



May 2018

Corbin Middle School Lunch Menu



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

Monday	Tuesday	Wednesday	Thursday	Friday
	Meatball Sub Funiyuns or Doritos Carrot sticks/Ranch Fruit Sidekick Milk	Chicken Nuggets Mashed Potatoes Glazed Carrots Cookie WG Fruit Milk	Oven Roasted Turkey Mashed Potatoes Gravy, Sliced Bread Fruit Milk	Taco Salad Lettuce, Tomatoes Shredded Cheese Refried Beans Salsa Fruit, Milk
Chicken Sandwich Sandwich Toppings Tater Tots Fruit Sidekick Milk	Spaghetti w/Meat Sauce Fresh Garden Salad Garlic Bread Fruit Milk	Choice of Turkey, Ham or Bologna Sandwich Chips Veggie Sticks/Ranch Fruit, Milk	Choice of Turkey, Ham or Bologna Sandwich Chips Veggie Sticks/Ranch Fruit, Milk	Choice of Turkey, Ham or Bologna Sandwich Chips Veggie Sticks/Ranch Fruit, Milk
Chicken Alfredo Fresh Garden Salad Garlic Bread Fruit Milk	Chicken Nuggets Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk	FIELD DAY Choice of Hotdog or Hamburger Veggie Sticks/Ranch Chips Fruit, Milk	Cheesy Chicken Nachos, Salsa Lettuce, Tomatoes Queso Cheese Refried Beans Fruit, Milk	School Pizza Fresh Garden Salad Golden Sweet Corn Fruit Sidekick Milk
Orange Chicken Rice Steamed Vegetables Fruit Milk	NO SCHOOL ELECTION DAY	Chicken Nuggets Mashed Potatoes Glazed Carrots Cookie WG Fruit Milk	LAST DAY OF SCHOOL HALF DAY Sack Lunches Turkey and Cheese Sandwich, Chips, Veggie Stick, Treat Fruit, Milk	

Have a great summer!!!

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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Carb Counts

Entree Meat Items	Tortilla Shell 25
Cheese Slice 2	Condiments
Cheese - Shredded 1	BBQ 11
Chicken Nuggets 16	Ketchup 3
Chicken Patty 16	Mayonnaise 0
Corn Dog 30	Mustard 2
Ham 1	Ranch Dip 5
Hamburger Patty 1	
Hotdog Frank 1	Fruit 1/2 cup servings
Manwich Sauce/Meat 4	Apple 22
School Pizza 32	Orange 21
Spaghetti Meat Sauce 5.5	Banana 27
Taco Meat 3	Applesauce 13-14
Turkey 0	Diced Peaches 14
	Diced Pears 16
	Mandarin Oranges 20
	Mixed Fruit 15-17
	Pineapple Tidbits 18
Vegetables	
Broccoli -Fresh 5.5	Milk 8 oz carton
Carrot Sticks 6	Low Fat White Milk 11
Corn 16	Fat Free White Milk 11
Green Beans 4	Fat Free Chocolate Milk 20
Lettuce	Fat Free Strawberry Milk 22
Mashed Potatoes 15	Fat Free Vanilla Milk 24
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	

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 meal.

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