

JANUARY

BREAKFAST

GREAT HEARTS IRVING LOWER BRC - Breakfast K-12

Monday	Tuesday	Wednesday	Thursday	Friday
December 30, 2019	December 31, 2019	January 1, 2020	January 2, 2020	January 3, 2020
		HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK
January 6, 2020	January 7, 2020	January 8, 2020	January 9, 2020	January 10, 2020
TRIX ^ Strawberry Pancake Square ^ Craisins Grape Juice Choice of Milk	CINNAMON TOAST CRUNCH ^ Graham Crackers ^ 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
January 13, 2020	January 14, 2020	January 15, 2020	January 16, 2020	January 17, 2020
COCOA PUFFS ^ Graham Crackers ^ Craisins Orange Juice Choice of Milk	STRAWBERRY YOGURT Granola ^ Diced Pears Apple-Cranberry 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
January 20, 2020	January 21, 2020	January 22, 2020	January 23, 2020	January 24, 2020
MARTIN LUTHER KING JR.	APPLE CINNAMON CHEERIOS ^ Vanilla Waffle Square Craisins Grape 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
January 27, 2020	January 28, 2020	January 29, 2020	January 30, 2020	January 31, 2020
FRUITY CHEERIOS ^ Animal Grahams ^ Craisins Apple-Cranberry Juice Choice of Milk	STRAWBERRY BANANA YOGURT Granola ^ Blended Fruit Juice Diced Pears Choice of Milk	FROSTED CORN FLAKES ^ Vanilla Waffle Square ^ Fresh Apple Choice of Milk	RICE CHEX ^ Strawberry Pancake Square ^ Fresh Banana Orange Juice Choice of Milk	MOZZARELLA CHEESE STICK Cherry Mini Loaf ^ 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.

Find your school's menus online at: preferredmealsmenu.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
01-01-2020	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-02-2020	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-03-2020	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-06-2020	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	
01-07-2020	CINNAMON TOAST CRUNCH ^	110	3	0	0	0	160	22	3	6	1	120	5	200	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
	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	
01-08-2020	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	
01-09-2020	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	
01-10-2020	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	
01-13-2020	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	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	

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
01-14-2020	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
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Apple-Cranberry Juice	60	0	0	0	0	15	13	0	12	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	
01-15-2020	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	
01-16-2020	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	
01-17-2020	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	
01-20-2020	MARTIN LUTHER KING JR.	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-21-2020	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	
01-22-2020	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	
01-23-2020	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	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	
01-24-2020	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	

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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
01-27-2020	FRUITY CHEERIOS ^	120	2	0	0	0	140	25	2	9	2	150	12	100	4	G/B:1sv WG
	Animal Grahams ^	120	4	0	0	0	55	20	2	6	2	0	0	113	1	G/B:1sv WG
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Apple-Cranberry Juice	60	0	0	0	0	15	13	0	12	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	
01-28-2020	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
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	0	0	0	F:1/2c
	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	
01-29-2020	FROSTED CORN FLAKES ^	100	0	0	0	0	180	24	1	8	1	150	5	150	6	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	
01-30-2020	RICE CHEX ^	100	0	0	0	0	250	24	1	2	2	100	6	100	9	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
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	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	
01-31-2020	MOZZARELLA CHEESE STICK	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Cherry Mini Loaf ^	166	5	0	0	0	212	30	1	14	2	19	0	39	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	

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
01-01-2020	HOLIDAY BREAK								
01-02-2020	HOLIDAY BREAK								
01-03-2020	HOLIDAY BREAK								
01-06-2020	TRIX ^								
	Strawberry Pancake Square ^		X					X	X
	Craisins								
	Grape Juice								
01-07-2020	Choice of Milk	X							
	CINNAMON TOAST CRUNCH ^							X	X
	Graham Crackers ^							X	X
	Mixed Fruit Cup								
01-08-2020	Orange Juice								
	Choice of Milk	X							
	BLUEBERRY MUFFIN^								X
	Mozzarella Cheese Stick	X							
01-09-2020	Fresh Apple								
	Choice of Milk	X							
	LEMON LOAF ^								X
	Fresh Orange								
01-10-2020	Blended Fruit Juice								
	Choice of Milk	X							
	CORN CHEX ^								
	Vanilla Waffle Square ^		X					X	X
01-13-2020	Fresh Apple								
	Choice of Milk	X							
	COCOA PUFFS ^								
	Graham Crackers ^							X	X
	Craisins								
Orange Juice									
Choice of Milk	X								

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
01-14-2020	STRAWBERRY YOGURT	X							
	Granola ^								
	Diced Pears								
	Apple-Cranberry Juice								
	Choice of Milk	X							
01-15-2020	CINNAMON CHEX ^								
	Maple Breakfast Square ^		X					X	X
	Fresh Apple								
	Choice of Milk	X							
01-16-2020	ENGLISH MUFFIN ^	X						X	X
	Assorted Jelly								
	Fresh Banana								
	Diced Peaches								
	Choice of Milk	X							
01-17-2020	MOZZARELLA CHEESE STICK	X							
	Peach Mini Loaf ^								X
	Fresh Apple								
	Choice of Milk	X							
01-20-2020									
	MARTIN LUTHER KING JR.								
01-21-2020	APPLE CINNAMON CHEERIOS ^								
	Vanilla Waffle Square		X					X	X
	Craisins								
	Grape Juice								
	Choice of Milk	X							
01-22-2020	BANANA MUFFIN ^								X
	Mozzarella Cheese Stick	X							
	Fresh Apple								
	Choice of Milk	X							
01-23-2020	WHOLE WHEAT BAGEL							X	X
	Cream Cheese	X							
	Fresh Pear								
	Orange Juice								
	Choice of Milk	X							
01-24-2020	CINNAMON TOAST CRUNCH ^							X	X
	French Toast Breakfast Square ^		X					X	X
	Fresh Apple								
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
01-27-2020	FRUITY CHEERIOS ^								
	Animal Grahams ^	X	X					X	X
	Craisins								
	Apple-Cranberry Juice								
	Choice of Milk	X							
01-28-2020	STRAWBERRY BANANA YOGURT	X							
	Granola ^								
	Blended Fruit Juice								
	Diced Pears								
	Choice of Milk	X							
01-29-2020	FROSTED CORN FLAKES ^								X
	Vanilla Waffle Square ^		X					X	X
	Fresh Apple								
	Choice of Milk	X							
01-30-2020	RICE CHEX ^								
	Strawberry Pancake Square ^		X					X	X
	Fresh Banana								
	Orange Juice								
	Choice of Milk	X							
01-31-2020	MOZZARELLA CHEESE STICK	X							
	Cherry Mini Loaf ^								X
	Fresh Apple								
	Choice of Milk	X							