



# October 2017

## Corbin Intermediate School Lunch Menu



**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.

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday   |
|--|--|---|---|--|
| Chicken Sandwich or Pulled Pork Sandwich<br>Baked Chips<br>Baked Beans<br>Cole Slaw<br>Fruit, Milk | Spaghetti w/Meat Sauce<br>Tossed Salad<br>Garlic Bread<br>Fruit<br>Milk            | Chicken Nuggets<br>Mashed Potatoes<br>Steamed Carrots<br>Cookie WG<br>Fruit<br>Milk   | Hotdog w/Chili<br>Potato Wedges<br>Broccoli/Ranch<br>Fruit Sidekick<br>Milk | School Pizza<br>Tossed Garden Salad<br>Steamed Corn<br>Fruit<br>Milk                 |
| Chicken Alfredo<br>Tossed Salad<br>Garlic Bread<br>Fruit<br>Milk                                   | Taco Salad<br>Lettuce, Salsa<br>Shredded Cheese<br>Refried Beans<br>Fruit<br>Milk  | Chicken Nuggets<br>Mashed Potatoes<br>Broccoli & Cheese<br>Cookie WG<br>Fruit<br>Milk | Meatball Sub<br>Tossed Salad<br>Steamed Corn<br>Fruit Sidekick<br>Milk      | Hamburger w/Bun<br>Sandwich Toppings<br>Baked Chips<br>Celery/Ranch<br>Fruit<br>Milk |
| 16   | 17   | 18  | 19  | 20   |
| <b>FALL BREAK</b>  |  |   |   |  |
| Chicken Sandwich<br>Sandwich Toppings<br>Smiley Fries<br>Fresh Celery/Ranch<br>Fruit<br>Milk       | Cheesy Chicken<br>Nachos<br>Lettuce<br>Queso Cheese<br>Refried Bean<br>Fruit, Milk | Chicken Nuggets<br>Mashed Potatoes<br>Steamed Carrots<br>Cookie WG<br>Fruit<br>Milk   | Corn Dog<br>Mac & Cheese<br>Green Beans<br>Fruit Sidekick<br>Milk           | Calzones<br>Tossed Garden Salad<br>Steamed Corn<br>Fruit<br>Milk                     |
| Chicken Sandwich or Pulled Pork Sandwich<br>Baked Chips<br>Baked Beans<br>Cole Slaw<br>Fruit, Milk | Spaghetti w/Meat Sauce<br>Tossed Salad<br>Garlic Bread<br>Fruit<br>Milk            |   |   |  |

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

|  |   |   |
|--|---|---|
| <p><b>Variety of Low fat, Fat Free White Milk and Fat Free Flavored Milk Offered Daily</b></p> |  | <p><b>Variety of Fruit Offered Daily</b></p> <p><b>Low Fat Ice Cream Sold on Tuesday &amp; Thursday</b></p> |
|--|---|---|

### 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> </ul> | <ul style="list-style-type: none"> <li>Tortilla Chips 21</li> <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> </ul> |
|---|---|

**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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