



May 2017




Corbin Middle School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of Mini Pancakes & Syrup, Cereal & Toast, Poptart Fruit, Juice, Milk 1	Choice of Gravy & Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk 2	Choice of Bagel, Cereal & Toast, Poptart Fruit, Juice, Milk 3	Choice of Muffin, Cereal & Toast, Poptart Fruit, Juice, Milk 4	Choice of Sausage Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk 5
Choice of Pancake Wrap & Syrup, Cereal & Toast, Poptart Fruit, Juice, Milk 8	Choice of Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 9	Choice of Bagel, Cereal & Toast, Poptart Fruit, Juice, Milk 10	Choice of French Toast & Syrup, Cereal & Toast, Poptart Fruit, Juice, Milk 11	Choice of Sausage Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk 12
Choice of Mini Pancakes & Syrup, Cereal & Toast, Poptart Fruit, Juice, Milk 15	No School 16	Choice of Bagel, Cereal & Toast, Poptart Fruit, Juice, Milk 17	Choice of Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk 18	Choice of Sausage Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk 19
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		Fruit & Variety of Juice Offered Daily
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Meal Prices

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

Online Meal Payments

www.myschoolbucks.com

Online Free and Reduced Price Meal Application

www.heartlandapps.com

Carb Counts

Entree Items

- Bacon 0
- Biscuit 24
- Breakfast Pizza WG 26
- Chicken Breakfast Pattie 4
- Gravy 6
- Mini Pancakes WG Maple 35
- Mini Pancakes WG Strawberry 35
- Mini Waffles WG 35
- Muffin WG Blueberry 30
- Muffin WG Chocolate 32
- 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

Poptarts 2 count package

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

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
- 100 % Fruit Juice 4 oz**
- Orange Juice Carton 15
- Apple Juice - Suncup 14
- Grape Juice - Suncup 19
- Orange Juice - 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
- Cinnamon Apple WG 24
- Blueberry WG 30

Breakfast meal offered includes:

- Grain**
- Milk**
- Fruit**
- Juice**

Students must take a 1/2 cup juice or fruit to count as a meal

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