



# December 2017

## Corbin Intermediate Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
				School Pizza 1 Tossed Garden Salad Steamed Corn Fruit Milk
Meatball Sub 4 Tossed Garden Salad Steamed Corn Fruit Sidekick Milk	Cheesy Chicken 5 Nachos Queso Cheese Refried Beans Fruit Milk	Chicken Nuggets 6 Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk	Chicken Noodle Soup 7 Cheese Pretzel Fresh Veggies/Ranch Fruit Sidekick Milk	Hamburger w/Bun 8 Sandwich Toppings Baked Chips Celery/Ranch Fruit Milk
Chicken Sandwich 11 Sandwich Toppings Smiley Fries Fresh Celery/Ranch Fruit Milk	Spaghetti w/Meat 12 Sauce Tossed Salad Garlic Bread Fruit Milk	Chicken Nuggets 13 Mashed Potatoes Steamed Carrots Cookie WG Fruit Milk	Hotdog w/Chili 14 Potato Wedges Broccoli/Ranch Fruit Sidekick Milk	School Pizza 15 Tossed Garden Salad Steamed Corn Fruit Milk
18	19	20	21	22
<h1>Merry Christmas</h1>				
25	26	27	28	29
<h1>And Happy New Year!!</h1>				

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

**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.

### 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

#### 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

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