

# AUGUST



## Breakfast



### GREAT HEARTS IRVING

| 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                                                                           |
|                                                                                                               |                                                                      | TRIX ^<br>Animal Grahams ^<br>Cherry Craisins<br>Orange Juice<br>Choice of Milk   | WAFFLES ^<br>Fresh Banana<br>Grape Juice<br>Choice of Milk<br>Syrup                           | COCOA PUFFS ^<br>Graham Crackers ^<br>Fresh Apple<br>Choice of Milk                       |
|                                                                                                               |                                                                      |                                                                                   |                                                                                               |                                                                                           |
| August 27, 2018                                                                                               | August 28, 2018                                                      | August 29, 2018                                                                   | August 30, 2018                                                                               | August 31, 2018                                                                           |
| GOLDEN GRAHAM CEREAL ^<br>Vanilla Waffle Square ^<br>Cherry Craisins<br>Blended Fruit Juice<br>Choice of Milk | PANCAKES ^<br>Syrup<br>Orange Juice<br>Diced Pears<br>Choice of Milk | MOZZARELLA STRING CHEESE<br>Tropical Mini Loaf ^<br>Fresh Apple<br>Choice of Milk | TURKEY HAM & CHEESE<br>ON ENGLISH MUFFIN ^<br>Fresh Banana<br>Diced Peaches<br>Choice of Milk | APPLE CINNAMON<br>CHEERIOS ^<br>Maple Breakfast Square ^<br>Fresh Apple<br>Choice of Milk |

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.

[www.preferredmealsmenu.com](http://www.preferredmealsmenu.com) | Contact Us: 1-800-466-0222 Ex. 3

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 | TRIX ^                                     | 110      | 2             | 0           | 0             | 24               | 140         | 24               | 1         | 7         | 1           | 120            | 5              | 80           | 4         | G/B:1sv WG         |
|            | Animal Grahams ^                           | 120      | 4             | 0           | 0             | 0                | 55          | 20               | 2         | 6         | 2           | 0              | 0              | 113          | 1         | G/B:1sv WG         |
|            | Cherry Craisins                            | 110      | 0             | 0           | 0             | 0                | 0           | 28               | 3         | 24        | 0           | 0              | 0              | 0            | 0         | F:1/2c             |
|            | Orange Juice                               | 56       | 0             | 0           | 0             | 0                | 1           | 13               | 0         | 10        | 1           | 27             | 48             | 11           | 0         | F:1/2c             |
|            | Choice of Milk                             | 121      | 1             | 1           | 0             | 8                | 139         | 19               | 0         | 17        | 8           | 493            | 0              | 302          | 0         |                    |
| 08-23-2018 | WAFFLES ^                                  | 140      | 5             | 0           | 0             | 0                | 190         | 22               | 0         | 2         | 4           | 0              | 0              | 0            | 1         | G/B:2sv WG         |
|            | Fresh Banana                               | 105      | 0             | 0           | 0             | 0                | 1           | 27               | 3         | 14        | 1           | 23             | 10             | 6            | 0         | F:1/2c             |
|            | Grape Juice                                | 60       | 0             | 0           | 0             | 0                | 20          | 14               | 0         | 16        | 0           | 0              | 30             | 0            | 0         | F:1/2c             |
|            | Choice of Milk                             | 121      | 1             | 1           | 0             | 8                | 139         | 19               | 0         | 17        | 8           | 493            | 0              | 302          | 0         |                    |
|            | Syrup                                      | 80       | 0             | 0           | 0             | 0                | 10          | 20               | 0         | 10        | 0           | 0              | 0              | 0            | 0         |                    |
| 08-24-2018 | COCOA PUFFS ^                              | 110      | 2             | 0           | 0             | 0                | 160         | 25               | 2         | 8         | 2           | 150            | 6              | 100          | 4         | G/B:1sv WG         |
|            | Graham Crackers ^                          | 90       | 2             | 0           | 0             | 0                | 100         | 16               | 1         | 4         | 2           | 100            | 0              | 100          | 1         | G/B:1sv WG         |
|            | 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         |                    |
| 08-27-2018 | GOLDEN GRAHAM CEREAL ^                     | 100      | 1             | 0           | 0             | 0                | 220         | 24               | 1         | 8         | 1           | 120            | 5              | 80           | 4         | G/B:1sv WG         |
|            | Vanilla Waffle Square ^                    | 110      | 4             | 1           | 0             | 0                | 40          | 17               | 1         | 5         | 2           | 0              | 0              | 0            | 0         | G/B:1sv WG         |
|            | Cherry Craisins                            | 110      | 0             | 0           | 0             | 0                | 0           | 28               | 3         | 24        | 0           | 0              | 0              | 0            | 0         | F:1/2c             |
|            | Blended Fruit Juice                        | 60       | 0             | 0           | 0             | 0                | 10          | 14               | 0         | 13        | 0           | 0              | 4              | 0            | 0         | F:1/2c             |
|            | Choice of Milk                             | 121      | 1             | 1           | 0             | 8                | 139         | 19               | 0         | 17        | 8           | 493            | 0              | 302          | 0         |                    |
| 08-28-2018 | PANCAKES ^                                 | 144      | 2             | 0           | 0             | 5                | 272         | 29               | 4         | 7         | 4           | 3              | 0              | 100          | 1         | G/B:2sv WG         |
|            | Syrup                                      | 80       | 0             | 0           | 0             | 0                | 10          | 20               | 0         | 10        | 0           | 0              | 0              | 0            | 0         |                    |
|            | Orange Juice                               | 56       | 0             | 0           | 0             | 0                | 1           | 13               | 0         | 10        | 1           | 27             | 48             | 11           | 0         | F:1/2c             |
|            | Diced Pears                                | 66       | 0             | 0           | 0             | 0                | 6           | 16               | 2         | 12        | 2           | 0              | 1              | 6            | 0         | F:1/2c             |
|            | Choice of Milk                             | 121      | 1             | 1           | 0             | 8                | 139         | 19               | 0         | 17        | 8           | 493            | 0              | 302          | 0         |                    |
| 08-29-2018 | MOZZARELLA STRING CHEESE                   | 80       | 6             | 4           | 0             | 15               | 200         | 0                | 0         | 0         | 7           | 0              | 0              | 200          | 0         | MMA:1oz            |
|            | Tropical Mini Loaf ^                       | 148      | 4             | 1           | 0             | 0                | 177         | 26               | 1         | 12        | 2           | 0              | 2              | 35           | 1         | G/B:1.25sv WG      |
|            | 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         |                    |
| 08-30-2018 | TURKEY HAM & CHEESE<br>ON ENGLISH MUFFIN ^ | 207      | 6             | 3           | 0             | 28               | 543         | 25               | 4         | 2         | 11          | 60             | 0              | 175          | 2         | MMA:1oz G/B:2sv WG |
|            | Fresh Banana                               | 105      | 0             | 0           | 0             | 0                | 1           | 27               | 3         | 14        | 1           | 23             | 10             | 6            | 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         |                    |
| 08-31-2018 | APPLE CINNAMON<br>CHEERIOS ^               | 110      | 2             | 0           | 0             | 0                | 110         | 22               | 2         | 10        | 2           | 150            | 6              | 100          | 4         | G/B:1sv WG         |
|            | Maple Breakfast Square ^                   | 110      | 4             | 1           | 0             | 0                | 40          | 17               | 1         | 5         | 2           | 0              | 0              | 0            | 0         | G/B:1sv WG         |
|            | 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         |                    |

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