



# May 2017



## Corbin Intermediate School Lunch 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
Chicken Fajitas 1 Lettuce, Shredded Cheese, Salsa Refried Beans Fruit Sidekick Milk	Spaghetti w/Meat 2 Sauce Tossed Salad Breadstick Fruit Milk	Chicken Nuggets 3 Mashed Potatoes Steamed Carrots Cookie WG Fruit Milk	Sloppy Joe Sandwich 4 Smiley Fries Fresh Veggies/Ranch Fruit Milk	Snappy Pizza 5 Tossed Garden Salad Steamed Corn Fruit Milk
Chicken Alfredo 8 Tossed Salad Breadstick Fruit Milk	Hotdog w/Chili 9 Potato Wedges Baked Beans Fruit Milk	Chicken Nuggets 10 Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk	Hamburger w/Bun 11 Sandwich Toppings Tator Tots Fruit Sidekick Milk	Chicken Sandwich 12 Sandwich Toppings Fresh Veggies/Ranch Doritos Fruit Milk
Corn Dog 15 Mac & Cheese Green Beans Fruit Sidekick Milk	16 No School	Chicken Nuggets 17 Mashed Potatoes Steamed Carrots Cookie WG Fruit Milk	Taco Salad 18 Lettuce, Shredded Cheese, Salsa Refried Beans Fruit Milk	Turkey & Cheese 19 Sandwich Sandwich Toppings Carrot Sticks/Ranch Doritos Fruit, Milk
22	23	24	25	26
29	30	31		

Have a great summer!!!

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	Turkey or Ham Sandwiches offered daily	Variety of Fruit Offered Daily	Low Fat Ice Cream Sold on Tuesday & Thursday
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### 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 will include a fruit or vegetable to count as a meal.

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