



February 2017



Corbin Intermediate School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Chicken Nuggets 1 Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk	Chili Soup 2 Grilled Cheese Celery Sticks/Ranch Fruit Sidekick Milk	Spaghetti w/Meat 3 Sauce Tossed Salad Breadstick Fruit Milk
Hamburger w/Bun 6 Sandwich Toppings Tator Tots Fruit Sidekick Milk	Chicken Noodle 7 Soup Grilled Cheese Fresh Veggies/Ranch Fruit Milk	Chicken Nuggets 8 Mashed Potatoes Steamed Carrots Cookie WG Fruit Milk	Taco Salad 9 Lettuce, Shredded Cheese, Salsa Refried Beans Fruit Milk	Snappy Tomato 10 Pizza Tossed Salad Corn Fruit Milk
Chicken Fajitas 13 w/Tortilla Shell Lettuce, Shredded Cheese, Salsa Fruit Milk	Corn Dog 14 Mac & Cheese Green Beans Fruit Milk	Chicken Nuggets 15 Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk	Hamburger w/Bun 16 Sandwich Toppings Potato Wedges Baked Beans Fruit Milk	Orange Chicken 17 Steamed Vegetables Rice Fruit Sidekick Milk
Chicken Sandwich 20 Sandwich Toppings Smiley Fries Fruit Sidekick Milk	Vegetable Soup 21 Grilled Cheese Celery Sticks/Ranch Fruit Milk	Chicken Nuggets 22 Mashed Potatoes Steamed Carrots Cookie WG Fruit Milk	Spaghetti w/Meat 23 Sauce Tossed Salad Breadstick Fruit Milk	Hotdog w/Chili 24 Doritos Broccoli/Ranch Fruit Milk
Hamburger w/Bun 27 Sandwich Toppings Tator Tots Fruit Sidekick Milk	Chicken Noodle 28 Soup Grilled Cheese Fresh Veggies/Ranch Fruit Milk			

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

<p>Variety of Low fat, Fat Free White Milk and Fat Free Flavored Milk Offered Daily</p>	<p>Turkey or Ham Sandwiches offered on Monday, Wednesday & Friday</p>	<p>Variety of Fruit Offered Daily</p>
	<p>Chef or Garden Salad offered on Tuesday & Thursday</p>	<p>Low Fat Ice Cream Sold on Tuesday & Thursday</p>

Lunch 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

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 1 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 will include a fruit or vegetable to count as a meal.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.