



# October 2017

## Corbin Middle School Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Choice of Cinnamon Bun, Cereal & Toast, Poptart <sup>2</sup> Fruit, Juice, Milk	Choice of Scrambled Eggs, Sausage Links & Toast, Cereal & Toast, Poptart <sup>3</sup> Fruit, Juice, Milk	Choice of Breakfast Pizza, Cereal & Toast, Poptart <sup>4</sup> Fruit, Juice, Milk	Choice of Funnel Cake & Syrup, Cereal & Toast, Poptart <sup>5</sup> Fruit, Juice, Milk	Choice of Sausage Biscuit, Cereal & Toast, Poptart <sup>6</sup> Fruit, Juice, Milk
Choice of Muffin, Cereal & Toast, Poptart <sup>9</sup> Fruit, Juice, Milk	Choice of Gravy & Biscuit, Cereal & Toast, Poptart <sup>10</sup> Fruit, Juice, Milk	Choice of French Toast Sticks & Syrup, Cereal & Toast, Poptart <sup>11</sup> Fruit, Juice, Milk	Choice of Mini Donuts, Cereal & Toast, Poptart <sup>12</sup> Fruit, Juice, Milk	Choice of Sausage Biscuit, Cereal & Toast, Poptart <sup>13</sup> Fruit, Juice, Milk
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
FALL BREAK				
Choice of Apple or Cherry Frudel, Cereal & Toast, Poptart <sup>23</sup> Fruit, Juice, Milk	Choice of Scrambled Eggs, Sausage Links & Toast, Cereal & Toast, Poptart <sup>24</sup> Fruit, Juice, Milk	Choice of Pancake Wrap & Syrup, Cereal & Toast, Poptart <sup>25</sup> Fruit, Juice, Milk	Choice of Glazed Donut, Cereal & Toast, Poptart <sup>26</sup> Fruit, Juice, Milk	Choice of Sausage Biscuit, Cereal & Toast, Poptart <sup>27</sup> Fruit, Juice, Milk
Choice of Cinnamon Bun, Cereal & Toast, Poptart <sup>30</sup> Fruit, Juice, Milk	Choice of Gravy & Biscuit, Cereal & Toast, Poptart <sup>31</sup> 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**

### 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

<p><b>Entree Items</b></p> <ul style="list-style-type: none"> <li>Bacon 0</li> <li>Biscuit 24</li> <li>Breakfast Pizza WG 26</li> <li>Chicken Breakfast Pattie 4</li> <li>Cinnamon Minnis WG 39</li> <li>Donut, Mini Powdered WG 41</li> <li>Donut, Mini Chocolate WG 41</li> <li>Donut, Glazed WG 29</li> <li>French Toast Sticks WG 35</li> <li>Frudel, Apple WG 36</li> <li>Frudel, Cherry WG 37</li> <li>Funnel Cake (Dutch Waffle) WG 43</li> <li>Gravy 6</li> <li>Mini Pancakes WG Maple 35</li> <li>Mini Pancakes WG Strawberry 35</li> <li>Mini Waffles WG 35</li> <li>Muffin WG Blueberry 30</li> <li>Muffin WG Chocolate 32</li> <li>Oatmeal 40</li> <li>Pancake Wrap WG 18</li> <li>Sausage 1</li> <li>Scrambled Eggs 0</li> <li>Toast WG 1 slice 14</li> </ul> <p><b>Cereal</b></p> <ul style="list-style-type: none"> <li>Cinnamon Toast Crunch 22</li> <li>Cocoa Krispies 28</li> <li>Frosted Flakes 24</li> <li>Froot Loops 18</li> <li>Lucky Charms 23</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> </ul>	<ul style="list-style-type: none"> <li>Mixed Fruit 15-17</li> <li>Pineapple Tidbits 18</li> </ul> <p><b>Poptarts 2 count package</b></p> <ul style="list-style-type: none"> <li>Chocolate Fudge WG 76</li> <li>Brown Sugar Cinnamon WG 75</li> <li>Strawberry WG 76</li> </ul> <p><b>100 % Fruit Juice 4 oz</b></p> <ul style="list-style-type: none"> <li>Orange Juice Carton 15</li> <li>Apple Juice - Suncup 14</li> <li>Grape Juice - Suncup 19</li> <li>Orange Juice - Suncup 14</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> <ul style="list-style-type: none"> <li>Syrup 31</li> <li>Jelly all varieties 9</li> <li>Nutri Grain Bar Strawberry WG 29</li> <li>Nutri Grain Apple Cinnamon WG 24</li> <li>Nutri Grain Blueberry WG 30</li> </ul>
--	---

**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**

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov). This institution is an equal opportunity provider.