



# December 2017

## Corbin Middle School Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
				Ham or Turkey Sandwich Baked Chips Fresh Veggies/Ranch Fruit Milk
Corn Dog Mac & Cheese Green Beans Fruit Sidekick Milk	Chicken or Beef Nachos Lettuce Queso Cheese Refried Beans Fruit, Milk	Chicken Nuggets Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk	Chili Soup Grilled Cheese Fresh Veggies/Ranch Fruit Milk	Orange Chicken Chicken Rice Steamed Vegetables Fruit Milk
Pulled Pork Sandwich Baked Chips Baked Beans Cole Slaw Fruit Milk	Spaghetti w/Meat Sauce Tossed Salad Garlic Bread Fruit Milk	Chicken Nuggets Mashed Potatoes Steamed Carrots Cookie WG Fruit Milk	Hotdog w/Chili Potato Wedges Broccoli/Ranch Fruit Sidekick Milk	School Pizza Tossed Garden Salad Steamed Corn Fruit Milk
<div style="display: flex; justify-content: space-between;"> <span>18</span> <span>19</span> <span>20</span> <span>21</span> <span>22</span> </div> <h1 style="color: red; text-align: center;">Merry Christmas</h1>				
<div style="display: flex; justify-content: space-between;"> <span>25</span> <span>26</span> <span>27</span> <span>28</span> <span>29</span> </div> <h1 style="color: green; text-align: center;">And Happy New Year!!</h1>				

Some menu items are subject to change without notice due to availability

<p>Variety of Low fat, Fat Free White Milk and Fat Free Flavored Milk Offered Daily</p>	<p>Variety of Fruit Offered Daily</p>	<p>Sub Sandwich Chef Salad Hamburger Chicken Sandwich Offered Daily</p>
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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

##### 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

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

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