

AUGUST



Lunch



GREAT HEARTS IRVING L2HS - Lunch 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
July 30, 2018	July 31, 2018	August 1, 2018	August 2, 2018	August 3, 2018
August 6, 2018	August 7, 2018	August 8, 2018	August 9, 2018	August 10, 2018
August 13, 2018	August 14, 2018	August 15, 2018	August 16, 2018	August 17, 2018
August 20, 2018	August 21, 2018	August 22, 2018	August 23, 2018	August 24, 2018
		PEPPERONI FLATBREAD PIZZA ^ TURKEY HAM & CHEESE SANDWICH ^ Fresh Baby Carrots Light Ranch Dressing Mustard Broccoli Apple-Cranberry Juice Diced Peaches Choice of Milk	POPCORN CHICKEN ^ BBQ Sauce Breadstick ^ TACO MEAT Soft Tortilla ^ (2) Refried Beans Garden Vegetables Fresh Apple Choice of Milk	*BREAKFAST FOR LUNCH* PANCAKES & SAUSAGE Syrup CRISPY CHICKEN TENDERS ^ BBQ Sauce Potato Rounds SunSet Sip Juice Fresh Orange Mixed Fruit Cup Vanilla Cookie ^ Ketchup Choice of Milk
August 27, 2018	August 28, 2018	August 29, 2018	August 30, 2018	August 31, 2018
MINI CORN DOGS & CHICKEN FUN MIX BBQ Sauce Ketchup PAPA JOHN'S PIZZA Diced Carrots Green Beans Orange Sorbet 100% Juice Diced Pears Chocolate Cookie ^ Choice of Milk	CHARBROILED HAMBURGER Hamburger Bun Mustard Ketchup CRISPY CHICKEN TENDERS ^ BBQ Sauce Maple Baked Beans SunSet Sip Juice Pineapple Tidbits Cherry Craisins Cheddar Sun Chips ^ Choice of Milk	PIZZA DIPPERS Marinara Dipping Sauce TURKEY HAM & CHEESE SANDWICH ^ Mustard French Fries Broccoli Diced Peaches Fresh Orange Ketchup Choice of Milk	CRISPY CHICKEN FILLET Hamburger Bun BBQ Sauce PANCAKES & SAUSAGE ^ Syrup Golden Potato Rounds Fresh Baby Carrots Light Ranch Dressing Fresh Apple Ketchup Choice of Milk	NO LUNCH

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

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Menu Development | Food & Equipment Delivery | Meal Preparation and Service | Merchandising & Promotions



Nutritional Information: GREAT HEARTS IRVING

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
08-22-2018	PEPPERONI FLATBREAD PIZZA ^	356	15	6	0	36	798	34	2	2	20	68	0	414	2	MMA:2oz G/B:2sv WG V:1/4c RO
	TURKEY HAM & CHEESE SANDWICH ^	273	11	6	0	55	754	25	1	3	15	60	1	200	2	MMA:2oz G/B:2sv WG
	Fresh Baby Carrots	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Broccoli	37	0	0	0	0	34	7	4	2	4	74	80	80	1	V:3/4c DG
	Apple-Cranberry Juice	60	0	0	0	0	15	13	0	12	0	0	0	0	0	F:1/2c
	Diced Peaches	62	0	0	0	0	6	15	1	13	2	18	2	4	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
08-23-2018	POPCORN CHICKEN ^	255	14	3	0	22	388	16	3	1	16	33	0	0	2	MMA:2oz G/B:1sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Breadstick ^	100	1	0	0	0	135	20	2	2	4	0	6	20	1	G/B:1sv WG
	TACO MEAT	196	10	4	0	40	781	12	1	2	14	292	2	45	2	MMA:2oz V:5/8c RO
	Soft Tortilla ^ (2)	80	2	0	0	0	65	13	1	0	2	0	0	60	1	G/B:1sv WG
	Refried Beans	122	0	0	0	0	76	22	7	0	7	0	2	20	2	V:1/2c L
	Garden Vegetables	56	0	0	0	0	34	12	3	4	2	397	14	22	1	V:1/4c S V:1/4c RO
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
08-24-2018	*BREAKFAST FOR LUNCH*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	PANCAKES & SAUSAGE	309	13	4	0	50	526	30	4	7	18	3	0	133	3	MMA:2.25oz G/B:2sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	CRISPY CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	0	2	MMA:2oz G/B:1sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Potato Rounds	109	3	1	0	0	18	18	2	0	2	0	5	0	0	V:1/2c S
	SunSet Sip Juice	45	0	0	0	0	15	11	0	10	0	150	60	0	0	V:1/2c RO
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	Mixed Fruit Cup	64	0	0	0	0	4	16	1	13	2	8	4	8	0	F:1/2c
	Vanilla Cookie ^	130	5	1	0	0	45	20	1	6	2	0	0	0	0	G/B:1sv WG
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
08-27-2018	MINI CORN DOGS & CHICKEN FUN MIX	265	14	3	0	46	470	23	2	6	16	22	33	50	1	MMA:2oz G/B:1.5sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	PAPA JOHN'S PIZZA	350	15	8	0	45	920	39	4	5	15	150	4	350	2	MMA:2oz G/B:2.5sv WG V:1/8c RO
	Diced Carrots	38	0	0	0	0	64	9	3	4	1	770	5	30	0	V:1/2c RO
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Orange Sorbet 100% Juice	70	0	0	0	0	5	19	3	15	0	600	60	60	0	F:1/2c
	Diced Pears	66	0	0	0	0	6	16	2	12	2	0	1	6	0	F:1/2c
	Chocolate Cookie ^	120	5	1	0	0	45	19	1	6	2	0	0	0	1	G/B:1sv WG
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
08-28-2018	CHARBROILED HAMBURGER	147	10	4	0	40	220	2	0	0	12	3	0	25	1	MMA:2oz
	Hamburger Bun	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	CRISPY CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	0	2	MMA:2oz G/B:1sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	88	3	V:1/2c L
	SunSet Sip Juice	45	0	0	0	0	15	11	0	10	0	150	60	0	0	V:1/2c RO
	Pineapple Tidbits	68	0	0	0	0	2	16	1	14	2	4	10	14	0	F:1/2c
	Cherry Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Cheddar Sun Chips ^	140	6	1	0	0	210	18	2	2	2	0	0	0	0	G/B:1.25sv WG
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
08-29-2018	PIZZA DIPPERS	290	11	5	0	20	530	30	3	6	19	80	0	350	2	MMA:2oz G/B:2sv WG
	Marinara Dipping Sauce	76	4	0	0	0	305	9	0	0	2	16	0	5	0	V:1/2c RO
	TURKEY HAM & CHEESE SANDWICH ^	273	11	6	0	55	754	25	1	3	15	60	1	200	2	MMA:2oz G/B:2sv WG
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	French Fries	103	4	1	0	0	30	16	0	0	2	0	6	0	0	V:1/2c S
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
	Diced Peaches	62	0	0	0	0	6	15	1	13	2	18	2	4	0	F:1/2c
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
08-30-2018	CRISPY CHICKEN FILLET	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
	Hamburger Bun	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0		
	PANCAKES & SAUSAGE ^	309	13	4	0	50	526	30	4	7	18	3	0	133	3	MMA:2.25oz G/B:2sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Golden Potato Rounds	163	5	1	0	0	27	27	3	0	3	0	8	0	0	V:3/4c S
	Fresh Baby Carrots	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
08-31-2018	NO LUNCH	0	0	0	0	0	0	0	0	0	0	0	0	0	0	

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
 Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other