



# January 2018



## Corbin Middle School Breakfast Menu

### Corbin Middle School Meal Prices

Breakfast \$0.90 Reduced Breakfast \$0.30  
Lunch \$2.20 Reduced Lunch \$0.40

Online Meal Payments

Online Free and Reduced Price Meal Application

[www.myschoolbucks.com](http://www.myschoolbucks.com)

[www.heartlandapps.com](http://www.heartlandapps.com)

### Carb Counts

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>HAPPY NEW YEAR 2018</b>	2 No School	3 No School	4 Choice of Cinnamon Bun, Cereal & Toast, Poptart Fruit, Juice, Milk	5 Choice of Sausage Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk
8 Choice of Apple or Cherry Frudel, Cereal & Toast, Poptart Fruit, Juice, Milk	9 Choice of Gravy & Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk	10 Choice of Mini Pancakes & Syrup, Cereal & Toast, Poptart Fruit, Juice, Milk	11 Choice of Funnel Cake, Cereal & Toast, Poptart Fruit, Juice, Milk	12 Choice of Sausage Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk
15 <b>MARTIN LUTHER KING JR. Day</b> 	16 Choice of Scrambled Eggs, Sausage Links & Toast, Cereal & Toast, Poptart Fruit, Juice, Milk	17 Choice of Pancake Wrap & Syrup, Cereal & Toast, Poptart Fruit, Juice, Milk	18 Choice of Mini Donuts, Cereal & Toast, Poptart Fruit, Juice, Milk	19 Choice of Sausage Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk
22 Choice of Cinnamon Bun, Cereal & Toast, Poptart Fruit, Juice, Milk	23 Choice of Gravy & Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk	24 Choice of Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk	25 Choice of French Toast Sticks & Syrup, Cereal & Toast, Poptart Fruit, Juice, Milk	26 Choice of Sausage Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk
29 Choice of Apple or Cherry Frudel, Cereal & Toast, Poptart Fruit, Juice, Milk	30 Choice of Scrambled Eggs, Sausage Links & Toast, Cereal & Toast, Poptart Fruit, Juice, Milk	31 Choice of Mini Pancakes & Syrup, Cereal & Toast, Poptart Fruit, Juice, Milk		

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



Fruit & Variety of Juice Offered Daily

<b>Entree Items</b> Bacon 0 Biscuit 24 Breakfast Pizza WG 26 Chicken Breakfast Pattie 4 Cinnamon Minnis WG 39 Donut, Mini Powdered WG 41 Donut, Mini Chocolate WG 41 Donut, Glazed WG 29 French Toast Sticks WG 35 Frudel, Apple WG 36 Frudel, Cherry WG 37 Funnel Cake (Dutch Waffle) WG 43 Gravy 6 Mini Pancakes WG Maple 35 Mini Pancakes WG Strawberry 35 Mini Waffles WG 35 Muffin WG Blueberry 30 Muffin WG Chocolate 32 Oatmeal 40 Pancake Wrap WG 18 Sausage 1 Scrambled Eggs 0 Toast WG 1 slice 14	Mandarin Oranges 20 Mixed Fruit 15-17 Pineapple Tidbits 18  <b>Poptarts 2 count package</b> Chocolate Fudge WG 76 Brown Sugar Cinnamon WG 75 Strawberry WG 76  <b>100 % Fruit Juice 4 oz</b> Orange Juice Carton 15 Apple Juice - Suncup 14 Grape Juice - Suncup 19 Orange Jucie - Suncup 14  <b>Milk 8 oz carton</b> Low Fat White Milk 11 Fat Free White Milk 11 Fat Free Chocolate Milk 20 Fat Free Strawberry Milk 22 Fat Free Vanilla Milk 24  Syrup 31 Jelly all varieties 9 Nutri Grain Bar Strawberry WG 29 Nutri Grain Apple Cinnamon WG 24
<b>Cereal</b> Cinnamon Toast Crunch 22 Cocoa Krispies 28 Frosted Flakes 24 Froot Loops 18 Lucky Charms 23	<b>Breakfast meal offered includes:</b>  <b>Grain (Entree)</b> <b>Milk</b> <b>Fruit</b> <b>Juice</b>  <b>Students must select entree and a 1/2 cup fruit or juice to count as a meal</b>
<b>Fruit 1/2 cup servings</b> Apple 22 Orange 21 Banana 27 Applesauce 13-14 Diced Peaches 14 Diced Pears 16	

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