



# March 2018

## Corbin Middle School Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			Hot dog w/ Chili Sauce Potato Wedges Celery/Ranch Fruit Milk	School Pizza Fresh Garden Salad Golden Sweet Corn Fruit Sidekick Milk
Chicken Alfredo Fresh Garden Salad Garlic Bread Fruit Sidekick Milk	Chili Soup Grilled Cheese Fresh Veggies/Ranch Fruit Milk	Chicken Nuggets Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk	Cheesy Chicken Nachos Lettuce, Tomatoes Queso Cheese Refried Bean Fruit, Milk	Meatball Sub Fresh Garden Salad Golden Sweet Corn Fruit Milk
Orange Chicken Chicken Rice Steamed Vegetables Fruit Sidekick Milk	Spaghetti w/Meat Sauce Fresh Garden Salad Garlic Bread Fruit Milk	Chicken Nuggets Mashed Potatoes Glazed Carrots Cookie WG Fruit Milk	Vegetable Beef Soup Grilled Cheese Fresh Veggies/Ranch Fruit Milk	Pulled Pork Sandwich Baked Chips Baked Beans Cole Slaw Fruit Milk
Chicken Noodle Soup Grilled Cheese Fresh Veggies/Ranch Fruit Milk	Taco Salad Lettuce Shredded Cheese Refried Bean Fruit Milk	Chicken Nuggets Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk	Hot dog w/ Chili Sauce Potato Wedges Celery/Ranch Fruit Milk	School Pizza Fresh Garden Salad Golden Sweet Corn Fruit Sidekick Milk
Corn Dog Creamy Mac & Cheese Green Beans Fruit Sidekick Milk	Meatball Sub Fresh Garden Salad Golden Sweet Corn Fruit Milk	Chicken Nuggets Mashed Potatoes Glazed Carrots Cookie WG Fruit Milk	Cheesy Chicken Nachos Lettuce, Tomatoes Queso Cheese Refried Bean Fruit, Milk	Chili Soup Grilled Cheese Fresh Veggies/Ranch Fruit Milk

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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