

MARCH

Breakfast



GREAT HEARTS IRVING

Monday	Tuesday	Wednesday	Thursday	Friday
February 25, 2019	February 26, 2019	February 27, 2019	February 28, 2019	March 1, 2019
				FROSTED CORN FLAKES ^ Graham Crackers ^ Fresh Apple Choice of Milk
March 4, 2019	March 5, 2019	March 6, 2019	March 7, 2019	March 8, 2019
FRUITY CHEERIOS ^ Animal Grahams ^ Craisins Grape Juice Choice of Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ Diced Peaches Orange Juice Choice of Milk	Banana Muffin ^ Mozzarella Cheese Stick Fresh Apple Choice of Milk	WAFFLES ^ Fresh Orange Apple-Cranberry Juice Syrup Choice of Milk	Strawberry/Banana Yogurt Granola ^ Fresh Apple Choice of Milk
March 11, 2019	March 12, 2019	March 13, 2019	March 14, 2019	March 15, 2019
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
March 18, 2019	March 19, 2019	March 20, 2019	March 21, 2019	March 22, 2019
TRIX ^ Strawberry Pancake Square ^ Craisins Blended Fruit Juice Choice of Milk	BREAKFAST BURRITO ^ Diced Peaches Orange Juice Salsa Choice of Milk	Blueberry Muffin ^ Mozzarella Cheese Stick Fresh Apple Choice of Milk	STRAWBERRY PANCAKES ^ Fresh Orange Grape Juice Choice of Milk	CORN CHEX ^ Vanilla Waffle Square ^ Fresh Apple Choice of Milk
March 25, 2019	March 26, 2019	March 27, 2019	March 28, 2019	March 29, 2019
COCOA PUFFS ^ Graham Crackers ^ Craisins Orange Juice Choice of Milk	PANCAKES ^ Diced Pears Blended Fruit Juice Syrup Choice of Milk	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple Choice of Milk	CHICKEN BISCUIT ^ Fresh Banana Orange Juice Honey Choice of Milk	Mozzarella Cheese Stick Peach Mini Loaf ^ Fresh Apple 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.preferredmeals.com



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.

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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
03-15-2019	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
03-18-2019	TRIX ^	110	2	0	0	24	140	24	1	7	1	120	5	80	4	G/B:1sv WG
	Strawberry Pancake Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	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	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-19-2019	BREAKFAST BURRITO ^	191	8	3	0	76	333	22	2	3	9	43	0	94	2	MMA:1oz G/B:1.25sv WG
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
	Salsa	5	0	0	0	0	95	1	0	0	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-20-2019	Blueberry Muffin ^	166	6	0	0	0	170	28	2	10	3	0	0	30	1	G/B:1.25sv WG
	Mozzarella Cheese Stick	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	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	
03-21-2019	STRAWBERRY PANCAKES ^	180	4	2	0	5	240	32	2	7	4	0	0	80	1	G/B:2sv WG
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-22-2019	CORN CHEX ^	100	0	0	0	0	200	24	1	3	2	150	80	80	7	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
	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	
03-25-2019	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
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-26-2019	PANCAKES ^	144	2	0	0	5	272	29	4	7	4	3	0	100	1	G/B:2sv WG
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	0	0	0	F:1/2c
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-27-2019	CINNAMON CHEX ^	120	2	0	0	0	170	22	1	6	1	120	5	80	7	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	

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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
03-28-2019	CHICKEN BISCUIT ^	265	9	2	0	12	545	34	4	5	10	0	48	120	2	MMA:1oz G/B:2.25sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
	Honey	25	0	0	0	0	0	7	0	7	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-29-2019	Mozzarella Cheese Stick	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Peach Mini Loaf ^	131	4	0	0	0	172	22	2	7	2	0	0	30	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	

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