



NOVEMBER

GREAT HEARTS IRVING UPPER LNSP - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
October 28, 2019	October 29, 2019	October 30, 2019	October 31, 2019	November 1, 2019
				PIZZA DIPPERS ^ Marinara Dipping Sauce Green Beans Fresh Pear Choice of Milk
November 4, 2019	November 5, 2019	November 6, 2019	November 7, 2019	November 8, 2019
CHICKEN STRIPS W/SWEET POTATO FRIES ^ Mixed Vegetables Orange Juice BBQ Sauce Ketchup Choice of Milk	RIB-B-QUE Hamburger Bun ^ French Fries Diced Peaches Ketchup Choice of Milk	MEATLOAF PANINI ^ Broccoli Diced Pears Ketchup Choice of Milk	CHEESY TACO MEAT Tortilla Chips ^ Corn Sliced Apples Salsa Choice of Milk	CHICKEN DRUMSTICK Corn Muffin ^ Maple Baked Beans Fresh Baby Carrots Light Ranch Dressing Fresh Banana BBQ Sauce Choice of Milk
November 11, 2019	November 12, 2019	November 13, 2019	November 14, 2019	November 15, 2019
PANCAKES & SAUSAGE ^ Tropical Veggie Juice Applesauce Cup Syrup Choice of Milk	HOMESTYLE SALISBURY STEAK W/GRAVY Hamburger Bun ^ French Fries Mixed Fruit Cup Ketchup Choice of Milk	PEPPERONI PIZZA Broccoli 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
November 18, 2019	November 19, 2019	November 20, 2019	November 21, 2019	November 22, 2019
CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^ Breadstick ^ Green Beans Applesauce Cup Choice of Milk	BAGEL DOG ^ Mixed Vegetables Diced Pears Mustard Ketchup Choice of Milk	CHICKEN TACO Tortilla Chips ^ Fiesta Beans Fresh Banana Choice of Milk	MEATBALL SUB Hot Dog Bun ^ Potato Rounds Diced Peaches Ketchup Choice of Milk	TURKEY W/STUFFING GRAVY SWEET POTATOES ^ Corn Muffin ^ Broccoli Fresh Baby Carrots Light Ranch Dressing Orange Juice Choice of Milk Chocolate Cookie ^
November 25, 2019	November 26, 2019	November 27, 2019	November 28, 2019	November 29, 2019
NO SCHOOL	NO SCHOOL	NO SCHOOL	THANKSGIVING	NO SCHOOL

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 UPPER

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
11-01-2019	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	
11-04-2019	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
	Mixed Vegetables	57	0	0	0	0	58	12	3	4	2	386	3	21	1	V:1/4c S V:1/4c RO
	Orange Juice	60	0	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	
11-05-2019	RIB-B-QUE	202	12	4	0	48	445	10	1	5	17	39	0	30	2	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
	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	
11-06-2019	MEATLOAF PANINI ^	310	13	5	0	41	752	30	3	3	19	5	0	154	3	MMA:2oz G/B:2sv WG
	Broccoli	37	0	0	0	0	34	7	4	2	4	74	80	80	1	V:3/4c DG
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	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	
11-07-2019	CHEESY TACO MEAT	187	12	5	0	45	471	6	0	1	13	107	0	124	1	MMA:2oz
	Tortilla Chips ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	G/B:1.25sv WG
	Corn	112	1	0	0	0	0	26	2	4	4	0	0	5	0	V:3/4c S
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	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	
11-08-2019	CHICKEN DRUMSTICK	160	10	2	0	90	320	2	0	0	16	0	0	0	1	MMA:2.5oz
	Corn Muffin ^	214	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
	Maple Baked Beans	192	1	0	0	0	284	37	7	8	10	1	0	76	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 Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	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	

Nutritional Information: GREAT HEARTS IRVING UPPER

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
11-11-2019	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	
11-12-2019	HOMESTYLE SALISBURY STEAK W/GRAVY	174	10	4	0	40	583	7	0	1	13	12	0	27	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
	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	
11-13-2019	PEPPERONI PIZZA	307	11	5	0	26	850	36	2	3	16	53	0	334	2	MMA:1.5oz G/B:2sv V:1/4c RO
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
	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	
11-14-2019	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	192	1	0	0	0	284	37	7	8	10	1	0	76	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	
11-15-2019	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	
11-18-2019	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	
11-19-2019	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	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
11-20-2019	CHICKEN TACO	123	5	2	0	45	417	6	0	1	14	124	2	68	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	179	0	0	0	0	514	33	8	2	11	118	3	69	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	
11-21-2019	MEATBALL SUB	226	12	4	0	35	485	14	1	1	14	46	1	45	1	MMA:2oz V:1/2c RO
	Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
	Potato Rounds	144	7	1	0	0	394	18	2	1	2	0	1	0	0	V:1/2c S
	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	
11-22-2019	TURKEY W/STUFFING GRAVY SWEET POTATOES ^	323	13	1	0	33	908	37	6	2	23	4919	14	48	1	MMA:1.5oz 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 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	
	Chocolate Cookie ^	120	5	1	0	0	45	19	1	6	2	0	0	0	1	G/B:1sv WG
11-25-2019	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
11-26-2019	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
11-27-2019	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
11-28-2019	THANKSGIVING	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	THANKSGIVING	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
11-29-2019	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	NO SCHOOL	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

Allergen Information: GREAT HEARTS IRVING UPPER

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
11-01-2019	PIZZA DIPPERS ^	X	X					X	X
	Marinara Dipping Sauce	X						X	
	Green Beans								
	Fresh Pear								
	Choice of Milk	X							
11-04-2019	CHICKEN STRIPS W/SWEET POTATO FRIES ^							X	X
	Mixed Vegetables								
	Orange Juice								
	BBQ Sauce							X	
	Ketchup								
Choice of Milk	X								
11-05-2019	RIB-B-QUE							X	
	Hamburger Bun ^	X						X	X
	French Fries							X	
	Diced Peaches								
	Ketchup								
Choice of Milk	X								
11-06-2019	MEATLOAF PANINI ^	X						X	X
	Broccoli								
	Diced Pears								
	Ketchup								
	Choice of Milk	X							
11-07-2019	CHEESY TACO MEAT	X						X	
	Tortilla Chips ^								
	Corn								
	Sliced Apples								
	Salsa								
Choice of Milk	X								
11-08-2019	CHICKEN DRUMSTICK								
	Corn Muffin ^								X
	Maple Baked Beans								
	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Fresh Banana								
	BBQ Sauce							X	
Choice of Milk	X								

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
11-11-2019	PANCAKES & SAUSAGE ^	X	X					X	X
	Tropical Veggie Juice								
	Applesauce Cup								
	Syrup								
	Choice of Milk	X							
11-12-2019	HOMESTYLE SALISBURY STEAK W/GRAVY	X						X	X
	Hamburger Bun ^	X						X	X
	French Fries							X	
	Mixed Fruit Cup								
	Ketchup								
	Choice of Milk	X							
11-13-2019	PEPPERONI PIZZA	X						X	X
	Broccoli								
	Orange Juice								
	Choice of Milk	X							
11-14-2019	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							
11-15-2019	ITALIAN CHICKEN PARMESAN ^	X						X	X
	Hamburger Bun ^	X						X	X
	Diced Carrots								
	Fresh Banana								
	Choice of Milk	X							
11-18-2019	CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^	X						X	X
	Breadstick ^							X	X
	Green Beans								
	Applesauce Cup								
	Choice of Milk	X							
11-19-2019	BAGEL DOG ^							X	X
	Mixed Vegetables								
	Diced Pears								
	Mustard								
	Ketchup								
	Choice of Milk	X							

