

# DECEMBER

## GREAT HEARTS IRVING LOWER

Lunch



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>
*MEATLESS MONDAY* POPCORN CHICKEN ^ Corn Mixed Fruit Cup BBQ Sauce	RANCH TURKEY BURGER Golden Potato Rounds Orange Juice	BEAN & CHEESE BURRITO ^ Salsa Cup Whole Kernel Corn Fresh Pear Choice of Milk	POPCORN CHICKEN ^ Mixed Vegetables Fresh Orange BBQ Sauce Choice of Milk	HOMESTYLE SALISBURY STEAK W/GRAVY Sliced Bread ^ (2) Mashed Potatoes Broccoli Diced Peaches 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>
PENNE PASTA W/MEAT SAUCE ^ Green Beans Mixed Fruit Cup Choice of Milk	*NEW ITEM* CHICKEN TACO Wild White Nacho Doritos^ Corn Diced Pears Choice of Milk	PAPA JOHN'S PIZZA Broccoli Fresh Baby Carrots Light Ranch Dressing Orange Juice Choice of Milk	HOT DOG W/ POTATO ROUNDS Hot Dog Bun ^ Maple Baked Beans Fresh Apple Mustard Ketchup (2) Choice of Milk	CRISPY CHICKEN PATTY ^ Hamburger Bun ^ French Fries Fresh Banana Chipotle Ranch Ketchup 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>
*NEW RECIPE!*** BEEF & BEAN CHILI Green Beans Diced Peaches Corn Muffin ^ Choice of Milk	CHICKEN RANCH FLATBREAD ^ Mixed Vegetables Orange Juice Choice of Milk	CHARBROILED HAMBURGER Hamburger Bun ^ Corn Fresh Banana Mustard Sriracha Ketchup Choice of Milk	HOLIDAY MEAL** CHEESE LASAGNA ^ Broccoli Fresh Pear Chocolate Cookie ^ Choice of Milk	BAGEL DOG ^ Maple Baked Beans Fresh Baby Carrots Light Ranch Dressing Mixed Fruit Cup Mustard Ketchup 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.

[www.preferredmeals.com](http://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.

	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	*MEATLESS MONDAY*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	POPCORN CHICKEN ^	255	14	3	0	22	388	16	3	1	16	33	0	0	2	MMA:2oz G/B:1sv WG
	Corn	112	1	0	0	0	0	26	2	4	4	0	0	5	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
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
12-03-2019	RANCH TURKEY BURGER	148	8	2	0	41	327	4	0	1	15	21	1	73	2	MMA:2oz
	Golden Potato Rounds	215	11	2	0	0	592	27	3	1	3	0	2	0	0	V:3/4c S
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
12-04-2019	BEAN & CHEESE BURRITO ^	309	11	5	0	21	446	38	5	2	14	18	1	202	3	MMA:2oz G/B:2.25sv WG
	Salsa Cup	31	0	0	0	0	96	6	1	0	1	141	3	0	2	V:1/4c RO
	Whole Kernel Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S
	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	
12-05-2019	POPCORN CHICKEN ^	255	14	3	0	22	388	16	3	1	16	33	0	0	2	MMA:2oz G/B:1sv 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
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	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	
12-06-2019	HOMESTYLE SALISBURY STEAK W/GRAVY	174	10	4	0	40	583	7	0	1	13	12	0	27	1	MMA:2oz
	Sliced Bread ^ (2)	70	1	0	0	0	134	12	2	2	4	0	0	30	1	G/B:1sv WG
	Mashed Potatoes	123	5	1	0	0	304	17	1	1	3	0	59	39	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 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	
12-09-2019	PENNE PASTA W/MEAT SAUCE ^	331	12	4	0	42	559	38	2	7	19	13	0	71	2	MMA:2oz G/B:1sv WG V:3/4c RO
	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
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-10-2019	*NEW ITEM*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	CHICKEN TACO	123	5	2	0	45	417	6	0	1	14	124	2	68	1	MMA:2oz V:1/4c RO
	Wild White Nacho Doritos^	130	5	1	0	0	170	20	2	0	2	0	0	40	0	G/B:1.5sv WG
	Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	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.

	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
12-11-2019	PAPA JOHN'S PIZZA	350	15	8	0	45	920	39	4	5	15	150	4	350	2	MMA:2oz G/B:2.5sv WG V:1/8c RO
	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	
12-12-2019	HOT DOG W/ POTATO ROUNDS	182	13	4	0	25	557	11	1	1	5	0	0	0	1	MMA:1.5oz V:1/4c S
	Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
	Maple Baked Beans	192	1	0	0	0	284	37	7	8	10	1	0	76	3	V:1/2c L
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup (2)	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	
12-13-2019	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
	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
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Chipotle Ranch	30	2	0	0	5	55	2	0	1	0	30	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	
12-16-2019	*NEW RECIPE!***	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	BEEF & BEAN CHILI	201	6	2	0	23	492	23	7	2	13	114	6	65	4	MMA:2oz V:1/2c RO
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Corn Muffin ^	214	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-17-2019	CHICKEN RANCH FLATBREAD ^	341	14	6	0	41	701	32	2	3	21	88	1	420	3	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
	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	
12-18-2019	CHARBROILED HAMBURGER	147	10	4	0	40	220	2	0	0	12	3	0	25	1	MMA:2oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Corn	112	1	0	0	0	0	26	2	4	4	0	0	5	0	V:3/4c S
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Sriracha Ketchup	10	0	0	0	0	75	2	0	2	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
12-19-2019	HOLIDAY MEAL**	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	CHEESE LASAGNA ^	284	7	2	0	45	884	38	3	3	18	9	20	105	1	MMA:2oz G/B:1sv WG V:1/2c RO
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	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	
12-20-2019	BAGEL DOG ^	307	14	5	0	30	695	34	3	5	11	0	0	61	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	
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	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	
12-23-2019	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
12-24-2019	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
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	*MEATLESS MONDAY*								
	POPCORN CHICKEN ^							X	X
	Corn								
	Mixed Fruit Cup								
	BBQ Sauce							X	
12-03-2019	RANCH TURKEY BURGER	X						X	X
	Golden Potato Rounds							X	
	Orange Juice								
12-04-2019	BEAN & CHEESE BURRITO ^	X						X	X
	Salsa Cup								
	Whole Kernel Corn								
	Fresh Pear								
	Choice of Milk	X							
12-05-2019	POPCORN CHICKEN ^							X	X
	Mixed Vegetables								
	Fresh Orange								
	BBQ Sauce							X	
	Choice of Milk	X							
12-06-2019	HOMESTYLE SALISBURY STEAK W/GRAVY	X						X	X
	Sliced Bread ^ (2)	X						X	X
	Mashed Potatoes	X						X	
	Broccoli								
	Diced Peaches								
	Choice of Milk	X							
12-09-2019	PENNE PASTA W/MEAT SAUCE ^	X						X	X
	Green Beans								
	Mixed Fruit Cup								
	Choice of Milk	X							
12-10-2019	*NEW ITEM*								
	CHICKEN TACO	X							
	Wild White Nacho Doritos^	X							
	Corn								
	Diced Pears								
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
12-11-2019	PAPA JOHN'S PIZZA	X						X	X
	Broccoli								
	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Orange Juice								
	Choice of Milk	X							
12-12-2019	HOT DOG W/ POTATO ROUNDS							X	
	Hot Dog Bun ^	X						X	X
	Maple Baked Beans								
	Fresh Apple								
	Mustard								
	Ketchup (2)								
	Choice of Milk	X							
12-13-2019	CRISPY CHICKEN PATTY ^							X	X
	Hamburger Bun ^	X						X	X
	French Fries							X	
	Fresh Banana								
	Chipotle Ranch	X	X						
	Ketchup								
	Choice of Milk	X							
12-16-2019	*NEW RECIPE!***								
	BEEF & BEAN CHILI							X	
	Green Beans								
	Diced Peaches								
	Corn Muffin ^								X
	Choice of Milk	X							
12-17-2019	CHICKEN RANCH FLATBREAD ^	X						X	X
	Mixed Vegetables								
	Orange Juice								
	Choice of Milk	X							
12-18-2019	CHARBROILED HAMBURGER							X	
	Hamburger Bun ^	X						X	X
	Corn								
	Fresh Banana								
	Mustard								
	Sriracha Ketchup								
	Choice of Milk	X							

