



# May 2018

## Corbin Intermediate Lunch Menu



| Monday   | Tuesday  | Wednesday   | Thursday   | Friday  |
|--|--|---|--|---|
|  | Meatball Sub<br>Sun chips or Cheetos<br>Fresh Veggies/Ranch<br>Fruit<br>Milk     | Chicken Nuggets<br>Mashed Potatoes<br>Glazed Carrots<br>Cookie WG<br>Fruit<br>Milk    | Taco Salad<br>Lettuce, Tomatoes<br>Shredded Cheese<br>Refried Beans<br>Salsa<br>Fruit, Milk                                      | Chicken Sandwich<br>Sandwich Toppings<br>Tater Tots<br>Fruit Sidekick<br>Milk     |
| Hamburger<br>Sandwich Toppings<br>Smiley Fries<br>Fruit Sidekick<br>Milk                                     | Spaghetti w/Meat<br>Sauce<br>Fresh Garden Salad<br>Garlic Bread<br>Fruit<br>Milk | Chicken Nuggets<br>Mashed Potatoes<br>Broccoli & Cheese<br>Cookie WG<br>Fruit<br>Milk | Hot dog w/ Chili Sauce<br>Potato Wedges<br>Carrot Sticks/Ranch<br>Fruit<br>Milk  | Pulled Pork Sandwich<br>Baked Chips<br>Baked Beans<br>Cole Slaw<br>Fruit<br>Milk  |
| Chicken Fajita<br>Tortilla Shell, Salsa<br>Lettuce, Tomatoes<br>Queso Cheese<br>Refried Beans<br>Fruit, Milk | Sloppy Joe<br>Funyuns or Doritos<br>Fresh Veggies/Ranch<br>Fruit<br>Milk         | Chicken Nuggets<br>Mashed Potatoes<br>Glazed Carrots<br>Cookie WG<br>Fruit<br>Milk    | Chicken Alfredo<br>Tossed Salad<br>Garlic Bread<br>Fruit<br>Milk   | School Pizza<br>Fresh Garden Salad<br>Golden Sweet Corn<br>Fruit Sidekick<br>Milk |
| Corn Dog<br>Creamy Mac & Cheese<br>Green Beans<br>Fruit<br>Milk  | NO SCHOOL<br>ELECTION DAY  | Chicken Nuggets<br>Mashed Potatoes<br>Broccoli & Cheese<br>Cookie WG<br>Fruit<br>Milk | LAST DAY OF<br>SCHOOL<br>HALF DAY<br>Sack Lunches<br>Turkey and Cheese<br>Sandwich, Chips,<br>Veggie Stick, Treat<br>Fruit, Milk |   |
|  |  |   |  |   |

Have a great summer!!!

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

|   |  |   |
|---|--|---|
| <p>Variety of<br/>Low fat, Fat Free<br/>White Milk<br/>and Fat Free Flavored<br/>Milk Offered Daily</p> |  | <p>Variety of<br/>Fruit Offered Daily</p> |
|---|--|---|

**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  |  |
|--|--|
| <p><b>Entree Meat Items</b></p> <ul style="list-style-type: none"> <li>Cheese Slice 2</li> <li>Cheese - Shredded 1</li> <li>Chicken Nuggets 16</li> <li>Chicken Patty 16</li> <li>Corn Dog 30</li> <li>Ham 1</li> <li>Hamburger Patty 1</li> <li>Hotdog Frank 1</li> <li>Manwich Sauce/Meat 4</li> <li>School Pizza 32</li> <li>Spaghetti Meat Sauce 5.5</li> <li>Taco Meat 3</li> <li>Turkey 0</li> </ul> <p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>Broccoli -Fresh 5.5</li> <li>Carrot Sticks 6</li> <li>Corn 16</li> <li>Green Beans 4</li> <li>Lettuce</li> <li>Mashed Potatoes 15</li> <li>Potato Wedges 17</li> <li>Refried Beans 16</li> <li>Salsa 2</li> <li>Smiley Fries 20</li> <li>Tossed Salad 3+</li> </ul> <p><b>Grains</b></p> <ul style="list-style-type: none"> <li>Baked Cheetos 17</li> <li>Breadstick 22</li> <li>Cookie WG 14</li> <li>Doritos RF 20</li> <li>Gold Fish 14</li> <li>Hamburger Bun</li> <li>Hotdog Bun</li> <li>Sandwich Bread</li> <li>Pasta 42</li> <li>Tortilla Chips 21</li> </ul> | <ul style="list-style-type: none"> <li>Tortilla Shell 25</li> </ul> <p><b>Condiments</b></p> <ul style="list-style-type: none"> <li>BBQ 11</li> <li>Ketchup 3</li> <li>Mayonnaise 0</li> <li>Mustard 2</li> <li>Ranch Dip 5</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> <li>Mandarin Oranges 20</li> <li>Mixed Fruit 15-17</li> <li>Pineapple Tidbits 18</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> |
| <p><b>Lunch meal offered includes:</b></p> <p><b>Grain - Minimum 1 oz</b><br/><b>Meat/Meat Alternate - Minimum 2 oz</b><br/><b>Vegetable - 1/2 Cup</b><br/><b>Fruit - 1/2 Cup</b><br/><b>Milk - Minimum 8 oz</b></p> <p><b>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 meal.</b></p>  |  |

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