



October 2017



Corbin Primary School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of Cinnamon Bun, Cereal & Toast, Poptart Fruit, Juice, Milk	Choice of Scrambled Eggs, Sausage Links & Toast, Cereal & Toast, Poptart Fruit, Juice, Milk	Choice of French Toast Sticks & Syrup, Cereal & Toast, Poptart Fruit, Juice, Milk	Choice of Mini Donuts, Cereal & Toast, Poptarts Fruit, Juice, Milk	Choice of Sausage Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk
Choice of Muffin, Cereal & Toast, Poptart Fruit, Juice, Milk	Choice of Gravy & Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk	Choice of Pancake Wrap & Syrup, Cereal & Toast, Poptart Fruit, Juice, Milk	Choice of Glazed Donut, Cereal & Toast, Poptart Fruit, Juice, Milk	Choice of Sausage Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk
FALL BREAK				
Choice of Apple or Cherry Frudel, Cereal & Toast, Poptart Fruit, Juice, Milk	Choice of Scrambled Eggs, Sausage Links & Toast, Cereal & Toast, Poptart Fruit, Juice, Milk	Choice of Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk	Choice of Funnel Cake & Syrup, Cereal & Toast, Poptart Fruit, Juice, Milk	Choice of Sausage Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk
Choice of Cinnamon Bun, Cereal & Toast, Poptart Fruit, Juice, Milk	Choice of Gravy & Biscuit, Cereal & Toast, Poptart Fruit, Juice, 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



Fruit & Variety of Juice
Offered Daily

Corbin Primary School is a CEP school

(CEP - Community Eligibility Provision)

Breakfast and Lunch provided free of charge to all students enrolled in this school.

Carb Counts

Entree Items

Bacon 0
Biscuit 24
Breakfast Pizza WG 26
Chicken Breakfast Pattie 4
Cinnamon Minnis WG 39
Donut, Mini Powdered WG 41
Donut, Mini Chocolate WG 41
Donut, Glazed WG 29
French Toast Sticks WG 35
Frudel, Apple WG 36
Frudel, Cherry WG 37
Funnel Cake (Dutch Waffle) WG 43
Gravy 6
Mini Pancakes WG Maple 35
Mini Pancakes WG Strawberry 35
Mini Waffles WG 35
Muffin WG Blueberry 30
Muffin WG Chocolate 32
Oatmeal 40
Pancake Wrap WG 18
Sausage 1
Scrambled Eggs 0
Toast WG 1 slice 14

Cereal

Cinnamon Toast Crunch 22
Cocoa Krispies 28
Frosted Flakes 24
Froot Loops 18
Lucky Charms 23

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

Poptarts 2 count package

Chocolate Fudge WG 76
Brown Sugar Cinnamon WG 75
Strawberry WG 76

100 % Fruit Juice 4 oz

Orange Juice Carton 15
Apple Juice - Suncup 14
Grape Juice - Suncup 19
Orange Juice - Suncup 14

Milk 8 oz carton

Low Fat White Milk 11
Fat Free White Milk 11
Fat Free Chocolate Milk 20
Fat Free Strawberry Milk 22
Fat Free Vanilla Milk 24

Syrup 31
Jelly all varieties 9
Nutri Grain Bar Strawberry WG 29
Nutri Grain Apple Cinnamon WG 24

Breakfast meal offered includes:

Grain (Entree)
Milk
Fruit
Juice

Students must select entree and
a 1/2 cup fruit or juice
to count as a meal

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