

MARCH

Lunch



GREAT HEARTS IRVING LHS - Lunch 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
February 25, 2019	February 26, 2019	February 27, 2019	February 28, 2019	March 1, 2019
				NO LUNCH
March 4, 2019	March 5, 2019	March 6, 2019	March 7, 2019	March 8, 2019
NATIONAL BREAKFAST WEEK PANCAKES & SAUSAGE ^ Potato Rounds SunSet Sip Juice Applesauce Cup Blended Fruit Juice Ketchup Syrup Choice of Milk	POPCORN CHICKEN ^ Green Beans French Fries Mixed Fruit Cup Grape Juice BBQ Sauce Ketchup Pretzels ^ Choice of Milk	PIZZA DIPPERS ^ Marinara Dipping Sauce Broccoli Apple-Cranberry Juice Diced Peaches Choice of Milk	HOT DOG WITH POTATO ROUNDS Hot Dog Bun ^ Maple Baked Beans Fresh Apple Mustard Ketchup Vanilla Cookie ^ Choice of Milk	NO LUNCH
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
PENNE PASTA W/MEAT SAUCE ^ Breadstick ^ Country Blend Vegetables Applesauce Cup Orange Juice Choice of Milk	CORN DOG ON A STICK ^ Maple Baked Beans French Fries Grape Juice Diced Peaches Mustard Ketchup (2) Choice of Milk	Mustard Choice of Milk PAPA JOHN'S PIZZA Broccoli SunSet Sip Juice Diced Pears Blended Fruit Juice	CHICKEN TACO Tortilla Chips ^ Corn Fresh Baby Carrots Light Ranch Dressing Fresh Apple Chocolate Cookie ^ Choice of Milk	NO LUNCH
March 25, 2019	March 26, 2019	March 27, 2019	March 28, 2019	March 29, 2019
MEATLOAF PANINI ^ French Fries Diced Carrots Mixed Fruit Cup Grape Juice Ketchup (2) Choice of Milk	CHICKEN RANCH FLATBREAD ^ Corn Green Beans Orange Juice Diced Pears Vanilla Cookie ^ Choice of Milk	TURKEY BURGER WITH POTATO WEDGES Hamburger Bun ^ Fresh Baby Carrots Light Ranch Dressing Maple Baked Beans Diced Peaches Blended Fruit Juice Mustard Ketchup Choice of Milk	CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^ Corn Muffin ^ Broccoli 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.

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.

	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
03-11-2019	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
03-12-2019	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
03-13-2019	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
03-14-2019	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
03-15-2019	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
03-18-2019	PENNE PASTA W/MEAT SAUCE ^	331	12	4	0	42	559	38	2	7	19	13	0	70	2	MMA:2oz G/B:1sv WG V:3/4c RO
	Breadstick ^	100	1	0	0	0	135	20	2	2	4	0	6	20	1	G/B:1sv WG
	Country Blend Vegetables	72	1	0	0	0	33	16	3	4	2	396	8	33	0	V:1/4c S V:1/2c O
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	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	
03-19-2019	CORN DOG ON A STICK^	280	13	4	0	40	660	31	2	9	9	30	9	60	2	MMA:2oz G/B:2sv WG
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	88	3	V:1/2c L
	French Fries	103	4	1	0	0	30	16	0	0	2	0	6	0	0	V:1/2c S
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup (2)	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	
03-20-2019	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	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
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
	SunSet Sip Juice	45	0	0	0	0	15	11	0	10	0	150	60	0	0	V:1/2c RO
	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

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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
03-21-2019	CHICKEN TACO	124	5	2	0	45	416	7	0	1	14	146	2	70	1	MMA:2oz V:1/4c RO
	Tortilla Chips ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	G/B:1.25sv WG
	Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c 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
	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	
03-22-2019	NO LUNCH	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
03-25-2019	MEATLOAF PANINI ^	320	14	6	0	46	752	30	3	3	18	35	0	154	3	MMA:2oz G/B:2sv WG
	French Fries	103	4	1	0	0	30	16	0	0	2	0	6	0	0	V:1/2c S
	Diced Carrots	38	0	0	0	0	64	9	3	4	1	770	5	30	0	V:1/2c RO
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	Ketchup (2)	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	
03-26-2019	CHICKEN RANCH FLATBREAD ^	342	14	6	0	41	701	32	2	3	21	87	1	420	3	MMA:2.25oz G/B:2sv WG
	Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Vanilla Cookie ^	130	5	1	0	0	45	20	1	6	2	0	0	0	0	G/B:1sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-27-2019	TURKEY BURGER WITH POTATO WEDGES	178	8	2	0	38	155	11	1	0	15	5	2	34	2	MMA:2oz V:1/4c S
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	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	
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	88	3	V:1/2c L
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	0	0	0	F:1/2c
	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	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-28-2019	CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^	316	17	3	0	46	805	22	1	0	20	68	0	9	0	MMA:2oz G/B:1sv WG V:1/2c RO
	Corn Muffin ^	214	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
	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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03-29-2019	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
	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