




April 2018

Corbin Middle School Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Spring Break				
2 Corn Dog Creamy Mac & Cheese Green Beans Fruit Milk	3 Meatball Sub Funyuns or Doritos Carrot sticks/Ranch Fruit Milk	4 Chicken Nuggets Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk	5 Taco Salad Lettuce, Tomatoes Shredded Cheese Refried Beans Salsa Fruit, Milk	6 Orange Chicken Steamed Vegetables Rice Fruit Sidekick Milk
9 Chicken Sandwich Sandwich Toppings Tater Tots Fruit Sidekick Milk	10 Spaghetti w/Meat Sauce Fresh Garden Salad Garlic Bread Fruit Milk	11 Chicken Nuggets Mashed Potatoes Glazed Carrots Cookie WG Fruit Milk	12 Oven Roasted Turkey Mashed Potatoes Gravy, Sliced Bread Fruit Milk	13 Pulled Pork Sandwich Baked Chips Baked Beans Cole Slaw Fruit Milk
16 Chicken Alfredo Fresh Garden Salad Garlic Bread Fruit Milk	24 Hot dog w/ Chili Sauce Potato Wedges Carrot Sticks/Ranch Fruit Milk	25 Chicken Nuggets Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk	26 Cheesy Chicken Nachos, Salsa Lettuce, Tomatoes Queso Cheese Refried Beans Fruit, Milk	27 School Pizza Fresh Garden Salad Golden Sweet Corn Fruit Sidekick Milk
30 Corn Dog Creamy Mac & Cheese Green Beans Fruit 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	 Variety of Fruit Offered Daily	 Sub Sandwich Chef Salad Hamburger Chicken Sandwich Offered Daily
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Corbin Middle & High School 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 Meat Items Cheese Slice 2 Cheese - Shredded 1 Chicken Nuggets 16 Chicken Patty 16 Corn Dog 30 Ham 1 Hamburger Patty 1 Hotdog Frank 1 Manwich Sauce/Meat 4 School Pizza 32 Spaghetti Meat Sauce 5.5 Taco Meat 3 Turkey 0 Vegetables Broccoli -Fresh 5.5 Carrot Sticks 6 Corn 16 Green Beans 4 Lettuce Mashed Potatoes 15 Potato Wedges 17 Refried Beans 16 Salsa 2 Smiley Fries 20 Tossed Salad 3+ Grains Baked Cheetos 17 Breadstick 22 Cookie WG 14 Doritos RF 20 Gold Fish 14 Hamburger Bun Hotdog Bun Sandwich Bread Pasta 42	Tortilla Chips 21 Tortilla Shell 25 Condiments BBQ 11 Ketchup 3 Mayonnaise 0 Mustard 2 Ranch Dip 5 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 Milk 8 oz carton Low Fat White Milk 11 Fat Free White Milk 11 Fat Free Chocolate Milk 20 Fat Free Strawberry Milk 22 <div style="border: 1px solid black; padding: 5px; text-align: center;"> 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 </div> <p style="text-align: center; font-weight: bold;">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</p>

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