

# NOVEMBER

## GREAT HEARTS IRVING UPPER 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 <sup>^</sup> 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 <sup>^</sup> French Toast Breakfast Square <sup>^</sup> Craisins Blended Fruit Juice Choice of Milk	COCOA PUFFS <sup>^</sup> Graham Crackers <sup>^</sup> Orange Juice Diced Peaches Choice of Milk	Mozzarella Cheese Stick Chocolate Chip Mini Loaf <sup>^</sup> Fresh Apple Choice of Milk	Strawberry Yogurt Granola <sup>^</sup> Fresh Banana Applesauce Cup Choice of Milk	APPLE CINNAMON CHEERIOS <sup>^</sup> Maple Breakfast Square <sup>^</sup> Fresh Apple Choice of Milk
November 11, 2019	November 12, 2019	November 13, 2019	November 14, 2019	November 15, 2019
TRIX <sup>^</sup> Strawberry Pancake Square <sup>^</sup> Craisins Grape Juice Choice of Milk	Strawberry/Banana Yogurt Granola <sup>^</sup> Mixed Fruit Cup Blended Fruit Juice Choice of Milk	BLUEBERRY MUFFIN <sup>^</sup> Mozzarella Cheese Stick Fresh Apple Choice of Milk	PUMPKIN MINI LOAF <sup>^</sup> Fresh Banana Orange Juice Choice of Milk	CORN CHEX <sup>^</sup> Vanilla Waffle Square <sup>^</sup> Fresh Apple Choice of Milk
November 18, 2019	November 19, 2019	November 20, 2019	November 21, 2019	November 22, 2019
GOLDEN GRAHAM CEREAL <sup>^</sup> French Toast Breakfast Square <sup>^</sup> Craisins Blended Fruit Juice Choice of Milk	COCOA PUFFS <sup>^</sup> Graham Crackers <sup>^</sup> Orange Juice Diced Peaches Choice of Milk	Mozzarella Cheese Stick Chocolate Chip Mini Loaf <sup>^</sup> Fresh Apple Choice of Milk	Strawberry Yogurt Granola <sup>^</sup> Fresh Banana Applesauce Cup Choice of Milk	APPLE CINNAMON CHEERIOS <sup>^</sup> Maple Breakfast Square <sup>^</sup> 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 \*\*

<sup>^</sup> 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	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	
11-04-2019	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	
11-05-2019	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	
11-06-2019	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	
11-07-2019	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	
11-08-2019	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	
11-11-2019	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	
11-12-2019	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	



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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	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
2019 11-01-	PEACH MINI LOAF^								X
	Mozzarella Cheese Stick	X							
	Fresh Apple								
	Choice of Milk	X							
11-04-2019	GOLDEN GRAHAM CEREAL ^								X
	French Toast								
	Breakfast Square ^		X					X	X
	Craisins								
	Blended Fruit Juice								
Choice of Milk	X								
11-05-2019	COCOA PUFFS ^								
	Graham Crackers ^							X	X
	Orange Juice								
	Diced Peaches								
	Choice of Milk	X							
11-06-2019	Mozzarella Cheese Stick	X							
	Chocolate Chip Mini Loaf ^	X						X	X
	Fresh Apple								
	Choice of Milk	X							
11-07-2019	Strawberry Yogurt	X							
	Granola ^								
	Fresh Banana								
	Applesauce Cup								
	Choice of Milk	X							
11-08-2019	APPLE CINNAMON CHEERIOS ^								
	Maple Breakfast Square ^		X					X	X
	Fresh Apple								
Choice of Milk	X								
11-11-2019	TRIX ^								
	Strawberry Pancake Square ^		X					X	X
	Craisins								
	Grape Juice								
	Choice of Milk	X							
11-12-2019	Strawberry/Banana Yogurt	X							
	Granola ^								
	Mixed Fruit Cup								
	Blended Fruit Juice								
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
11-13-2019	BLUEBERRY MUFFIN ^								X
	Mozzarella Cheese Stick	X							
	Fresh Apple								
	Choice of Milk	X							
11-14-2019	PUMPKIN MINI LOAF ^								X
	Fresh Banana								
	Orange Juice								
	Choice of Milk	X							
11-15-2019	CORN CHEX ^								
	Vanilla Waffle Square ^		X					X	X
	Fresh Apple								
	Choice of Milk	X							
11-18-2019	GOLDEN GRAHAM CEREAL ^								X
	French Toast								
	Breakfast Square ^		X					X	X
	Craisins								
	Blended Fruit Juice								
Choice of Milk	X								
11-19-2019	COCOA PUFFS ^								
	Graham Crackers ^							X	X
	Orange Juice								
	Diced Peaches								
	Choice of Milk	X							
11-20-2019	Mozzarella Cheese Stick	X							
	Chocolate Chip Mini Loaf ^	X						X	X
	Fresh Apple								
	Choice of Milk	X							
11-21-2019	Strawberry Yogurt	X							
	Granola ^								
	Fresh Banana								
	Applesauce Cup								
	Choice of Milk	X							
11-22-2019	APPLE CINNAMON CHEERIOS ^								
	Maple Breakfast Square ^		X					X	X
	Fresh Apple								
	Choice of Milk	X							
11-25-2019	NO SCHOOL								

