GREAT HEARTS IRVING LOWER

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Monday	Tuesday	Wednesday	Thursday	Friday
February 3, 2020	February 4, 2020	February 5, 2020	February 6, 2020	February 7, 2020
PAPA JOHN'S PIZZA Mixed Vegetables Applesauce Cup Choice of Milk	TOASTY TUESDAY** 3 CHEESE PANINI ^ Tomato Soup^ Pickle Chips Diced Pears Choice of Milk	CHICKEN DRUMSTICK Corn Muffin ^ Maple Baked Beans Fresh Baby Carrots Light Ranch Dressing Fresh Orange BBQ Sauce Choice of Milk	CHEESY TACO MEAT Tortilla Chips ^ Broccoli Jalapenos Sliced Apples Choice of Milk	PANCAKES & SAUSAGE ^ Tropical Veggie Juice Diced Peaches Syrup Choice of Milk
February 10, 2020	February 11, 2020	February 12, 2020	February 13, 2020	February 14, 2020
PARMESAN POPCORN CHICKEN & PASTA ^ Mixed Vegetables Applesauce Cup Choice of Milk	DELI SUB SANDWICH ^ Pickle Chips Corn Diced Peaches Mustard Choice of Milk	GENERAL TSO'S CHICKEN & NOODLES ^ Broccoli Fresh Baby Carrots Light Ranch Dressing Fresh Banana Choice of Milk	MEATLOAF PANINI ^ Maple Baked Beans Sun Splash Veggie Juice Sliced Apples Ketchup Choice of Milk	FRENCH BREAD CHEESE PIZZA Broccoli Mixed Fruit Cup Choice of Milk
February 17, 2020	February 18, 2020	February 19, 2020	February 20, 2020	February 21, 2020
PRESIDENTS DAY	PIZZA DIPPERS ^ Marinara Dipping Sauce Green Beans Applesauce Cup Choice of Milk	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 WIGRAVY Sliced Bread ^ (2) Mashed Potatoes Broccoli Diced Peaches Choice of Milk
February 24, 2020	February 25, 2020	February 26, 2020	February 27, 2020	February 28, 2020
PENNE PASTA W/MEAT SAUCE ^ Breadstick ^ Green Beans Mixed Fruit Cup Choice of Milk	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	MAC & CHEESE ^ Breadstick ^ Mixed Vegetables Fresh Banana 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	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
02-03-2020	Mixed Vegetables	94	0	0	0	0	84	20	4	6	4	386	3	27	1	V:1/4c RO V:1/2c S
-20	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
20	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
0	TOASTY TUESDAY**	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
02-04-2020	3 CHEESE PANINI ^	278	13	7	0	35	658	28	2	3	15	38	0	313	2	MMA:1.5oz G/B:2sv WG
4-2	Tomato Soup^	226	12	2	0	1	633	25	1	5	4	0	0	49	1	G/B:0.5sv WG V:1/2c RO
020	Pickle Chips	5	0	0	0	0	330	1	0	0	0	2	1	23	0	V:1/4c O
	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	
0	CHICKEN DRUMSTICK	160	10	2	0	90	320	2	0	0	16	0	0	0	1	MMA:2.5oz
02-05-2020	Corn Muffin ^	214	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
5-20	Maple Baked Beans	192	1	0	0	0	284	37	7	8	10	1	0	76	3	V:1/2c L
)20	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	
	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	
02	CHEESY TACO MEAT	121 181	1 12	6	0	8 40	139 429	19 7	2	17 2	12	493 149	0	302 125	2	MMA:2oz
02-06																MMA:2oz G/B:1.25sv WG
02-06-20	CHEESY TACO MEAT	181	12	6	0	40	429	7	2	2	12	149	0	125	2	
02-06-2020	CHEESY TACO MEAT Tortilla Chips ^	181 120	12	6	0	40 0	429 105	7 18	2	2	12	149	0	125 20	2	G/B:1.25sv WG
02-06-2020	CHEESY TACO MEAT Tortilla Chips ^ Broccoli	181 120 25	12 4 0	6 0 0	0 0 0	40 0 0	429 105 23	7 18 4	2 2 3	2 0 1	12 2 3	149 0 49	0 0 53	125 20 53	2 0 1	G/B:1.25sv WG V:1/2c DG
02-06-2020	CHEESY TACO MEAT Tortilla Chips ^ Broccoli Jalapenos	181 120 25 5	12 4 0	6 0 0	0 0 0	40 0 0 0	429 105 23 394	7 18 4	2 2 3 1	2 0 1	12 2 3 0	149 0 49 39	0 0 53 5	125 20 53 26	2 0 1	G/B:1.25sv WG V:1/2c DG V:1/4c O
	CHEESY TACO MEAT Tortilla Chips ^ Broccoli Jalapenos Sliced Apples	181 120 25 5 30	12 4 0 0	6 0 0 0	0 0 0 0	40 0 0 0	429 105 23 394 0	7 18 4 1 7	2 2 3 1	2 0 1 1 6	12 2 3 0	149 0 49 39	0 0 53 5 21	125 20 53 26 20	2 0 1 0	G/B:1.25sv WG V:1/2c DG V:1/4c O
	CHEESY TACO MEAT Tortilla Chips ^ Broccoli Jalapenos Sliced Apples Choice of Milk	181 120 25 5 30 121	12 4 0 0 0	6 0 0 0 0	0 0 0 0 0	40 0 0 0 0 0	429 105 23 394 0 139	7 18 4 1 7	2 2 3 1 1	2 0 1 1 6 17	12 2 3 0 0 8	149 0 49 39 0 493	0 0 53 5 21	125 20 53 26 20 302	2 0 1 0 0	G/B:1.25sv WG V:1/2c DG V:1/4c O F:1/2c
	CHEESY TACO MEAT Tortilla Chips ^ Broccoli Jalapenos Sliced Apples Choice of Milk PANCAKES & SAUSAGE ^	181 120 25 5 30 121 290	12 4 0 0 0 1	6 0 0 0 0 0 1	0 0 0 0 0	40 0 0 0 0 0 8	429 105 23 394 0 139	7 18 4 1 7 19	2 2 3 1 1 0	2 0 1 1 6 17	12 2 3 0 0 8	149 0 49 39 0 493	0 0 53 5 21 0	125 20 53 26 20 302	2 0 1 0 0 0	G/B:1.25sv WG V:1/2c DG V:1/4c O F:1/2c MMA:2.25oz G/B:2sv WG
02-06-2020 02-07-2020	CHEESY TACO MEAT Tortilla Chips ^ Broccoli Jalapenos Sliced Apples Choice of Milk PANCAKES & SAUSAGE ^ Tropical Veggie Juice	181 120 25 5 30 121 290 90	12 4 0 0 0 1 14 0	6 0 0 0 0 1 4	0 0 0 0 0 0	40 0 0 0 0 0 8 40	429 105 23 394 0 139 400 45	7 18 4 1 7 19 28 23	2 2 3 1 1 0 3	2 0 1 1 6 17 6 22	12 2 3 0 0 8 15	149 0 49 39 0 493 0	0 0 53 5 21 0 0	125 20 53 26 20 302 89	2 0 1 0 0 0	G/B:1.25sv WG V:1/2c DG V:1/4c O F:1/2c MMA:2.25oz G/B:2sv WG V:3/4c O
	CHEESY TACO MEAT Tortilla Chips ^ Broccoli Jalapenos Sliced Apples Choice of Milk PANCAKES & SAUSAGE ^ Tropical Veggie Juice Diced Peaches	181 120 25 5 30 121 290 90 55	12 4 0 0 0 1 14 0	6 0 0 0 0 1 4 0	0 0 0 0 0 0	40 0 0 0 0 8 40 0	429 105 23 394 0 139 400 45	7 18 4 1 7 19 28 23 13	2 2 3 1 1 0 3 0	2 0 1 1 6 17 6 22	12 2 3 0 0 8 15 0	149 0 49 39 0 493 0 150	0 0 53 5 21 0 0 60 4	125 20 53 26 20 302 89 0	2 0 1 0 0 0 2 0	G/B:1.25sv WG V:1/2c DG V:1/4c O F:1/2c MMA:2.25oz G/B:2sv WG V:3/4c O
02-07-2020	CHEESY TACO MEAT Tortilla Chips ^ Broccoli Jalapenos Sliced Apples Choice of Milk PANCAKES & SAUSAGE ^ Tropical Veggie Juice Diced Peaches Syrup	181 120 25 5 30 121 290 90 55 80	12 4 0 0 0 1 14 0 0	6 0 0 0 0 1 4 0 0	0 0 0 0 0 0 0	40 0 0 0 0 8 40 0	429 105 23 394 0 139 400 45 1	7 18 4 1 7 19 28 23 13 20	2 2 3 1 1 0 3 0 1	2 0 1 1 6 17 6 22 12	12 2 3 0 0 8 15 0 2	149 0 49 39 0 493 0 150 0	0 0 53 5 21 0 0 60 4	125 20 53 26 20 302 89 0 2	2 0 1 0 0 0 2 0 0	G/B:1.25sv WG V:1/2c DG V:1/4c O F:1/2c MMA:2.25oz G/B:2sv WG V:3/4c O
02-07-2020	CHEESY TACO MEAT Tortilla Chips ^ Broccoli Jalapenos Sliced Apples Choice of Milk PANCAKES & SAUSAGE ^ Tropical Veggie Juice Diced Peaches Syrup Choice of Milk PARMESAN POPCORN	181 120 25 5 30 121 290 90 55 80 121	12 4 0 0 0 1 14 0 0	6 0 0 0 1 4 0 0	0 0 0 0 0 0 0	40 0 0 0 0 8 40 0 0	429 105 23 394 0 139 400 45 1 10 139	7 18 4 1 7 19 28 23 13 20	2 2 3 1 1 0 3 0 1 0 0	2 0 1 1 6 17 6 22 12 10	12 2 3 0 0 8 15 0 2	149 0 49 39 0 493 0 150 0 0 493	0 0 53 5 21 0 0 60 4 0	125 20 53 26 20 302 89 0 2 0 302	2 0 1 0 0 0 0 2 0 0 0	G/B:1.25sv WG V:1/2c DG V:1/4c O F:1/2c MMA:2.25oz G/B:2sv WG V:3/4c O F:1/2c MMA:2oz G/B:2sv WG
02-07-2020	CHEESY TACO MEAT Tortilla Chips ^ Broccoli Jalapenos Sliced Apples Choice of Milk PANCAKES & SAUSAGE ^ Tropical Veggie Juice Diced Peaches Syrup Choice of Milk PARMESAN POPCORN CHICKEN & PASTA ^	181 120 25 5 30 121 290 90 55 80 121	12 4 0 0 0 1 14 0 0 0 1	6 0 0 0 1 4 0 0 0	0 0 0 0 0 0 0 0 0 0	40 0 0 0 0 8 40 0 0 0 8	429 105 23 394 0 139 400 45 1 10 139	7 18 4 1 7 19 28 23 13 20 19	2 2 3 1 1 0 3 0 1 0 0	2 0 1 1 6 17 6 22 12 10 17	12 2 3 0 0 8 15 0 2 0 8	149 0 49 39 0 493 0 150 0 493	0 0 53 5 21 0 0 60 4 0	125 20 53 26 20 302 89 0 2 0 302	2 0 1 0 0 0 2 0 0 0	G/B:1.25sv WG V:1/2c DG V:1/4c O F:1/2c MMA:2.25oz G/B:2sv WG V:3/4c O F:1/2c MMA:2oz G/B:2sv WG V:1/2c RO
	CHEESY TACO MEAT Tortilla Chips ^ Broccoli Jalapenos Sliced Apples Choice of Milk PANCAKES & SAUSAGE ^ Tropical Veggie Juice Diced Peaches Syrup Choice of Milk PARMESAN POPCORN CHICKEN & PASTA ^ Mixed Vegetables	181 120 25 5 30 121 290 90 55 80 121 434	12 4 0 0 0 1 14 0 0 0 1	6 0 0 0 0 1 4 0 0 0 1 1	0 0 0 0 0 0 0 0 0 0	40 0 0 0 0 8 40 0 0 0 8 8	429 105 23 394 0 139 400 45 1 10 139 614 58	7 18 4 1 7 19 28 23 13 20 19	2 2 3 1 1 0 3 0 1 0 0 0	2 0 1 1 6 17 6 22 12 10 17	12 2 3 0 0 8 15 0 2 0 8	149 0 49 39 0 493 0 150 0 493 56 386	0 0 53 5 21 0 0 60 4 0 0	125 20 53 26 20 302 89 0 2 0 302 151 21	2 0 1 0 0 0 0 0 0 0 0	G/B:1.25sv WG V:1/2c DG V:1/4c O F:1/2c MMA:2.25oz G/B:2sv WG V:3/4c O F:1/2c MMA:2oz G/B:2sv WG V:1/2c RO V:1/4c S V:1/4c RO
02-07-2020 02-10-2020	CHEESY TACO MEAT Tortilla Chips ^ Broccoli Jalapenos Sliced Apples Choice of Milk PANCAKES & SAUSAGE ^ Tropical Veggie Juice Diced Peaches Syrup Choice of Milk PARMESAN POPCORN CHICKEN & PASTA ^ Mixed Vegetables Applesauce Cup	181 120 25 5 30 121 290 90 55 80 121 434 57	12 4 0 0 0 1 14 0 0 0 1 16 0	6 0 0 0 1 4 0 0 0 1	0 0 0 0 0 0 0 0 0 0	40 0 0 0 0 8 40 0 0 0 8 26 0	429 105 23 394 0 139 400 45 1 10 139 614 58 2	7 18 4 1 7 19 28 23 13 20 19 50 12	2 2 3 1 1 0 3 0 1 0 0 6 3 1	2 0 1 1 6 17 6 22 12 10 17 6 4	12 2 3 0 0 8 15 0 2 0 8	149 0 49 39 0 493 0 150 0 0 493 56 386 1	0 0 53 5 21 0 0 60 4 0 0	125 20 53 26 20 302 89 0 2 0 302 151 21 5	2 0 1 0 0 0 0 0 0 0 0 0	G/B:1.25sv WG V:1/2c DG V:1/4c O F:1/2c MMA:2.25oz G/B:2sv WG V:3/4c O F:1/2c MMA:2oz G/B:2sv WG V:1/2c RO V:1/4c S V:1/4c RO
02-07-2020 02-10-2020	CHEESY TACO MEAT Tortilla Chips ^ Broccoli Jalapenos Sliced Apples Choice of Milk PANCAKES & SAUSAGE ^ Tropical Veggie Juice Diced Peaches Syrup Choice of Milk PARMESAN POPCORN CHICKEN & PASTA ^ Mixed Vegetables Applesauce Cup Choice of Milk	181 120 25 5 30 121 290 90 55 80 121 434 57 51	12 4 0 0 1 14 0 0 0 1 16 0 0	6 0 0 0 1 4 0 0 0 1	0 0 0 0 0 0 0 0 0 0	40 0 0 0 0 8 40 0 0 0 8 26 0	429 105 23 394 0 139 400 45 1 10 139 614 58 2 139	7 18 4 1 7 19 28 23 13 20 19 50 12 14	2 2 3 1 1 0 3 0 1 0 0 0 6 3 1	2 0 1 1 6 17 6 22 12 10 17 6 4 12	12 2 3 0 0 8 15 0 2 0 8	149 0 49 39 0 493 0 150 0 0 493 56 386 1 493	0 0 53 5 21 0 60 4 0 0	125 20 53 26 20 302 89 0 2 0 302 151 21 5	2 0 0 0 0 0 0 0 0 0 0 0	G/B:1.25sv WG V:1/2c DG V:1/4c O F:1/2c MMA:2.25oz G/B:2sv WG V:3/4c O F:1/2c MMA:2oz G/B:2sv WG V:1/2c RO V:1/4c S V:1/4c RO F:1/2c
02-07-2020 02-10-2020	CHEESY TACO MEAT Tortilla Chips ^ Broccoli Jalapenos Sliced Apples Choice of Milk PANCAKES & SAUSAGE ^ Tropical Veggie Juice Diced Peaches Syrup Choice of Milk PARMESAN POPCORN CHICKEN & PASTA ^ Mixed Vegetables Applesauce Cup Choice of Milk DELI SUB SANDWICH ^	181 120 25 5 30 121 290 90 55 80 121 434 57 51 121	12 4 0 0 0 1 14 0 0 0 1 16 0 0 1	6 0 0 0 1 4 0 0 0 1 4 0 0 1 4	0 0 0 0 0 0 0 0 0 0 0 0	40 0 0 0 0 8 40 0 0 0 8 26 0 0 8	429 105 23 394 0 139 400 45 1 10 139 614 58 2 139	7 18 4 1 7 19 28 23 13 20 19 50 12 14 19	2 2 3 1 1 0 3 0 1 0 0 0 3 1 0 0 3 1 0 0 3	2 0 1 1 6 17 6 22 12 10 17 6 4 12 17	12 2 3 0 0 8 15 0 2 0 8 2 2 0 8	149 0 49 39 0 493 0 150 0 493 56 386 1 493	0 0 53 5 21 0 0 60 4 0 0 0	125 20 53 26 20 302 89 0 2 0 302 151 5 302	2 0 1 0 0 0 0 0 0 0 0 0 0 0 0	G/B:1.25sv WG V:1/2c DG V:1/4c O F:1/2c MMA:2.25oz G/B:2sv WG V:3/4c O F:1/2c MMA:2oz G/B:2sv WG V:1/4c S V:1/4c RO F:1/2c MMA:2oz G/B:2sv WG
02-07-2020	CHEESY TACO MEAT Tortilla Chips ^ Broccoli Jalapenos Sliced Apples Choice of Milk PANCAKES & SAUSAGE ^ Tropical Veggie Juice Diced Peaches Syrup Choice of Milk PARMESAN POPCORN CHICKEN & PASTA ^ Mixed Vegetables Applesauce Cup Choice of Milk DELI SUB SANDWICH ^ Pickle Chips	181 120 25 5 30 121 290 90 55 80 121 434 57 51 121 277 5	12 4 0 0 1 14 0 0 0 1 16 0 0 1 1 12 0	6 0 0 0 1 4 0 0 1 4 0 0 1 1	0 0 0 0 0 0 0 0 0 0 0 0	40 0 0 0 0 8 40 0 0 0 8 26 0 0 8 49	429 105 23 394 0 139 400 45 1 10 139 614 58 2 139 819 330	7 18 4 1 7 19 28 23 13 20 19 50 12 14 19 30 1	2 2 3 1 1 0 3 0 1 0 0 0 6 3 1 0 0	2 0 1 1 6 17 6 22 10 17 6 4 12 17 2	12 2 3 0 0 8 15 0 2 0 8 22 2 0 8 15	149 0 49 39 0 493 0 150 0 493 56 386 1 493	0 0 53 5 21 0 0 60 4 0 0 0 3 1 0	125 20 53 26 20 302 89 0 2 0 302 151 5 302 151 23	2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	G/B:1.25sv WG V:1/2c DG V:1/4c O F:1/2c MMA:2.25oz G/B:2sv WG V:3/4c O F:1/2c MMA:2oz G/B:2sv WG V:1/4c S V:1/4c RO F:1/2c MMA:2oz G/B:2sv WG V:1/4c O
02-07-2020 02-10-2020	CHEESY TACO MEAT Tortilla Chips ^ Broccoli Jalapenos Sliced Apples Choice of Milk PANCAKES & SAUSAGE ^ Tropical Veggie Juice Diced Peaches Syrup Choice of Milk PARMESAN POPCORN CHICKEN & PASTA ^ Mixed Vegetables Applesauce Cup Choice of Milk DELI SUB SANDWICH ^ Pickle Chips Corn	181 120 25 5 30 121 290 90 55 80 121 434 57 51 121 277 5	12 4 0 0 1 14 0 0 0 1 16 0 0 1 1 12 0	6 0 0 0 1 4 0 0 0 1 4 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	40 0 0 0 8 40 0 0 0 8 26 0 0 8 49 0	429 105 23 394 0 139 400 45 1 10 139 614 58 2 139 819 330 0	7 18 4 1 7 19 28 23 13 20 19 50 12 14 19 30 1	2 2 3 1 1 0 3 0 1 0 0 6 3 1 0 0 2	2 0 1 1 6 17 6 22 10 17 6 4 12 17 2 0	12 2 3 0 0 8 15 0 2 0 8 22 2 0 8 15 0	149 0 49 39 0 493 0 150 0 493 56 386 1 493	0 0 53 5 21 0 0 60 4 0 0 0 3 1 0	125 20 53 26 20 302 89 0 2 0 302 151 5 302 151 23 3	2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	G/B:1.25sv WG V:1/2c DG V:1/4c O F:1/2c MMA:2.25oz G/B:2sv WG V:3/4c O F:1/2c MMA:2oz G/B:2sv WG V:1/2c RO V:1/4c S V:1/4c RO F:1/2c MMA:2oz G/B:2sv WG V:1/4c O V:1/4c O

Nutritional Information: GREAT HEARTS IRVING LOWER

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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	GENERAL TSO'S CHICKEN & NOODLES ^	383	15	3	0	22	981	44	5	16	19	39	0	9	3	MMA:2oz G/B:1.5sv WG
12	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
2020	Fresh Baby Carrots	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO
20	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02	MEATLOAF PANINI ^	306	10	4	0	38	580	33	6	4	25	0	1	211	4	MMA:2oz G/B:2sv WG
2 13	Maple Baked Beans	192	1	0	0	0	284	37	7	8	10	1	0	76	3	V:1/2c L
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO
2020	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	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	
02	FRENCH BREAD CHEESE PIZZA	308	11	5	0	23	744	36	1	4	17	69	0	367	2	MMA:1.5oz G/B:2sv V:1/4c RO
14	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
2020	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
ő	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02 17 2020	PRESIDENTS DAY	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
02	PIZZA DIPPERS ^	290	11	5	0	20	530	30	3	6	19	80	0	350	2	MMA:2oz G/B:2sv WG
18	Marinara Dipping Sauce	76	4	0	0	0	305	9	0	0	2	16	0	5	0	V:1/2c RO
2020	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
0	Applesauce Cup	51	0	0	0	0	120	14	1	12	8	493	0	302	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	0	493	U	302	U	
02	BEAN & CHEESE BURRITO ^	309	11	5	0	20	442	39	5	2	14	16	1	201	3	MMA:2oz G/B:2.25sv WG
19	Salsa Cup	31	0	0	0	0	96	6	1	0	1	141	3	0	2	V:1/4c RO
2020	Whole Kernel Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S
õ	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	
02	POPCORN CHICKEN ^	255	14	3	0	22	388	16	3	1	16	33	0	0	2	MMA:2oz G/B:1sv WG
20	Mixed Vegetables	94	0	0	0	0	84	20	4	6	4	386	3	27	1	V:1/4c RO V:1/2c S
2020	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
20	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	

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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	HOMESTYLE SALISBURY STEAK W/GRAVY	222	14	6	0	45	444	7	2	1	17	9	2	41	2	MMA:2oz
21	Sliced Bread ^ (2)	70	1	0	0	0	134	12	2	2	4	0	0	30	1	G/B:1sv WG
2020	Mashed Potatoes	123	5	1	0	0	304	17	1	1	3	0	59	39	0	V:1/2c S
6	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	
02	PENNE PASTA W/MEAT SAUCE ^	323	12	4	0	35	503	39	4	8	18	69	0	72	3	MMA:2oz G/B:1sv WG V:3/4c RO
24	Breadstick ^	100	1	0	0	0	135	20	2	2	4	0	6	20	1	G/B:1sv WG
2020	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
Õ	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	
02	CHICKEN TACO	123	5	2	0	45	417	6	0	1	14	124	2	68	1	MMA:2oz V:1/4c RO
25	Wild White Nacho Doritos^	130	5	1	0	0	170	20	2	0	2	0	0	40	0	G/B:1.5sv WG
2020	Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S
20	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	
02	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
26	PAPA JOHN'S PIZZA Broccoli	350 25	15 0	8	0	45 0	920	39 4	4	5	15 3	150 49	4 53	350 53	2	
26																V:1/8c RO
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/8c RO V:1/2c DG
26	Broccoli Fresh Baby Carrots	25 20	0	0	0	0	23 44	4 5	3	3	3	49 391	53 2	53 18	1	V:1/8c RO V:1/2c DG
26	Broccoli Fresh Baby Carrots Light Ranch Dressing	25 20 30	0 0 2	0 0 0	0 0 0	0 0 5	23 44 55	4 5 2	3 2 0	1 3 1	3 0 0	49 391 0	53 2 0	53 18 0	1 0 0	V:1/8c RO V:1/2c DG V:1/4c RO
26 2020 02	Broccoli Fresh Baby Carrots Light Ranch Dressing Orange Juice	25 20 30 60	0 0 2 0	0 0 0	0 0 0	0 0 5 0	23 44 55 20	4 5 2 14	3 2 0	1 3 1 13	3 0 0	49 391 0 0	53 2 0 30	53 18 0	1 0 0	V:1/8c RO V:1/2c DG V:1/4c RO
26 2020 02 27	Broccoli Fresh Baby Carrots Light Ranch Dressing Orange Juice Choice of Milk HOT DOG W/	25 20 30 60 121	0 0 2 0	0 0 0 0	0 0 0 0	0 0 5 0 8	23 44 55 20 139	4 5 2 14 19	3 2 0 0	1 3 1 13 17	3 0 0 0 8	49 391 0 0 493	53 2 0 30 0	53 18 0 0 302	1 0 0 0	V:1/8c RO V:1/2c DG V:1/4c RO F:1/2c
26 2020 02 27	Broccoli Fresh Baby Carrots Light Ranch Dressing Orange Juice Choice of Milk HOT DOG W/ POTATO ROUNDS	25 20 30 60 121	0 0 2 0 1	0 0 0 0 1	0 0 0 0	0 0 5 0 8	23 44 55 20 139	4 5 2 14 19	3 2 0 0 0	1 3 1 13 17	3 0 0 0 8	49 391 0 0 493	53 2 0 30 0	53 18 0 0 302	1 0 0 0 0	V:1/8c RO V:1/2c DG V:1/4c RO F:1/2c MMA:1.5oz V:1/4c S
26 2020 02	Broccoli Fresh Baby Carrots Light Ranch Dressing Orange Juice Choice of Milk HOT DOG W/ POTATO ROUNDS Hot Dog Bun ^	25 20 30 60 121 182 110	0 0 2 0 1	0 0 0 0 1	0 0 0 0 0	0 0 5 0 8 25	23 44 55 20 139 557 230	4 5 2 14 19 11	3 2 0 0 0	1 3 1 13 17	3 0 0 0 8 5 5	49 391 0 0 493 0	53 2 0 30 0	53 18 0 0 302 0 80	1 0 0 0 0	V:1/8c RO V:1/2c DG V:1/4c RO F:1/2c MMA:1.5oz V:1/4c S G/B:1.5sv WG
26 2020 02 27	Broccoli Fresh Baby Carrots Light Ranch Dressing Orange Juice Choice of Milk HOT DOG W/ POTATO ROUNDS Hot Dog Bun ^ Maple Baked Beans	25 20 30 60 121 182 110 192	0 0 2 0 1 13 2	0 0 0 0 1 4 0	0 0 0 0 0	0 0 5 0 8 25 0	23 44 55 20 139 557 230 284	4 5 2 14 19 11 19 37	3 2 0 0 0 1 2	1 3 1 13 17 1 3 8	3 0 0 0 8 5 5	49 391 0 0 493 0 0	53 2 0 30 0 0	53 18 0 0 302 0 80 76	1 0 0 0 0	V:1/8c RO V:1/2c DG V:1/4c RO F:1/2c MMA:1.5oz V:1/4c S G/B:1.5sv WG V:1/2c L
26 2020 02 27	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	25 20 30 60 121 182 110 192 64	0 0 2 0 1 13 2 1	0 0 0 0 1 4 0 0	0 0 0 0 0	0 0 5 0 8 25 0 0	23 44 55 20 139 557 230 284	4 5 2 14 19 11 19 37 17	3 2 0 0 0 1 2 7 3	1 3 1 13 17 1 3 8 13	3 0 0 0 8 5 5 10	49 391 0 0 493 0 0 1	53 2 0 30 0 0 0 0 6	53 18 0 0 302 0 80 76 7	1 0 0 0 0 1 1 3	V:1/8c RO V:1/2c DG V:1/4c RO F:1/2c MMA:1.5oz V:1/4c S G/B:1.5sv WG V:1/2c L
26 2020 02 27	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	25 20 30 60 121 182 110 192 64 5	0 0 2 0 1 13 2 1 0	0 0 0 0 1 4 0 0	0 0 0 0 0 0	0 0 5 0 8 25 0 0 0	23 44 55 20 139 557 230 284 1	4 5 2 14 19 11 19 37 17	3 2 0 0 0 1 2 7 3	1 3 1 13 17 1 3 8 13	3 0 0 0 8 5 5 10 0	49 391 0 0 493 0 0 1 4	53 2 0 30 0 0 0 0 0	53 18 0 0 302 0 80 76 7	1 0 0 0 0 0	V:1/8c RO V:1/2c DG V:1/4c RO F:1/2c MMA:1.5oz V:1/4c S G/B:1.5sv WG V:1/2c L
26 2020 02 27 2020	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)	25 20 30 60 121 182 110 192 64 5	0 0 2 0 1 13 2 1 0 0	0 0 0 0 1 4 0 0 0	0 0 0 0 0 0 0 0	0 0 5 0 8 25 0 0 0	23 44 55 20 139 557 230 284 1 20	4 5 2 14 19 11 19 37 17 0	3 2 0 0 0 1 2 7 3 0	1 3 1 13 17 1 3 8 13 0	3 0 0 0 8 5 5 10 0	49 391 0 0 493 0 0 1 4 0	53 2 0 30 0 0 0 0 0 0	53 18 0 0 302 0 80 76 7 0	1 0 0 0 0 0 1 1 3 0 0	V:1/8c RO V:1/2c DG V:1/4c RO F:1/2c MMA:1.5oz V:1/4c S G/B:1.5sv WG V:1/2c L
26 2020 02 27	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	25 20 30 60 121 182 110 192 64 5 10	0 0 2 0 1 13 2 1 0 0	0 0 0 0 1 4 0 0 0 0	0 0 0 0 0 0 0 0 0	0 0 5 0 8 8 25 0 0 0 0	23 44 55 20 139 557 230 284 1 20 45	4 5 2 14 19 11 19 37 17 0 2	3 2 0 0 0 1 2 7 3 0 0	1 3 1 13 17 1 3 8 13 0 1	3 0 0 0 8 5 5 10 0 0	49 391 0 493 0 0 1 4 0 0 493	53 2 0 30 0 0 0 0 6 0 0	53 18 0 0 302 0 80 76 7 0 0 302	1 0 0 0 0 0 1 1 3 0 0	V:1/8c RO V:1/2c DG V:1/4c RO F:1/2c MMA:1.5oz V:1/4c S G/B:1.5sv WG V:1/2c L F:1c
26 2020 02 27 2020 02 28	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 MAC & CHEESE ^	25 20 30 60 121 182 110 192 64 5 10 121	0 0 2 0 1 13 2 1 0 0 0	0 0 0 0 1 4 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0	0 0 5 0 8 25 0 0 0 0 0 8	23 44 55 20 139 557 230 284 1 20 45 139	4 5 2 14 19 11 19 37 17 0 2 19	3 2 0 0 0 1 2 7 3 0 0	1 3 1 13 17 1 3 8 13 0 1 17	3 0 0 0 8 5 5 10 0 0 0 8	49 391 0 493 0 0 1 4 0 0 493	53 2 0 30 0 0 0 0 6 0 0	53 18 0 0 302 0 80 76 7 0 0 302 458	1 0 0 0 0 0 1 1 3 0 0 0	V:1/8c RO V:1/2c DG V:1/4c RO F:1/2c MMA:1.5oz V:1/4c S G/B:1.5sv WG V:1/2c L F:1c MMA:2oz G/B:1sv WG
26 2020 02 27 2020 02	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 MAC & CHEESE ^ Breadstick ^	25 20 30 60 121 182 110 192 64 5 10 121 359	0 0 2 0 1 13 2 1 0 0 0 1	0 0 0 0 1 4 0 0 0 0 0 1 8	0 0 0 0 0 0 0 0 0 0 0	0 0 5 0 8 8 25 0 0 0 0 0 8 8	23 44 55 20 139 557 230 284 1 20 45 139	4 5 2 14 19 11 19 37 17 0 2 19	3 2 0 0 0 1 2 7 3 0 0 0	1 3 1 13 17 1 3 8 13 0 1 17 9	3 0 0 0 8 5 5 10 0 0 8 24 4	49 391 0 493 0 0 1 4 0 0 493 13	53 2 0 30 0 0 0 0 6 0 0	53 18 0 0 302 0 80 76 7 0 0 302 458 20 27 6	1 0 0 0 0 1 1 1 3 0 0 0	V:1/8c RO V:1/2c DG V:1/4c RO F:1/2c MMA:1.5oz V:1/4c S G/B:1.5sv WG V:1/2c L F:1c MMA:2oz G/B:1sv WG G/B:1sv WG
26 2020 02 27 2020 02 28	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 MAC & CHEESE ^ Breadstick ^ Mixed Vegetables	25 20 30 60 121 182 110 192 64 5 10 121 359 100 94 105 121	0 0 2 0 1 13 2 1 0 0 0 1	0 0 0 0 1 4 0 0 0 0 0 1 8 0 0	0 0 0 0 0 0 0 0 0 0 0 0	0 0 5 0 8 8 25 0 0 0 0 0 8 37 0 0 0 8	23 44 55 20 139 557 230 284 1 20 45 139 828 135 84 1	4 5 2 14 19 11 19 37 17 0 2 19 39 20 20 27	3 2 0 0 0 1 2 7 3 0 0 0	1 3 1 13 17 1 3 8 13 0 1 17 9 2 6 14 17	3 0 0 0 8 5 5 10 0 0 0 8 24 4 4 1 8	499 391 0 0 493 0 1 4 0 0 493 13 0 386 23 493	53 2 0 30 0 0 0 0 6 0 0 0 0 0 0	53 18 0 0 302 0 80 76 7 0 0 302 458 20	1 0 0 0 0 1 1 1 3 0 0 0 0	V:1/8c RO V:1/2c DG V:1/4c RO F:1/2c MMA:1.5oz V:1/4c S G/B:1.5sv WG V:1/2c L F:1c MMA:2oz G/B:1sv WG G/B:1sv WG V:1/4c RO V:1/2c S

Allergen Information: GREAT HEARTS IRVING LOWER

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
02 20	PAPA JOHN'S PIZZA	Х						Х	Х
02 03 2020	Mixed Vegetables								
	Applesauce Cup								
	Choice of Milk	Х							
02	TOASTY TUESDAY**								
94	3 CHEESE PANINI ^	Х						Х	Х
02 04 2020	Tomato Soup^	Х						Х	Х
20	Pickle Chips								
	Diced Pears								
	Choice of Milk	Х							
02	CHICKEN DRUMSTICK								
05	Corn Muffin ^								Х
02 05 2020	Maple Baked Beans								
)20	Fresh Baby Carrots								
	Light Ranch Dressing	Х	Х					Х	
	Fresh Orange								
	BBQ Sauce							Х	
	Choice of Milk	Х							
0,	CHEESY TACO MEAT	Х						Х	
02 06 2020	Tortilla Chips ^								
5 20	Broccoli								
)20	Jalapenos								
	Sliced Apples								
	Choice of Milk	х							
0	PANCAKES & SAUSAGE ^	Х	Х					Х	Х
02 07 2020	Tropical Veggie Juice								
7 20	Diced Peaches								
020	Syrup								
	Choice of Milk	Х							
02 10 2020	PARMESAN POPCORN CHICKEN & PASTA ^	Х						Х	х
10	Mixed Vegetables								
202	Applesauce Cup								
ŏ	Choice of Milk	Х							
02	DELI SUB SANDWICH ^	Х						Х	Х
	Pickle Chips								
11 2020	Corn								
020	Diced Peaches								
	Mustard								
	Choice of Milk	Х							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
02	GENERAL TSO'S CHICKEN & NOODLES ^	х	Х					х	Х
02 12 2020	Broccoli	- *						- 1	
20	Fresh Baby Carrots								
20	Light Ranch Dressing	Х	Х					Х	
	Fresh Banana								
	Choice of Milk	Х							
02	MEATLOAF PANINI ^	Х						Х	Х
	Maple Baked Beans								
13 2020	Sun Splash Veggie Juice								
020	Sliced Apples								
	Ketchup								
	Choice of Milk	Х							
02 14 2020	FRENCH BREAD CHEESE PIZZA	Х							Х
14	Broccoli								
202	Mixed Fruit Cup								
ŏ	Choice of Milk	Х							
02 17 2020	PRESIDENTS DAY								
02	PIZZA DIPPERS ^	Х	Х					Х	х
2 18	Marinara Dipping Sauce	Х						Х	
18 2020	Green Beans								
)20	Applesauce Cup								
	Choice of Milk	Х							
02	BEAN & CHEESE BURRITO ^	Х						Х	Х
02 19 2020	Salsa Cup								
20	Whole Kernel Corn								
20	Fresh Pear								
	Choice of Milk	Х							
02	POPCORN CHICKEN ^							X	Х
02 20 2020	Mixed Vegetables								
20	Fresh Orange								
20	BBQ Sauce							Х	
	Choice of Milk	Х							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
02	HOMESTYLE SALISBURY STEAK W/GRAVY	х						х	х
	Sliced Bread ^ (2)	Х						Х	Х
21 2020	Mashed Potatoes	Х						Х	
20	Broccoli								
	Diced Peaches								
	Choice of Milk	Х							
02	PENNE PASTA W/MEAT SAUCE ^	Х						Х	Х
02 24 2020	Breadstick ^							Х	Х
20;	Green Beans								
20	Mixed Fruit Cup								
	Choice of Milk	Х							
02	CHICKEN TACO	Х							
	Wild White Nacho Doritos^	Х							
25 2020	Corn								
)20	Diced Pears								
	Choice of Milk	Х							
02	PAPA JOHN'S PIZZA	Х						Х	Х
	Broccoli								
26 2020	Fresh Baby Carrots								
)20	Light Ranch Dressing	Х	Х					Х	
	Orange Juice								
	Choice of Milk	Х							
02	HOT DOG W/ POTATO ROUNDS							Х	
27	Hot Dog Bun ^	Х						Х	Х
27 2020	Maple Baked Beans								
ŏ	Fresh Apple								
	Mustard								
	Ketchup (2)								
	Choice of Milk	Χ							
02	MAC & CHEESE ^	Х						Х	Х
02 28 2020	Breadstick ^							X	Х
20	Mixed Vegetables								
20	Fresh Banana								
	Choice of Milk	Χ							