

MARCH

Lunch



GREAT HEARTS IRVING

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 ^ Syrup Golden Potato Rounds Applesauce Cup Ketchup Choice of Milk	POPCORN CHICKEN ^ Country Blend Vegetables Mixed Fruit Cup BBQ Sauce Choice of Milk	PIZZA DIPPERS ^ Marinara Dipping Sauce Broccoli Apple-Cranberry Juice Choice of Milk	HOT DOG W/ POTATO ROUNDS Hot Dog Bun ^ Maple Baked Beans Fresh Banana Mustard Ketchup 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 ^ Green Beans Applesauce Cup Choice of Milk	CORN DOG ON A STICK ^ Maple Baked Beans Fresh Baby Carrots Light Ranch Dressing Grape Juice Mustard Ketchup Choice of Milk	PAPA JOHN'S PIZZA Broccoli SunSet Sip Juice Diced Pears Choice of Milk	CHICKEN TACO Tortilla Chips ^ Corn Fresh Banana Choice of Milk	NO LUNCH
March 25, 2019	March 26, 2019	March 27, 2019	March 28, 2019	March 29, 2019
MEATLOAF PANINI ^ French Fries Mixed Fruit Cup Ketchup Choice of Milk	CHICKEN RANCH FLATBREAD ^ Country Vegetables Orange Juice Choice of Milk	TURKEY BURGER WITH POTATO WEDGES Hamburger Bun ^ Maple Baked Beans Diced Peaches Mustard Ketchup Choice of Milk	CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^ Broccoli Sliced Apples 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



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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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
03-14-2019	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
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	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	
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
	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	
	Grape Juice	60	0	0	0	0	15	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	
03-20-2019	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
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
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 Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	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	155	6	1	0	0	45	24	0	0	2	0	10	0	0	V:3/4c S
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	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	

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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
03-26-2019	CHICKEN RANCH FLATBREAD ^	342	14	6	0	41	701	32	2	3	21	87	1	420	3	MMA:2.25oz G/B:2sv WG
	Country Vegetables	72	1	0	0	0	33	16	3	4	2	396	8	33	0	V:1/4c S V:1/2c O
	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	
03-27-2019	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
	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
	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
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-29-2019	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