



# May 2017



## Corbin Intermediate School Breakfast Menu

### Meal Prices

Breakfast \$0.90    Reduced Breakfast \$0.30  
Lunch \$2.10    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
Choice of Pancake Wrap & Syrup, Cereal & Toast, Poptart Fruit, Juice, Milk <sup>1</sup>	Choice of Gravy & Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk <sup>2</sup>	Choice of Bagel, Cereal & Toast, Poptart Fruit, Juice, Milk <sup>3</sup>	Choice of Oatmeal & Toast, Cereal & Toast, Poptart Fruit, Juice, Milk <sup>4</sup>	Choice of Sausage Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk <sup>5</sup>
Choice of Muffin, Cereal & Toast, Poptart Fruit, Juice, Milk <sup>8</sup>	Choice of Scrambled Eggs, Bacon & Toast, Cereal & Toast, Poptart Fruit, Juice, Milk <sup>9</sup>	Choice of Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk <sup>10</sup>	Choice of French Toast Sticks & Syrup, Cereal & Toast, Poptart Fruit, Juice, Milk <sup>11</sup>	Choice of Sausage Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk <sup>12</sup>
Choice of Pancake Wrap & Syrup, Cereal & Toast, Poptart Fruit, Juice, Milk <sup>15</sup>	No School <sup>16</sup>	Choice of French Toast Sticks & Syrup, Cereal & Toast, Poptart Fruit, Juice, Milk <sup>17</sup>	Choice of Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk <sup>18</sup>	Choice of Sausage Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk <sup>19</sup>
<sup>22</sup>	<sup>23</sup>	<sup>24</sup>	<sup>25</sup>	<sup>26</sup>
<sup>29</sup>	<sup>30</sup>	<sup>31</sup>		

Have a great summer!!!

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

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

#### Entree Items

- Bacon 0
- Biscuit 24
- Breakfast Pizza WG 26
- Chicken Breakfast Pattie 4
- Gravy 6
- Mini Pancakes WG Maple 35
- Mini Pancakes WG Strawberry 35
- Mini Waffles WG 35
- Muffin WG Blueberry 30
- Muffin WG Chocolate 32
- Pancake Wrap WG 18
- Sausage 1
- Scrambled Eggs 0
- Toast WG 1 slice 14

#### Cereal

- Cinnamon Toast Crunch 22
- Cocoa Krispies 28
- Frosted Flakes 24
- Froot Loops 18
- Lucky Charms 23

#### Poptarts 2 count package

- WG Chocolate Fudge 76
- WG Brown Sugar Cinnamon 75
- WG Strawberry 76

#### 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
- 100 % Fruit Juice 4 oz**
- Orange Juice Carton 15
- Apple Juice - Suncup 14
- Grape Juice - Suncup 19
- Orange Juice - Suncup 14

#### 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

#### Syrup 31

- Jelly all varieties 9
- Nutri Grain Bar
- Strawberry WG 29
- Cinnamon Apple WG 24
- Blueberry WG 30

**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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