin-left: 40px;"><b>Grain (Entree)</b></p> <p style="margin-left: 40px;"><b>Milk</b></p> <p style="margin-left: 40px;"><b>Fruit</b></p> <p style="margin-left: 40px;"><b>Juice</b></p> <p><b>Students must select entree and a 1/2 cup fruit or juice to count as a meal</b></p>	

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