



# March 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)

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Choice of Mini Donuts, Cereal & Toast, Poptart Fruit, Juice, Milk	2 Choice of Sausage or Cheddar Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk
5 Choice of Glazed Donut, Cereal & Toast, Poptart Fruit, Juice, Milk	6 Choice of Gravy & Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk	7 Choice of Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk	8 Choice of Funnel Cake, Cereal & Toast, Poptart Fruit, Juice, Milk	9 Choice of Sausage or Cheddar Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk
12 Choice of Muffin, Cereal & Toast, Poptart Fruit, Juice, Milk	13 Choice of Scrambled Eggs, Sausage Links & Toast, Cereal & Toast, Poptart Fruit, Juice, Milk	14 Choice of Pancake Wrap & Syrup, Cereal & Toast, Poptart Fruit, Juice, Milk	15 Choice of Mini Donuts, Cereal & Toast, Poptart Fruit, Juice, Milk	16 Choice of Sausage or Cheddar Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk
19 Choice of Cinnamon Bun, Cereal & Toast, Poptart Fruit, Juice, Milk	20 Choice of Gravy & Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk	21 Choice of Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk	22 Choice of French Toast Sticks & Syrup, Cereal & Toast, Poptart Fruit, Juice, Milk	23 Choice of Sausage or Cheddar Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk
26 Choice of Apple or Cherry Frudel, Cereal & Toast, Poptart Fruit, Juice, Milk	27 Choice of Scrambled Eggs, Sausage Links & Toast, Cereal & Toast, Poptart Fruit, Juice, Milk	28 Choice of Mini Pancakes & Syrup, Cereal & Toast, Poptart Fruit, Juice, Milk	29 Choice of Mini Donuts, Cereal & Toast, Poptart Fruit, Juice, Milk	30 Choice of Sausage or Cheddar Biscuit, Cereal & Toast, Poptart Fruit, Juice, 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>Fruit &amp; Variety of Juice Offered Daily</b></p>
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### Carb Counts

#### Entree Items

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

#### Cereal

Cinnamon Toast Crunch 22  
 Cocoa Krispies 28  
 Frosted Flakes 24  
 Froot Loops 18  
 Lucky Charms 23

#### 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

#### Poptarts 2 count package

Chocolate Fudge WG 76  
 Brown Sugar Cinnamon WG 75  
 Strawberry WG 76

#### 100 % Fruit Juice 4 oz

Orange Juice Carton 15  
 Apple Juice - Suncup 14  
 Grape Juice - Suncup 19  
 Orange Jucie - Suncup 14

#### Milk 8 oz carton

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

#### Breakfast meal offered includes:

**Grain (Entree)  
Milk  
Fruit  
Juice**

**Students must select entree and  
a 1/2 cup fruit or juice  
to count as a meal**

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