



GREAT HEARTS IRVING LOWER

BRC - Breakfast K-12

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 Grape Juice Choice of Milk	APPLE CINNAMON CHEERIOS ^ Maple Breakfast Square ^ Fresh Apple Choice of Milk
Grape Juice Choice of Milk TRIX ^ Strawberry Pancake Square ^ Craisins	Strawberry/Banana Yogurt Granola ^ Mixed Fruit Cup Orange Juice Choice of Milk	BLUEBERRY MUFFIN^ Mozzarella Cheese Stick Fresh Apple Choice of Milk	LEMON LOAF ^ Fresh Orange Blended Fruit Juice Choice of Milk	CORN CHEX ^ Vanilla Waffle Square ^ Fresh Apple Choice of Milk
PRESIDENTS DAY	COCOA PUFFS ^ Graham Crackers ^ Craisins Orange Juice Choice of Milk	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple Choice of Milk	ENGLISH MUFFIN ^ Assorted Jelly Fresh Banana Diced Peaches Choice of Milk	MOZZARELLA CHEESE STICK Peach Mini Loaf ^ Fresh Apple Choice of Milk
APPLE CINNAMON CHEERIOS ^ Vanilla Waffle Square Craisins Grape Juice Choice of Milk	Strawberry Yogurt Granola ^ Applesauce Cup Blended Fruit Juice Choice of Milk	BANANA MUFFIN ^ Mozzarella Cheese Stick Fresh Apple Choice of Milk	WHOLE WHEAT BAGEL Cream Cheese Fresh Pear Orange Juice Choice of Milk	CINNAMON TOAST CRUNCH ^ French Toast Breakfast Square ^ Fresh Apple Choice of Milk

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.



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
02 03 2020	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	
02 04 2020	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	
02 05 2020	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	
02 06 2020	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
	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	
02 07 2020	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	
02 10 2020	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	
	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
02 11 2020	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
	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	
02 12 2020	BLUEBERRY MUFFIN^	166	6	0	0	0	170	28	2	10	3	0	0	30	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
2020 02 13	LEMON LOAF ^	255	6	0	0	0	367	49	3	19	5	0	1	82	1	G/B:2.25sv WG
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	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	
2020 02 14	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
	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	
2020 02 17	PRESIDENTS DAY	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
2020 02 18 2020	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
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Orange Juice	60	0	0	0	0	20	14	0	13	0	0	30	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
2020 02 19	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	
2020 02 20 2020	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	
2020 02 21	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	
2020 02 24 2020	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	
2020 02 25 2020	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	

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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
02 26 2020	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	
02 27 2020	WHOLE WHEAT BAGEL	180	2	0	0	0	250	35	3	2	7	0	15	40	2	G/B:2sv WG
	Cream Cheese	70	6	4	0	20	95	2	0	1	2	40	0	40	0	MMA:0.5oz
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c
	Orange Juice	60	0	0	0	0	20	14	0	13	0	0	30	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02 28 2020	CINNAMON TOAST CRUNCH ^	110	3	0	0	0	160	22	3	6	1	120	5	200	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
	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	

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
02 03 2020	GOLDEN GRAHAM CEREAL ^								X
	French Toast								
	Breakfast Square ^		X					X	X
	Craisins								
	Blended Fruit Juice								
02 04 2020	Choice of Milk	X							
	COCOA PUFFS ^								
	Graham Crackers ^							X	X
	Orange Juice								
	Diced Peaches								
02 05 2020	Choice of Milk	X							
	MOZZARELLA CHEESE STICK	X							
	Chocolate Chip Mini Loaf ^	X						X	X
	Fresh Apple								
	Choice of Milk	X							
02 06 2020	Strawberry Yogurt	X							
	Granola ^								
	Fresh Banana								
	Grape Juice								
	Choice of Milk	X							
02 07 2020	APPLE CINNAMON CHEERIOS ^								
	Maple Breakfast Square ^		X					X	X
	Fresh Apple								
	Choice of Milk	X							
02 10 2020	Grape Juice								
	Choice of Milk	X							
	TRIX ^								
	Strawberry Pancake Square ^		X					X	X
	Craisins								
02 11 2020	Strawberry/Banana Yogurt	X							
	Granola ^								
	Mixed Fruit Cup								
	Orange Juice								
	Choice of Milk	X							
02 12 2020	BLUEBERRY MUFFIN^								X
	Mozzarella Cheese Stick	X							
	Fresh Apple								
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
02 13 2020	LEMON LOAF ^								X
	Fresh Orange								
	Blended Fruit Juice								
	Choice of Milk	X							
02 14 2020	CORN CHEX ^								
	Vanilla Waffle Square ^		X					X	X
	Fresh Apple								
02 17 2020	Choice of Milk	X							
	PRESIDENTS DAY								
02 18 2020	COCOA PUFFS ^								
	Graham Crackers ^							X	X
	Craisins								
	Orange Juice								
	Choice of Milk	X							
02 19 2020	CINNAMON CHEX ^								
	Maple Breakfast Square ^		X					X	X
	Fresh Apple								
02 20 2020	Choice of Milk	X							
	ENGLISH MUFFIN ^	X						X	X
	Assorted Jelly								
	Fresh Banana								
02 21 2020	Diced Peaches								
	Choice of Milk	X							
	MOZZARELLA CHEESE STICK	X							
	Peach Mini Loaf ^								X
02 24 2020	Fresh Apple								
	Choice of Milk	X							
	APPLE CINNAMON CHEERIOS ^								
	Vanilla Waffle Square		X					X	X
	Craisins								
02 25 2020	Grape Juice								
	Choice of Milk	X							
	Strawberry Yogurt	X							
	Granola ^								
02 25 2020	Applesauce Cup								
	Blended Fruit Juice								
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
02 26 2020	BANANA MUFFIN ^								X
	Mozzarella Cheese Stick	X							
	Fresh Apple								
	Choice of Milk	X							
02 27 2020	WHOLE WHEAT BAGEL							X	X
	Cream Cheese	X							
	Fresh Pear								
	Orange Juice								
	Choice of Milk	X							
02 28 2020	CINNAMON TOAST CRUNCH ^							X	X
	French Toast Breakfast Square ^		X					X	X
	Fresh Apple								
	Choice of Milk	X							