



# NOVEMBER

## GREAT HEARTS IRVING UPPER LHS - Lunch 9-12

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 Country Blend Vegetables Fresh Pear Apple-Cranberry Juice Choice of Milk
November 4, 2019	November 5, 2019	November 6, 2019	November 7, 2019	November 8, 2019
CRUNCHY CHICKEN TENDERS ^ Green Beans Sweet Potato Fries Orange Juice Applesauce Cup Snickerdoodle Cookie ^ BBQ Sauce Ketchup Choice of Milk	RIB-B-QUE Hamburger Bun ^ French Fries Mixed Vegetables Diced Peaches Grape Juice Ketchup Choice of Milk	MEATLOAF PANINI ^ Potato Rounds Broccoli Diced Peas Apple-Cranberry Juice Cheddar Sun Chips ^ Ketchup Choice of Milk	CHEESY TACO MEAT Tortilla Chips ^ Corn Fresh Baby Carrots Light Ranch Dressing Fresh Apple Vanilla Cookie ^ Salsa Choice of Milk	CHICKEN DRUMSTICK Corn Muffin ^ Maple Baked Beans Diced Carrots Fresh Banana Blended Fruit Juice BBQ Sauce Choice of Milk
November 11, 2019	November 12, 2019	November 13, 2019	November 14, 2019	November 15, 2019
PANCAKES & SAUSAGE ^ Potato Rounds SunSet Sip Juice Applesauce Cup Grape Juice Ketchup Syrup Choice of Milk	HOMESTYLE SALISBURY STEAK W/GRAVY Hamburger Bun ^ Potato Wedges Green Beans Mixed Fruit Cup Apple-Cranberry Juice Ketchup Choice of Milk	PEPPERONI PIZZA ^ Broccoli Diced Peaches Orange Juice Choice of Milk	MINI CORN DOGS ^ Maple Baked Beans Mixed Vegetables Fresh Apple Snickerdoodle Cookie ^ Mustard Ketchup Choice of Milk	ITALIAN CHICKEN PARMESAN ^ Hamburger Bun ^ Diced Carrots Fresh Baby Carrots Light Ranch Dressing Fresh Banana Orange Juice 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 ^ Country Blend Vegetables Applesauce Cup Orange Juice Choice of Milk	BAGEL DOG ^ Green Beans French Fries Diced Peas Blended Fruit Juice Ketchup Mustard Choice of Milk	CHICKEN TACO Tortilla Chips ^ Fiesta Beans Corn Fresh Baby Carrots Light Ranch Dressing Fresh Banana Mixed Fruit Cup Chocolate Cookie ^ Choice of Milk	MEATBALL SUB Hot Dog Bun ^ Potato Rounds Mixed Vegetables Fresh Apple Multi Grain Sun Chips ^ Choice of Milk	TURKEY W/STUFFING GRAVY SWEET POTATOES ^ Corn Muffin ^ Broccoli Diced Carrots Diced Peaches Orange Juice Chocolate Cookie ^ Choice of Milk
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](http://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
	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
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	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	
11-04-2019	CRUNCHY CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	0	2	MMA:2oz G/B:1sv WG
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Sweet Potato Fries	120	4	0	0	0	180	17	3	5	2	1052	2	20	0	V:1/2c RO
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Snickerdoodle Cookie ^	120	5	1	0	0	45	19	1	6	2	0	0	0	0	G/B:1sv WG
	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	103	4	1	0	0	30	16	0	0	2	0	6	0	0	V:1/2c S
	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
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	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
	Potato Rounds	144	7	1	0	0	394	18	2	1	2	0	1	0	0	V:1/2c S
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
	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
	Cheddar Sun Chips ^	140	6	1	0	0	210	18	2	2	2	0	0	0	0	G/B:1.25sv WG
	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
	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
	Vanilla Cookie ^	130	5	1	0	0	45	20	1	6	2	0	0	0	0	G/B:1sv WG
	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	

## 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
11-08-2019	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
	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
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	0	0	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	
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
	Potato Rounds	144	7	1	0	0	394	18	2	1	2	0	1	0	0	V:1/2c S
	SunSet Sip Juice	45	0	0	0	0	15	11	0	10	0	150	60	0	0	V:1/2c RO
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	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	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	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
	Potato Wedges	94	3	0	0	0	33	15	2	0	2	0	3	0	1	V:1/2c S
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	Apple-Cranberry Juice	60	0	0	0	0	15	13	0	12	0	0	0	0	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 ^	363	16	6	0	36	979	35	2	3	20	69	0	416	2	MMA:2oz G/B:2sv WG V:1/4c RO
	Broccoli	37	0	0	0	0	34	7	4	2	4	74	80	80	1	V:3/4c DG
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	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	
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
	Mixed Vegetables	57	0	0	0	0	58	12	3	4	2	386	3	21	1	V:1/4c S V:1/4c RO
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Snickerdoodle Cookie ^	120	5	1	0	0	45	19	1	6	2	0	0	0	0	G/B:1sv WG
	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	

## 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
11-15-2019	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 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
	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	
11-18-2019	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
	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	
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
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	French Fries	103	4	1	0	0	30	16	0	0	2	0	6	0	0	V:1/2c S
	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
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	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	
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
	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 Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	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	
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
	Mixed Vegetables	57	0	0	0	0	58	12	3	4	2	386	3	21	1	V:1/4c S V:1/4c RO
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Multi Grain Sun Chips ^	140	6	1	0	0	120	18	3	2	2	0	0	0	0	G/B:1.25sv WG
	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
11-22-2019	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
	Diced Carrots	38	0	0	0	0	64	9	3	4	1	770	5	30	0	V:1/2c RO
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
	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	
11-25-2019	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	
11-27-2019	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	
11-29-2019	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	
	Country Blend Vegetables								
	Fresh Pear								
	Apple-Cranberry Juice								
	Choice of Milk	X							
11-04-2019	CRUNCHY CHICKEN TENDERS ^							X	X
	Green Beans								
	Sweet Potato Fries							X	
	Orange Juice								
	Applesauce Cup								
	Snickerdoodle Cookie ^							X	X
	BBQ Sauce							X	
	Ketchup								
	Choice of Milk	X							
11-05-2019	RIB-B-QUE							X	
	Hamburger Bun ^	X						X	X
	French Fries							X	
	Mixed Vegetables								
	Diced Peaches								
	Grape Juice								
	Ketchup								
	Choice of Milk	X							
11-06-2019	MEATLOAF PANINI ^	X						X	X
	Potato Rounds							X	
	Broccoli								
	Diced Pears								
	Apple-Cranberry Juice								
	Cheddar Sun Chips ^	X							X
	Ketchup								
	Choice of Milk	X							
11-07-2019	CHEESY TACO MEAT	X						X	
	Tortilla Chips ^								
	Corn								
	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Fresh Apple								
	Vanilla Cookie ^							X	X
	Salsa								
Choice of Milk	X								

## 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
11-08-2019	CHICKEN DRUMSTICK								
	Corn Muffin ^								X
	Maple Baked Beans								
	Diced Carrots								
	Fresh Banana								
	Blended Fruit Juice								
	BBQ Sauce							X	
	Choice of Milk	X							
11-11-2019	PANCAKES & SAUSAGE ^	X	X					X	X
	Potato Rounds							X	
	SunSet Sip Juice								
	Applesauce Cup								
	Grape Juice								
	Ketchup								
	Syrup								
	Choice of Milk	X							
11-12-2019	HOMESTYLE SALISBURY STEAK W/GRAVY	X						X	X
	Hamburger Bun ^	X						X	X
	Potato Wedges							X	
	Green Beans								
	Mixed Fruit Cup								
	Apple-Cranberry Juice								
	Ketchup								
	Choice of Milk	X							
11-13-2019	PEPPERONI PIZZA ^	X						X	X
	Broccoli								
	Diced Peaches								
	Orange Juice								
	Choice of Milk	X							
11-14-2019	MINI CORN DOGS ^	X	X					X	X
	Maple Baked Beans								
	Mixed Vegetables								
	Fresh Apple								
	Snickerdoodle Cookie ^							X	X
	Mustard								
	Ketchup								
Choice of Milk	X								

## 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
11-15-2019	ITALIAN CHICKEN PARMESAN ^	X						X	X
	Hamburger Bun ^	X						X	X
	Diced Carrots								
	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Fresh Banana								
	Orange Juice								
	Choice of Milk	X							
11-18-2019	CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^	X						X	X
	Breadstick ^							X	X
	Country Blend Vegetables								
	Applesauce Cup								
	Orange Juice								
	Choice of Milk	X							
11-19-2019	BAGEL DOG ^							X	X
	Green Beans								
	French Fries							X	
	Diced Pears								
	Blended Fruit Juice								
	Ketchup								
	Mustard								
	Choice of Milk	X							
11-20-2019	CHICKEN TACO	X							
	Tortilla Chips ^								
	Fiesta Beans								
	Corn								
	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Fresh Banana								
	Mixed Fruit Cup								
	Chocolate Cookie ^							X	X
Choice of Milk	X								
11-21-2019	MEATBALL SUB	X	X					X	X
	Hot Dog Bun ^	X						X	X
	Potato Rounds							X	
	Mixed Vegetables								
	Fresh Apple								
	Multi Grain Sun Chips ^								X
	Choice of Milk	X							



