

# DECEMBER

**Breakfast**



## GREAT HEARTS IRVING LOWER BRC - Breakfast K-12

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday   |
|--|--|---|---|--|
| <b>December 2, 2019</b>  | <b>December 3, 2019</b>  | <b>December 4, 2019</b>   | <b>December 5, 2019</b>   | <b>December 6, 2019</b>  |
| TRIX ^<br>Strawberry<br>Pancake Square ^<br>Craisins<br>Grape Juice<br>Choice of Milk              | Strawberry/Banana<br>Yogurt<br>Granola ^<br>Mixed Fruit Cup<br>Blended Fruit Juice<br>Choice of Milk | CINNAMON CHEX ^<br>Maple Breakfast Square ^<br>Fresh Apple<br>Choice of Milk      | ENGLISH MUFFIN ^<br>Assorted Jelly<br>Fresh Banana<br>Diced Peaches<br>Choice of Milk           | MOZZARELLA CHEESE STICK<br>Peach Mini Loaf ^<br>Fresh Apple<br>Choice of Milk                  |
| <b>December 9, 2019</b>  | <b>December 10, 2019</b>   | <b>December 11, 2019</b>  | <b>December 12, 2019</b>  | <b>December 13, 2019</b>   |
| APPLE CINNAMON<br>CHEERIOS ^<br>Vanilla Waffle Square<br>Craisins<br>Grape Juice<br>Choice of Milk | Strawberry Yogurt<br>Granola ^<br>Applesauce Cup<br>Blended Fruit Juice<br>Choice of Milk            | BANANA MUFFIN ^<br>Mozzarella Cheese Stick<br>Fresh Apple<br>Choice of Milk       | WHOLE WHEAT BAGEL<br>Cream Cheese<br>Fresh Pear<br>Orange Juice<br>Choice of Milk               | CINNAMON TOAST CRUNCH ^<br>French Toast<br>Breakfast Square ^<br>Fresh Apple<br>Choice of Milk |
| <b>December 16, 2019</b>   | <b>December 17, 2019</b>   | <b>December 18, 2019</b>  | <b>December 19, 2019</b>  | <b>December 20, 2019</b>   |
| FRUITY CHEERIOS ^<br>Animal Grahams ^<br>Craisins<br>Apple-Cranberry Juice<br>Choice of Milk       | STRAWBERRY BANANA YOGURT<br>Granola ^<br>Blended Fruit Juice<br>Diced Pears<br>Choice of Milk        | FROSTED CORN FLAKES ^<br>Vanilla Waffle Square ^<br>Fresh Apple<br>Choice of Milk | RICE CHEX ^<br>Strawberry<br>Pancake Square ^<br>Fresh Banana<br>Orange Juice<br>Choice of Milk | MOZZARELLA CHEESE STICK<br>Cherry Mini Loaf ^<br>Fresh Apple<br>Choice of Milk                 |
| <b>December 23, 2019</b>   | <b>December 24, 2019</b>   | <b>December 25, 2019</b>  | <b>December 26, 2019</b>  | <b>December 27, 2019</b>   |
| HOLIDAY BREAK  | HOLIDAY BREAK  | HOLIDAY BREAK   | HOLIDAY BREAK   | HOLIDAY BREAK  |
| <b>December 30, 2019</b>   | <b>December 31, 2019</b>   | <b>January 1, 2020</b>  | <b>January 2, 2020</b>  | <b>January 3, 2020</b>   |
| HOLIDAY BREAK  | HOLIDAY BREAK  |   |   |  |

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.

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## 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 |
|------------|-----------------------------|----------|---------------|-------------|---------------|------------------|-------------|------------------|-----------|-----------|-------------|----------------|----------------|--------------|-----------|---------------|
| 12-02-2019 | 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         |               |
| 12-03-2019 | 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         |               |
| 12-04-2019 | CINNAMON CHEX ^             | 120      | 2             | 0           | 0             | 0                | 170         | 22               | 1         | 6         | 1           | 120            | 5              | 80           | 7         | 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         |               |
| 12-05-2019 | ENGLISH MUFFIN ^            | 120      | 1             | 0           | 0             | 0                | 120         | 23               | 2         | 2         | 5           | 0              | 0              | 99           | 1         | G/B:2sv WG    |
|            | Assorted Jelly              | 35       | 0             | 0           | 0             | 0                | 0           | 9                | 0         | 6         | 0           | 0              | 0              | 0            | 0         |               |
|            | Fresh Banana                | 105      | 0             | 0           | 0             | 0                | 1           | 27               | 3         | 14        | 1           | 23             | 10             | 6            | 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         |               |
| 12-06-2019 | MOZZARELLA CHEESE STICK     | 90       | 7             | 5           | 0             | 20               | 200         | 0                | 0         | 0         | 7           | 72             | 0              | 200          | 0         | MMA:1oz       |
|            | Peach Mini Loaf ^           | 131      | 4             | 0           | 0             | 0                | 172         | 22               | 2         | 7         | 2           | 0              | 0              | 30           | 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         |               |
| 12-09-2019 | APPLE CINNAMON CHEERIOS ^   | 110      | 2             | 0           | 0             | 0                | 110         | 22               | 2         | 10        | 2           | 150            | 6              | 100          | 4         | 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    |
|            | 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         |               |
| 12-10-2019 | 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    |
|            | Applesauce Cup              | 51       | 0             | 0           | 0             | 0                | 2           | 14               | 1         | 12        | 0           | 1              | 1              | 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         |               |
| 12-11-2019 | BANANA MUFFIN ^             | 166      | 6             | 0           | 0             | 0                | 180         | 27               | 2         | 9         | 3           | 2              | 1              | 22           | 1         | G/B:1.25sv 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         |               |



## 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 |
|------------|---------------|----------|---------------|-------------|---------------|------------------|-------------|------------------|-----------|-----------|-------------|----------------|----------------|--------------|-----------|---------------|
| 12-25-2019 | HOLIDAY BREAK | 0        | 0             | 0           | 0             | 0                | 0           | 0                | 0         | 0         | 0           | 0              | 0              | 0            | 0         |               |
| 12-26-2019 | HOLIDAY BREAK | 0        | 0             | 0           | 0             | 0                | 0           | 0                | 0         | 0         | 0           | 0              | 0              | 0            | 0         |               |
| 12-27-2019 | HOLIDAY BREAK | 0        | 0             | 0           | 0             | 0                | 0           | 0                | 0         | 0         | 0           | 0              | 0              | 0            | 0         |               |
| 12-30-2019 | HOLIDAY BREAK | 0        | 0             | 0           | 0             | 0                | 0           | 0                | 0         | 0         | 0           | 0              | 0              | 0            | 0         |               |
| 12-31-2019 | HOLIDAY BREAK | 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 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 |
|------------|-----------------------------|------|-----|--------|----------|------|-----------|-----|-------|
| 12-02-2019 | TRIX ^                      |      |     |        |          |      |           |     |       |
|            | Strawberry Pancake Square ^ |      | X   |        |          |      |           | X   | X     |
|            | Craisins                    |      |     |        |          |      |           |     |       |
|            | Grape Juice                 |      |     |        |          |      |           |     |       |
|            | Choice of Milk              | X    |     |        |          |      |           |     |       |
| 12-03-2019 | Strawberry/Banana Yogurt    | X    |     |        |          |      |           |     |       |
|            | Granola ^                   |      |     |        |          |      |           |     |       |
|            | Mixed Fruit Cup             |      |     |        |          |      |           |     |       |
|            | Blended Fruit Juice         |      |     |        |          |      |           |     |       |
|            | Choice of Milk              | X    |     |        |          |      |           |     |       |
| 12-04-2019 | CINNAMON CHEX ^             |      |     |        |          |      |           |     |       |
|            | Maple Breakfast Square ^    |      | X   |        |          |      |           | X   | X     |
|            | Fresh Apple                 |      |     |        |          |      |           |     |       |
|            | Choice of Milk              | X    |     |        |          |      |           |     |       |
| 12-05-2019 | ENGLISH MUFFIN ^            | X    |     |        |          |      |           |     | X     |
|            | Assorted Jelly              |      |     |        |          |      |           |     |       |
|            | Fresh Banana                |      |     |        |          |      |           |     |       |
|            | Diced Peaches               |      |     |        |          |      |           |     |       |
|            | Choice of Milk              | X    |     |        |          |      |           |     |       |
| 12-06-2019 | MOZZARELLA CHEESE STICK     | X    |     |        |          |      |           |     |       |
|            | Peach Mini Loaf ^           |      |     |        |          |      |           |     | X     |
|            | Fresh Apple                 |      |     |        |          |      |           |     |       |
|            | Choice of Milk              | X    |     |        |          |      |           |     |       |
| 12-09-2019 | APPLE CINNAMON CHEERIOS ^   |      |     |        |          |      |           |     |       |
|            | Vanilla Waffle Square       |      | X   |        |          |      |           | X   | X     |
|            | Craisins                    |      |     |        |          |      |           |     |       |
|            | Grape Juice                 |      |     |        |          |      |           |     |       |
|            | Choice of Milk              | X    |     |        |          |      |           |     |       |
| 12-10-2019 | Strawberry Yogurt           | X    |     |        |          |      |           |     |       |
|            | Granola ^                   |      |     |        |          |      |           |     |       |
|            | Applesauce Cup              |      |     |        |          |      |           |     |       |
|            | Blended Fruit Juice         |      |     |        |          |      |           |     |       |
|            | Choice of Milk              | X    |     |        |          |      |           |     |       |
| 12-11-2019 | BANANA MUFFIN ^             |      |     |        |          |      |           |     | X     |
|            | Mozzarella Cheese Stick     | X    |     |        |          |      |           |     |       |
|            | Fresh Apple                 |      |     |        |          |      |           |     |       |
|            | Choice of Milk              | X    |     |        |          |      |           |     |       |



