

# **GREAT HEARTS IRVING LOWER**

**BRC - Breakfast K-12** 

Monday	Tuesday	Wednesday	Thursday	Friday
October 28, 2019	October 29, 2019	October 30, 2019	October 31, 2019	November 1, 2019
				PEACH MINI LOAF^ Mozzarella Cheese Stick Fresh Apple Choice of Milk
November 4, 2019	November 5, 2019	November 6, 2019	November 7, 2019	November 8, 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
November 11, 2019	November 12, 2019	November 13, 2019	November 14, 2019	November 15, 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	Fresh Apple Choice of Milk CORN CHEX ^ Vanilla Waffle Square ^
November 18, 2019	November 19, 2019	November 20, 2019	November 21, 2019	November 22, 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
November 25, 2019	November 26, 2019	November 27, 2019	November 28, 2019	November 29, 2019
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	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 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.

	nutrients consult actual labels on cartons served	at the	scno	OI.												
	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
2 1	PEACH MINI LOAF^	131	4	0	0	0	172	22	2	7	2	0	0	30	1	G/B:1sv WG
11-01- 2019	Mozzarella Cheese Stick	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
9 F		64	0	0	0	0	1		3	13	0	4	6	7	0	F:1c
	Fresh Apple Choice of Milk	121	1	1	0	8	139	17 19	0	17	8	493	0	302	0	r.ic
	Choice of Philk	121	1	1	U	0	139	13	U	17	0	793	0	302	U	
Ħ	GOLDEN GRAHAM CEREAL ^	100	1	0	0	0	220	24	1	8	1	120	5	80	4	G/B:1sv WG
11-04-2019	French Toast Breakfast Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
-20	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
19	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	
11-05-2019	COCOA PUFFS ^	110	2	0	0	0	160	25	2	8	2	150	6	100	4	G/B:1sv WG
) 9	Graham Crackers ^	90	2	0	0	0	100	16	1	4	2	100	0	100	1	G/B:1sv WG
20:	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
19	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	
н.	Mozzarella Cheese Stick	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
11-06-2019	Chocolate Chip								_		_		_			
6-2	Mini Loaf ^	154	5	1	0	0	156	27	2	11	2	0	0	25	1	G/B:1sv WG
019	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	
Ë	Strawberry Yogurt	70	0	0	0	5	60	14	0	10	4	0	0	150	0	MMA:1oz
11-07-2019	Granola ^	130	4	0	0	0	30	20	2	6	3	0	0	12	1	G/B:1sv WG
7-20	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
)19	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	
<u> </u>	APPLE CINNAMON															
1 1	CHEERIOS ^	110	2	0	0	0	110	22	2	10	2	150	6	100	4	G/B:1sv WG
8-2	Maple Breakfast Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
11-08-2019	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
9	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
н.	TRIX ^	110	2	0	0	24	140	24	1	7	1	120	5	80	4	G/B:1sv WG
11-11-2019	Strawberry	110					40	17		_	_					C/D:1 ··· M/C
1-2	Pancake Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
019	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	
H.	Strawberry/Banana Yogurt	70	0	0	0	5	60	14	0	10	4	0	0	150	0	MMA:1oz
11-12-2019	Granola ^	130	4	0	0	0	30	20	2	6	3	0	0	12	1	G/B:1sv WG
2-20	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
119			0	0		0			0		0	0	0		0	
	Blended Fruit Juice	60			0		10	14		13				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.

	nutrients consult actual labels on cartons served	at the	scho	ol.												
	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
2 !:	BLUEBERRY MUFFIN^	166	6	0	0	0	170	28	2	10	3	0	0	30	1	G/B:1.25sv WG
11-13- 2019	Mozzarella Cheese Stick	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
Υ	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	
21	PUMPKIN MINI LOAF ^	295	8	1	0	0	392	55	3	29	4	361	1	64	1	G/B:2sv WG
11-14- 2019	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
4	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	111/20
11-15- 2019	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
9 15-	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	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
11-18-2019	GOLDEN GRAHAM CEREAL ^ French Toast	100	1	0	0	0	220	24	1	8	1	120	5	80	4	G/B:1sv WG
[8-	Breakfast Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
201	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
و	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	
ස	COCOA PUFFS ^	110	2	0	0	0	160	25	2	8	2	150	6	100	4	G/B:1sv WG
11-19-2019	Graham Crackers ^	90	2	0	0	0	100	16	1	4	2	100	0	100	1	G/B:1sv WG
9-2	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
019	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	
р.	Mozzarella Cheese Stick	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
11-20-2019	Chocolate Chip Mini Loaf ^	154	5		0	0	156	27	2	11	2		0	25	1	G/B:1sv WG
)-20		64		1				27		11		0			0	F:1c
)19	Fresh Apple		0	0	0	0	1	17	3	13	0	4	6	7		Filc
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
11-21-2019	Strawberry Yogurt	70	0	0	0	5	60	14	0	10	4	0	0	150	0	MMA:1oz
21.	Granola ^	130	4	0	0	0	30	20	2	6	3	0	0	12	1	G/B:1sv WG
20:	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
19	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	
11-22-2019	APPLE CINNAMON CHEERIOS ^	110	2	0	0	0	110	22	2	10	2	150	6	100	4	G/B:1sv WG
22-	Maple Breakfast Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
203	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
- 19	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	
				-												

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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
11-26- 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	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
11-29- 2019	NO SCHOOL  Meal Contributions: M/MA = Meat/Meat Alternate	0 F =	0 Fruit	0	0 V = Ve	0 egetab	0	0 G/B	0 8 = Gra	0 in/Bre	0 ad	0 W/0	0 G = Wh	0 nole Gr	0	

# 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 upto-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
20	PEACH MINI LOAF^								Х
11-01- 2019	Mozzarella Cheese Stick	Х							
'	Fresh Apple								
	Choice of Milk	X							
11-04-2019	GOLDEN GRAHAM CEREAL ^ French Toast		.,					.,	X
4-2	Breakfast Square ^		Х					X	X
019	Craisins								
	Blended Fruit Juice	V							
	Choice of Milk	X							
Ë	COCOA PUFFS ^								
11-05-2019	Graham Crackers ^							Х	Х
-20:	Orange Juice								
[9	Diced Peaches								
	Choice of Milk	Х							
븒	Mozzarella Cheese Stick	Х							
11-06-2019	Chocolate Chip Mini Loaf ^	Х						Х	х
-20	Fresh Apple								
19	Choice of Milk	Х							
μ.	Strawberry Yogurt	Х							
11-07-2019	Granola ^								
7-2	Fresh Banana								
019	Applesauce Cup								
	Choice of Milk	Χ							
11-08-2019	APPLE CINNAMON CHEERIOS ^								
08-	Maple Breakfast Square ^		Х					Х	Х
201	Fresh Apple								
9	Choice of Milk	Χ							
ස	TRIX ^								
11-11-2019	Strawberry Pancake Square ^		х					Х	Х
201	Craisins								
9	Grape Juice								
	Choice of Milk	X							
11-12-2019	Strawberry/Banana Yogurt	Х							
12-3	Granola ^								
201	Mixed Fruit Cup								
9	Blended Fruit Juice								
	Choice of Milk	Х							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
				<u>_</u>					
11-13- 2019	BLUEBERRY MUFFIN^								X
13-	Mozzarella Cheese Stick	Х							
	Fresh Apple Choice of Milk	Х							
		X							
11-14- 2019	PUMPKIN MINI LOAF ^								X
14-	Fresh Banana								
	Orange Juice	.,							
	Choice of Milk	X							
11- 20:	Fresh Apple								
11-15- 2019	Choice of Milk	Х							
	CORN CHEX ^								
	Vanilla Waffle Square ^		Х					Х	X
ij.	GOLDEN GRAHAM CEREAL ^								Х
11-18-2019	French Toast Breakfast Square ^		х					Х	х
-20:	Craisins								
19	Blended Fruit Juice								
	Choice of Milk	Х							
н.	COCOA PUFFS ^								
11-19-2019	Graham Crackers ^							Х	х
9-20	Orange Juice								
019	Diced Peaches								
	Choice of Milk	Х							
H	Mozzarella Cheese Stick	Х							
1-2	Chocolate Chip Mini Loaf ^	v						V	v
11-20-2019	Fresh Apple	X						X	X
019	Choice of Milk	X							
11-21-2019	Strawberry Yogurt	X							
21-	Granola ^ Fresh Banana								
201	Applesauce Cup								
9	Choice of Milk	Х							
	APPLE CINNAMON	_^							
Ę	CHEERIOS ^								
22-:	Maple Breakfast Square ^		Х					Х	Х
11-22-2019	Fresh Apple								
9	Choice of Milk	Х							
11-25- 2019	NO SCHOOL								

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
11-26- 2019	NO SCHOOL								
11-27- 2019	NO SCHOOL								
11-28- 2019	NO SCHOOL								
11-29- 2019	NO SCHOOL								