

# GREAT HEARTS IRVING LOWER

Monday	Tuesday	Wednesday	Thursday	Friday
<b>February 3, 2020</b>	<b>February 4, 2020</b>	<b>February 5, 2020</b>	<b>February 6, 2020</b>	<b>February 7, 2020</b>
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
<b>February 10, 2020</b>	<b>February 11, 2020</b>	<b>February 12, 2020</b>	<b>February 13, 2020</b>	<b>February 14, 2020</b>
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
<b>February 17, 2020</b>	<b>February 18, 2020</b>	<b>February 19, 2020</b>	<b>February 20, 2020</b>	<b>February 21, 2020</b>
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 W/GRAVY Sliced Bread ^ (2) Mashed Potatoes Broccoli Diced Peaches Choice of Milk
<b>February 24, 2020</b>	<b>February 25, 2020</b>	<b>February 26, 2020</b>	<b>February 27, 2020</b>	<b>February 28, 2020</b>
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.

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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
02-03-2020	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
	Mixed Vegetables	94	0	0	0	0	84	20	4	6	4	386	3	27	1	V:1/4c RO V:1/2c S
	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	
02-04-2020	TOASTY TUESDAY**	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	3 CHEESE PANINI ^	278	13	7	0	35	658	28	2	3	15	38	0	313	2	MMA:1.5oz G/B:2sv WG
	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
	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	
02-05-2020	CHICKEN DRUMSTICK	160	10	2	0	90	320	2	0	0	16	0	0	0	1	MMA:2.5oz
	Corn Muffin ^	214	7	1	0	0	239	37	3	11	4	2	0	60	1	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	
	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	
02-06-2020	CHEESY TACO MEAT	181	12	6	0	40	429	7	2	2	12	149	0	125	2	MMA:2oz
	Tortilla Chips ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	G/B:1.25sv WG
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
	Jalapenos	5	0	0	0	0	394	1	1	1	0	39	5	26	0	V:1/4c O
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-07-2020	PANCAKES & SAUSAGE ^	290	14	4	0	40	400	28	3	6	15	0	0	89	2	MMA:2.25oz G/B:2sv WG
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	150	60	0	0	V:3/4c O
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-10-2020	PARMESAN POPCORN CHICKEN & PASTA ^	434	16	4	0	26	614	50	6	6	22	56	0	151	3	MMA:2oz G/B:2sv WG V:1/2c RO
	Mixed Vegetables	57	0	0	0	0	58	12	3	4	2	386	3	21	1	V:1/4c S V:1/4c RO
	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	
02-11-2020	DELI SUB SANDWICH ^	277	12	4	0	49	819	30	3	2	15	10	1	151	2	MMA:2oz G/B:2sv WG
	Pickle Chips	5	0	0	0	0	330	1	0	0	0	2	1	23	0	V:1/4c O
	Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	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 12 2020	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
	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	
	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 13 2020	MEATLOAF PANINI ^	306	10	4	0	38	580	33	6	4	25	0	1	211	4	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
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO
	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 14 2020	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
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
	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 17 2020	PRESIDENTS DAY	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
02 18 2020	PIZZA DIPPERS ^	290	11	5	0	20	530	30	3	6	19	80	0	350	2	MMA:2oz G/B:2sv WG
	Marinara Dipping Sauce	76	4	0	0	0	305	9	0	0	2	16	0	5	0	V:1/2c RO
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	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	
02 19 2020	BEAN & CHEESE BURRITO ^	309	11	5	0	20	442	39	5	2	14	16	1	201	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	
02 20 2020	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	

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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 21 2020	HOMESTYLE SALISBURY STEAK W/GRAVY	222	14	6	0	45	444	7	2	1	17	9	2	41	2	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	
02 24 2020	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
	Breadstick ^	100	1	0	0	0	135	20	2	2	4	0	6	20	1	G/B:1sv WG
	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	
02 25 2020	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	
02 26 2020	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	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 27 2020	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	
02 28 2020	MAC & CHEESE ^	359	14	8	0	37	828	39	2	9	24	13	0	458	1	MMA:2oz G/B:1sv WG
	Breadstick ^	100	1	0	0	0	135	20	2	2	4	0	6	20	1	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 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	

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

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

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

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