

AUGUST



Lunch



GREAT HEARTS IRVING L2 - Lunch K-8

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 PIZZA DELI SUB SANDWICH ^ SunSet Sip Juice Mustard Broccoli Applesauce Cup Choice of Milk	POPCORN CHICKEN ^ BBQ Sauce Fresh Baby Carrots Light Ranch Dressing TACO MEAT Soft Tortilla ^ Salsa Cup Maple Baked Beans Grape Juice Choice of Milk	*BREAKFAST FOR LUNCH* PANCAKES & SAUSAGE ^ Syrup CRISPY CHICKEN TENDERS ^ BBQ Sauce Tropical Veggie Juice Fresh Orange 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 Country Blend Vegetables Orange Sorbet 100% Juice Choice of Milk	CHARBROILED HAMBURGER Mustard Ketchup Hamburger Bun CRISPY CHICKEN TENDERS ^ BBQ Sauce Maple Baked Beans SunSet Sip Juice Pineapple Tidbits Choice of Milk	PIZZA DIPPERS Marinara Dipping Sauce TURKEY HAM & CHEESE ON A WHOLE WHEAT BUN Mustard Fresh Baby Carrots Light Ranch Dressing Broccoli Diced Peaches Choice of Milk	CRISPY CHICKEN FILLET BBQ Sauce Hamburger Bun PANCAKES & SAUSAGE ^ Syrup Golden Potato Rounds Ketchup Fresh Apple 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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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 PIZZA	386	16	7	0	36	838	39	3	2	20	68	0	414	2	MMA:2oz G/B:2.5sv WG V:1/4c RO
	DELI SUB SANDWICH ^	287	13	5	0	54	819	30	3	2	14	40	1	151	2	MMA:2oz G/B:2sv WG
	SunSet Sip Juice	45	0	0	0	0	15	11	0	10	0	150	60	0	0	V:1/2c RO
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	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	
	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	
	TACO MEAT	196	10	4	0	40	781	12	1	2	14	292	2	45	2	MMA:2oz V:5/8c RO
	Soft Tortilla ^	80	2	0	0	0	65	13	1	0	2	0	0	60	1	G/B:1sv WG
	Salsa Cup	31	0	0	0	0	96	6	1	0	1	141	3	0	2	V:1/4c RO
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	88	3	V:1/2c L
	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	
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	
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	150	60	0	0	V:3/4c O
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	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
	Country Blend Vegetables	71	0	0	0	0	34	16	3	4	2	401	10	33	1	V:1/4c S 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
	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
	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	
	Hamburger Bun	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	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
	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 ON A WHOLE WHEAT BUN	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	
	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	
	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
	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
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Hamburger Bun	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	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
	Ketchup	10	0	0	0	0	45	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
	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 Grean R/O = Red/Orange L = Legumes S = Starchy O = Other