

SEPTEMBER

GREAT HEARTS IRVING LOWER

Monday	Tuesday	Wednesday	Thursday	Friday
September 2, 2019	September 3, 2019	September 4, 2019	September 5, 2019	September 6, 2019
	PANCAKES & SAUSAGE ^ Tropical Veggie Juice Applesauce Cup Syrup Choice of Milk	PAPA JOHN'S PIZZA Corn Orange Juice Choice of Milk	MINI CORN DOGS ^ Maple Baked Beans Fresh Baby Carrots Light Ranch Dressing Fresh Pear Mustard Ketchup Choice of Milk	ITALIAN CHICKEN PARMESAN ^ Hamburger Bun ^ Diced Carrots Fresh Banana Choice of Milk
September 9, 2019	September 10, 2019	September 11, 2019	September 12, 2019	September 13, 2019
CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^ Breadstick ^ Green Beans Applesauce Cup Choice of Milk	BAGEL DOG ^ Mixed Vegetables Diced Peas Mustard Ketchup (2) Choice of Milk	CHICKEN TACO Tortilla Chips ^ Fiesta Beans Fresh Banana Choice of Milk	*NATIONAL PASTA DAY* PENNE PASTA W/MEAT SAUCE ^ Mixed Vegetables Diced Peaches Ketchup Choice of Milk	TERIYAKI CHICKEN PATTY Hamburger Bun ^ Broccoli Fresh Baby Carrots Light Ranch Dressing Orange Juice Choice of Milk
September 16, 2019	September 17, 2019	September 18, 2019	September 19, 2019	September 20, 2019
CHICKEN NUGGETS ^ Country Blend Vegetables Orange Juice Honey Mustard Cup Choice of Milk	BBQ CHICKEN Hamburger Bun ^ Maple Baked Beans Diced Peas Choice of Milk	HOT DOG W/ POTATO ROUNDS Hot Dog Bun ^ Broccoli Diced Peaches Mustard Ketchup Choice of Milk	PAPA JOHN'S PIZZA Sun Splash Veggie Juice Fresh Baby Carrots Light Ranch Dressing Fresh Banana Choice of Milk	CHEESEBURGER Hamburger Bun ^ French Fries Sliced Apples Mustard Ketchup Choice of Milk
September 23, 2019	September 24, 2019	September 25, 2019	September 26, 2019	September 27, 2019
POPCORN CHICKEN ^ Corn Mixed Fruit Cup BBQ Sauce Choice of Milk	RANCH TURKEY BURGER Hamburger Bun ^ Golden Potato Rounds Orange Juice Ketchup Chipotle Ranch Choice of Milk	MACARONI & CHEESE Broccoli Fresh Baby Carrots Light Ranch Dressing Applesauce Cup Choice of Milk	SLOPPY JOE Hamburger Bun ^ Maple Baked Beans Fresh Banana Choice of Milk	PIZZA DIPPERS ^ Marinara Dipping Sauce Green Beans Fresh Pear Choice of Milk
September 30, 2019	October 1, 2019	October 2, 2019	October 3, 2019	October 4, 2019
CHICKEN STRIPS W/SWEET POTATO FRIES ^ Green Beans Orange Juice BBQ Sauce Ketchup 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
09-03-2019	PANCAKES & SAUSAGE ^	295	13	4	0	50	495	28	3	6	18	1	0	96	2	MMA:2.25oz G/B:2sv WG
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	150	60	0	0	V:3/4c O
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	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	
09-04-2019	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
	Corn	112	1	0	0	0	0	26	2	4	4	0	0	5	0	V:3/4c S
	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	
09-05-2019	MINI CORN DOGS ^	259	13	3	0	40	369	31	2	11	12	0	66	100	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	
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	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	
09-06-2019	ITALIAN CHICKEN PARMESAN ^	288	15	4	0	30	679	21	2	2	19	16	0	108	2	MMA:2oz G/B:1sv WG V:1/4c RO
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Diced Carrots	38	0	0	0	0	64	9	3	4	1	770	5	30	0	V:1/2c RO
	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	
09-09-2019	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
	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	
09-10-2019	BAGEL DOG ^	307	14	5	0	30	695	34	3	5	11	0	0	61	2	MMA:2oz G/B:2sv WG
	Mixed Vegetables	94	0	0	0	0	84	20	4	6	4	386	3	27	1	V:1/4c RO V:1/2c S
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	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	
09-11-2019	CHICKEN TACO	124	5	2	0	45	416	7	0	1	14	146	2	71	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
	Fiesta Beans	177	0	0	0	0	545	34	8	2	10	118	7	75	3	V:1/2c L V:1/8c RO
	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	

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	*NATIONAL PASTA DAY*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	PENNE PASTA W/MEAT SAUCE ^	331	12	4	0	42	559	38	2	7	19	13	0	71	2	MMA:2oz G/B:1sv WG V:3/4c RO
	Mixed Vegetables	57	0	0	0	0	58	12	3	4	2	386	3	21	1	V:1/4c S V:1/4c RO
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	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	
09-13-2019	TERIYAKI CHICKEN PATTY	130	4	1	0	35	550	8	1	6	15	30	1	20	1	MMA:2oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	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 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	
	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	
09-16-2019	CHICKEN NUGGETS ^	225	12	2	0	44	475	12	1	0	16	38	0	0	0	MMA:2oz 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
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
	Honey Mustard Cup	80	6	1	0	10	125	7	0	5	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-17-2019	BBQ CHICKEN	162	3	2	0	37	383	17	0	10	17	49	1	14	0	MMA:2oz V:1/4c RO
	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 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	
09-18-2019	HOT DOG W/ POTATO ROUNDS	182	13	4	0	25	557	11	1	1	5	0	0	0	1	MMA:1.5oz V:1/4c S
	Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
	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	
09-19-2019	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
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO
	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 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	

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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
09-20-2019	CHEESEBURGER	150	10	4	0	38	305	2	0	1	13	2	0	94	1	MMA:2oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	French Fries	155	6	1	0	0	45	24	0	0	2	0	10	0	0	V:3/4c S
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	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	
09-23-2019	POPCORN CHICKEN ^	255	14	3	0	22	388	16	3	1	16	33	0	0	2	MMA:2oz G/B:1sv WG
	Corn	112	1	0	0	0	0	26	2	4	4	0	0	5	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
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-24-2019	RANCH TURKEY BURGER	148	8	2	0	41	327	4	0	1	15	21	1	73	2	MMA:2oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Golden Potato Rounds	215	11	2	0	0	592	27	3	1	3	0	2	0	0	V:3/4c S
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Chipotle Ranch	30	2	0	0	5	55	2	0	1	0	30	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-25-2019	MACARONI & CHEESE	389	18	10	0	51	710	37	2	8	23	88	0	505	2	MMA:2oz G/B:1sv WG
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
	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	
	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	
09-26-2019	SLOPPY JOE	205	10	4	0	40	549	16	0	7	14	31	5	34	1	MMA:2oz V:1/2c RO
	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
	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	
09-27-2019	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
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	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	
09-30-2019	CHICKEN STRIPS W/SWEET POTATO FRIES ^	322	17	3	0	25	484	25	5	4	16	577	1	10	2	MMA:2oz G/B:1sv WG V:1/4c RO
	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	14	0	12	0	0	60	0	0		F:1/2c
	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	
	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
09-03-2019	PANCAKES & SAUSAGE ^	X	X					X	X
	Tropical Veggie Juice								
	Applesauce Cup								
	Syrup								
	Choice of Milk	X							
09-04-2019	PAPA JOHN'S PIZZA	X						X	X
	Corn								
	Orange Juice								
	Choice of Milk	X							
09-05-2019	MINI CORN DOGS ^	X	X					X	X
	Maple Baked Beans								
	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Fresh Pear								
	Mustard								
	Ketchup								
	Choice of Milk	X							
09-06-2019	ITALIAN CHICKEN PARMESAN ^	X						X	X
	Hamburger Bun ^	X						X	X
	Diced Carrots								
	Fresh Banana								
	Choice of Milk	X							
09-09-2019	CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^	X						X	X
	Breadstick ^							X	X
	Green Beans								
	Applesauce Cup								
	Choice of Milk	X							
09-10-2019	BAGEL DOG ^							X	X
	Mixed Vegetables								
	Diced Pears								
	Mustard								
	Ketchup (2)								
	Choice of Milk	X							
09-11-2019	CHICKEN TACO	X							
	Tortilla Chips ^								
	Fiesta Beans								
	Fresh Banana								
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
09-12-2019	*NATIONAL PASTA DAY*								
	PENNE PASTA W/MEAT SAUCE ^	X						X	X
	Mixed Vegetables								
	Diced Peaches								
	Ketchup								
	Choice of Milk	X							
09-13-2019	TERIYAKI CHICKEN PATTY							X	X
	Hamburger Bun ^	X						X	X
	Broccoli								
	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Orange Juice								
Choice of Milk	X								
09-16-2019	CHICKEN NUGGETS ^							X	X
	Country Blend Vegetables								
	Orange Juice								
	Honey Mustard Cup			X					
	Choice of Milk	X							
09-17-2019	BBQ CHICKEN							X	
	Hamburger Bun ^	X						X	X
	Maple Baked Beans								
	Diced Pears								
	Choice of Milk	X							
09-18-2019	HOT DOG W/ POTATO ROUNDS							X	
	Hot Dog Bun ^	X						X	X
	Broccoli								
	Diced Peaches								
	Mustard								
	Ketchup								
	Choice of Milk	X							
09-19-2019	PAPA JOHN'S PIZZA	X						X	X
	Sun Splash Veggie Juice								
	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Fresh Banana								
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
09-20-2019	CHEESEBURGER	X						X	
	Hamburger Bun ^	X						X	X
	French Fries							X	
	Sliced Apples								
	Mustard								
	Ketchup								
	Choice of Milk	X							
09-23-2019	POPCORN CHICKEN ^							X	X
	Corn								
	Mixed Fruit Cup								
	BBQ Sauce							X	
	Choice of Milk	X							
09-24-2019	RANCH TURKEY BURGER	X						X	X
	Hamburger Bun ^	X						X	X
	Golden Potato Rounds							X	
	Orange Juice								
	Ketchup								
	Chipotle Ranch	X	X						
	Choice of Milk	X							
09-25-2019	MACARONI & CHEESE	X						X	X
	Broccoli								
	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Applesauce Cup								
	Choice of Milk	X							
09-26-2019	SLOPPY JOE							X	
	Hamburger Bun ^	X						X	X
	Maple Baked Beans								
	Fresh Banana								
	Choice of Milk	X							
09-27-2019	PIZZA DIPPERS ^	X	X					X	X
	Marinara Dipping Sauce	X						X	
	Green Beans								
	Fresh Pear								
	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
09-30-2019	CHICKEN STRIPS W/SWEET POTATO FRIES ^							X	X
	Green Beans								
	Orange Juice								
	BBQ Sauce							X	
	Ketchup								
	Choice of Milk	X							