



October 2017

Corbin Primary School Lunch Menu



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.

Monday	Tuesday	Wednesday	Thursday	Friday
Pulled Pork Baked Chips Baked Beans Cole Slaw Fruit Milk	Spaghetti w/Meat Sauce Tossed Salad Garlic Bread, Fruit Milk	Chicken Nuggets Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk	Hotdog w/Chili Potato Wedges Broccoli/Ranch Fruit Sidekick Milk	School Pizza Tossed Garden Salad Steamed Corn Fruit Milk
Chicken Alfredo Tossed Salad Garlic Bread Fruit Milk	Taco Salad Lettuce, Salsa Shredded Cheese Refried Beans Fruit Milk	Chicken Nuggets Mashed Potatoes Steamed Carrots Cookie WG Fruit Milk	Turkey Sandwich Sandwich Toppings Tator Tots Veggies/Ranch Fruit Sidekick Milk	Hamburger w/Bun Sandwich Toppings Baked Chips Celery/Ranch Fruit Milk
16	17	18	19	20
FALL BREAK				
Chicken Sandwich Sandwich Toppings Smiley Fries Fresh Celery/Ranch Fruit Milk	Chicken or Beef Nachos Lettuce Queso Cheese Refried Bean Fruit, Milk	Chicken Nuggets Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk	Corn Dog Mac & Cheese Green Beans Fruit Sidekick Milk	Calzones Tossed Garden Salad Steamed Corn Fruit Milk
Pulled Pork Baked Chips Baked Beans Cole Slaw Fruit Milk	Spaghetti w/Meat Sauce Tossed Salad Garlic Bread 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>
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Carb Counts	
<p>Entree Meat Items</p> <ul style="list-style-type: none"> 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 <p>Vegetables</p> <ul style="list-style-type: none"> 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+ <p>Grains</p> <ul style="list-style-type: none"> Baked Cheetos 17 Breadstick 22 Cookie WG 14 Doritos RF 20 Gold Fish 14 Hamburger Bun Hotdog Bun Sandwich Bread Pasta 42 	<ul style="list-style-type: none"> Tortilla Chips 21 Tortilla Shell 25 <p>Condiments</p> <ul style="list-style-type: none"> BBQ 11 Ketchup 3 Mayonnaise 0 Mustard 2 Ranch Dip 5 <p>Fruit 1/2 cup servings</p> <ul style="list-style-type: none"> 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 <p>Milk 8 oz carton</p> <ul style="list-style-type: none"> Low Fat White Milk 11 Fat Free White Milk 11 Fat Free Chocolate Milk 20 Fat Free Strawberry Milk 22 <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p style="text-align: center;">Lunch meal offered includes:</p> <p style="text-align: center;">Grain - Minimum 1 oz Meat/Meat Alternate - Minimum 2 oz Vegetable - 1/2 Cup Fruit - 1/2 Cup Milk - Minimum 8 oz</p> <p style="text-align: center;">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.</p> </div>

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