

SEPTEMBER

Breakfast



GREAT HEARTS IRVING LOWER BRC - Breakfast K-12

Monday	Tuesday	Wednesday	Thursday	Friday
September 2, 2019	September 3, 2019	September 4, 2019	September 5, 2019	September 6, 2019
NO SCHOOL	FRUITY CHEERIOS ^ Animal Grahams ^ Craisins Apple-Cranberry Juice Choice of Milk	FROSTED CORN FLAKES ^ Vanilla Waffle Square ^ Fresh Apple Choice of Milk	RICE CHEX ^ Strawberry Pancake Square ^ Fresh Banana Orange Juice Choice of Milk	PEACH MINI LOAF ^ Mozzarella Cheese Stick Fresh Apple Choice of Milk
September 9, 2019	September 10, 2019	September 11, 2019	September 12, 2019	September 13, 2019
GOLDEN GRAHAM CEREAL ^ French Toast Breakfast Square ^ Craisins Blended Fruit Juice Choice of Milk	COCOA PUFFS ^ Graham Crackers ^ Orange Juice Diced Peaches Choice of Milk	Mozzarella Cheese Stick Chocolate Chip Mini Loaf ^ Fresh Apple Choice of Milk	Strawberry Yogurt Granola ^ Fresh Banana Applesauce Cup Choice of Milk	APPLE CINNAMON CHEERIOS ^ Maple Breakfast Square ^ Fresh Apple Choice of Milk
September 16, 2019	September 17, 2019	September 18, 2019	September 19, 2019	September 20, 2019
TRIX ^ Strawberry Pancake Square ^ Craisins Grape Juice Choice of Milk	Strawberry/Banana Yogurt Granola ^ Mixed Fruit Cup Blended Fruit Juice Choice of Milk	BLUEBERRY MUFFIN ^ Mozzarella Cheese Stick Fresh Apple Choice of Milk	PUMPKIN MINI LOAF ^ Fresh Banana Orange Juice Choice of Milk	CORN CHEX ^ Vanilla Waffle Square ^ Fresh Apple Choice of Milk
September 23, 2019	September 24, 2019	September 25, 2019	September 26, 2019	September 27, 2019
COCOA PUFFS ^ Graham Crackers ^ Craisins Orange Juice Choice of Milk	STRAWBERRY YOGURT Granola ^ Diced Pears Apple-Cranberry Juice Choice of Milk	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple Choice of Milk	ENGLISH MUFFIN ^ Assorted Jelly Fresh Banana Diced Peaches Choice of Milk	Mozzarella Cheese Stick Peach Mini Loaf ^ Fresh Apple Choice of Milk
September 30, 2019	October 1, 2019	October 2, 2019	October 3, 2019	October 4, 2019
APPLE CINNAMON CHEERIOS ^ Vanilla Waffle Square Craisins Grape Juice 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 LOWER

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
09-02-2019	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
09-03-2019	FRUITY CHEERIOS ^	120	2	0	0	0	140	25	2	9	2	150	12	100	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
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Apple-Cranberry Juice	60	0	0	0	0	15	13	0	12	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	
09-04-2019	FROSTED CORN FLAKES ^	100	0	0	0	0	180	24	1	8	1	150	5	150	6	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	
09-05-2019	RICE CHEX ^	100	0	0	0	0	250	24	1	2	2	100	6	100	9	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
	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
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-06-2019	PEACH MINI LOAF^	131	4	0	0	0	172	22	2	7	2	0	0	30	1	G/B:1sv 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	
09-09-2019	GOLDEN GRAHAM CEREAL ^	100	1	0	0	0	220	24	1	8	1	120	5	80	4	G/B:1sv WG
	French Toast Breakfast 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	
09-10-2019	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
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-11-2019	Mozzarella Cheese Stick	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Chocolate Chip Mini Loaf ^	154	5	1	0	0	156	27	2	11	2	0	0	25	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	

Nutritional Information: GREAT HEARTS IRVING LOWER

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
09-12-2019	Strawberry Yogurt	70	0	0	0	5	60	14	0	10	4	0	0	150	0	MMA:1oz
	Granola ^	130	4	0	0	0	30	20	2	6	3	0	0	12	1	G/B:1sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	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	
09-13-2019	APPLE CINNAMON 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	
09-16-2019	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
	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	
09-17-2019	Strawberry/Banana Yogurt	70	0	0	0	5	60	14	0	10	4	0	0	150	0	MMA:1oz
	Granola ^	130	4	0	0	0	30	20	2	6	3	0	0	12	1	G/B:1sv WG
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	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	
09-18-2019	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	
09-19-2019	PUMPKIN MINI LOAF ^	295	8	1	0	0	392	55	3	29	4	361	1	64	1	G/B:2sv 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
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-20-2019	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	
09-23-2019	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	

Nutritional Information: GREAT HEARTS IRVING LOWER

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
09-24-2019	STRAWBERRY YOGURT	70	0	0	0	5	60	14	0	10	4	0	0	150	0	MMA:1oz
	Granola ^	130	4	0	0	0	30	20	2	6	3	0	0	12	1	G/B:1sv WG
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Apple-Cranberry Juice	60	0	0	0	0	15	13	0	12	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	
09-25-2019	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	
09-26-2019	ENGLISH MUFFIN ^	120	1	0	0	0	120	23	2	2	5	0	0	99	1	G/B:2sv WG
	Assorted Jelly	35	0	0	0	0	0	9	0	6	0	0	0	0	0	
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-27-2019	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	
09-30-2019	APPLE CINNAMON CHEERIOS ^	110	2	0	0	0	110	22	2	10	2	150	6	100	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
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	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	

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

Allergen Information: GREAT HEARTS IRVING LOWER

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. **FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.**

	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
09-02-2019	NO SCHOOL								
09-03-2019	FRUITY CHEERIOS ^								
	Animal Grahams ^	X	X					X	X
	Craisins								
	Apple-Cranberry Juice								
	Choice of Milk	X							
09-04-2019	FROSTED CORN FLAKES ^								X
	Vanilla Waffle Square ^		X					X	X
	Fresh Apple								
	Choice of Milk	X							
09-05-2019	RICE CHEX ^								
	Strawberry Pancake Square ^			X				X	X
	Fresh Banana								
	Orange Juice								
	Choice of Milk	X							
09-06-2019	PEACH MINI LOAF^								X
	Mozzarella Cheese Stick	X							
	Fresh Apple								
	Choice of Milk	X							
09-09-2019	GOLDEN GRAHAM CEREAL ^								X
	French Toast Breakfast Square ^			X				X	X
	Craisins								
	Blended Fruit Juice								
	Choice of Milk	X							
09-10-2019	COCOA PUFFS ^								
	Graham Crackers ^							X	X
	Orange Juice								
	Diced Peaches								
	Choice of Milk	X							
09-11-2019	Mozzarella Cheese Stick	X							
	Chocolate Chip Mini Loaf ^	X						X	X
	Fresh Apple								
	Choice of Milk	X							

Allergen Information: GREAT HEARTS IRVING LOWER

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. **FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.**

	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
09-12-2019	Strawberry Yogurt	X							
	Granola ^								
	Fresh Banana								
	Applesauce Cup								
	Choice of Milk	X							
09-13-2019	APPLE CINNAMON CHEERIOS ^								
	Maple Breakfast Square ^		X					X	X
	Fresh Apple								
	Choice of Milk	X							
09-16-2019	TRIX ^								
	Strawberry Pancake Square ^		X					X	X
	Craisins								
	Grape Juice								
	Choice of Milk	X							
09-17-2019	Strawberry/Banana Yogurt	X							
	Granola ^								
	Mixed Fruit Cup								
	Blended Fruit Juice								
	Choice of Milk	X							
09-18-2019	BLUEBERRY MUFFIN^								X
	Mozzarella Cheese Stick	X							
	Fresh Apple								
	Choice of Milk	X							
09-19-2019	PUMPKIN MINI LOAF ^								X
	Fresh Banana								
	Orange Juice								
	Choice of Milk	X							
09-20-2019	CORN CHEX ^								
	Vanilla Waffle Square ^		X					X	X
	Fresh Apple								
	Choice of Milk	X							
09-23-2019	COCOA PUFFS ^								
	Graham Crackers ^							X	X
	Craisins								
	Orange Juice								
	Choice of Milk	X							

Allergen Information: GREAT HEARTS IRVING LOWER

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. **FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.**

	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
09-24-2019	STRAWBERRY YOGURT	X							
	Granola ^								
	Diced Pears								
	Apple-Cranberry Juice								
	Choice of Milk	X							
09-25-2019	CINNAMON CHEX ^								
	Maple Breakfast Square ^		X					X	X
	Fresh Apple								
	Choice of Milk	X							
09-26-2019	ENGLISH MUFFIN ^	X							X
	Assorted Jelly								
	Fresh Banana								
	Diced Peaches								
	Choice of Milk	X							
09-27-2019	Mozzarella Cheese Stick	X							
	Peach Mini Loaf ^								X
	Fresh Apple								
	Choice of Milk	X							
09-30-2019	APPLE CINNAMON CHEERIOS ^								
	Vanilla Waffle Square		X					X	X
	Craisins								
	Grape Juice								
	Choice of Milk	X							