



January 2018



Corbin Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 HAPPY NEW YEAR 2018	2 No School	3 No School	4 Chicken Nuggets Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk	5 Corn Dog Creamy Mac & Cheese Green Beans Fruit Sidekick Milk
8 Taco Salad Lettuce Shredded Cheese Refried Beans Fruit Milk	9 Chicken Noodle Soup Grilled Cheese Fresh Veggies/Ranch Fruit Milk	10 Chicken Nuggets Mashed Potatoes Glazed Carrots Cookie WG Fruit Milk	11 Hot dog w/ Chili Sauce Potato Wedges Celery/Ranch Fruit Milk	12 School Pizza Fresh Garden Salad Golden Sweet Corn Fruit Sidekick Milk
15 MARTIN LUTHER KING JR. Day	16 Corn Dog Creamy Mac & Cheese Green Beans Fruit Sidekick Milk	17 Chicken Nuggets Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk	18 Chili Soup Grilled Cheese Fresh Veggies/Ranch Fruit Milk	19 Meatball Sub Fresh Garden Salad Golden Sweet Corn Fruit Milk
22 Orange Chicken Chicken Rice Steamed Vegetables Fruit Sidekick Milk	23 Spaghetti w/Meat Sauce Fresh Garden Salad Garlic Knot Fruit Milk	24 Chicken Nuggets Mashed Potatoes Glazed Carrots Cookie WG Fruit Milk	25 Vegetable Beef Soup Grilled Cheese Fresh Veggies/Ranch Fruit Milk	26 Pulled Pork Sandwich Baked Chips Baked Beans Cole Slaw Fruit Milk
29 Taco Salad Lettuce Shredded Cheese Refried Bean Fruit Milk	30 Chicken Noodle Soup Grilled Cheese Fresh Veggies/Ranch Fruit Milk	31 Chicken Nuggets Mashed Potatoes Broccoli & Cheese Cookie WG 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

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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