



May 2017



Corbin Middle School Lunch Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Fajitas Lettuce, Shredded Cheese, Salsa Refried Beans Fruit Sidekick Milk	2 Chili Soup Grilled Cheese Fresh Veggies/Ranch Fruit Milk	3 Chicken Nuggets Mashed Potatoes Steamed Carrots Cookie WG Fruit Milk	4 School Pizza Tossed Garden Salad Steamed Corn Fruit Milk	5 Hamburger w/Bun Sandwich Toppings Tator Tots Fruit Milk
8 Chicken Alfredo Tossed Salad Garlic Bread Fruit Sidekick Milk	9 Sloppy Joe Sandwich Smiley Fries Fresh Veggies/Ranch Fruit Milk	10 Chicken Nuggets Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk	11 Taco Salad Lettuce, Shredded Cheese, Salsa Refried Beans Fruit Milk	12 Orange Chicken Steamed Vegetables Rice Fruit Milk
15 Hotdog or Hamburger Sandwich Toppings Chips Baked Beans Fruit, Milk	16 No School	17 Chicken Nuggets Mashed Potatoes Steamed Carrots Cookie WG Fruit Milk	18 Spaghetti Tossed Salad Garlic Bread Fruit Sidekick Milk	19 Turkey & Cheese Sandwich Sandwich Toppings Carrots Stick/Ranch Doritos Fruit, Milk
22	23	24	25	26
29	30	31		

Have a great summer!!!

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
---	---	---	---	---

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 will include a fruit or vegetable 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, 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. This institution is an equal opportunity provider.