

JANUARY LUNCH

GREAT HEARTS IRVING LOWER

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
PARMESAN POPCORN CHICKEN & PASTA ^ Mixed Vegetables Applesauce Cup Choice of Milk	DELI SUB SANDWICH ^ Pickle Chips Corn Diced Peaches Mustard Choice of Milk	*NEW ITEM* 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	PAPA JOHN'S PIZZA Green Beans Fresh Baby Carrots Light Ranch Dressing Mixed Fruit Cup Choice of Milk
January 13, 2020	January 14, 2020	January 15, 2020	January 16, 2020	January 17, 2020
MEATLESS MONDAY PIZZA DIPPERS ^ Marinara Dipping Sauce Green Beans Applesauce Cup Choice of Milk	CHICKEN TENDERS WITH POTATO WEDGES ^ Maple Baked Beans Orange Juice BBQ Sauce Ketchup 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
January 20, 2020	January 21, 2020	January 22, 2020	January 23, 2020	January 24, 2020
MARTIN LUTHER KING JR.	Green Beans Mixed Fruit Cup Choice of Milk PENNE PASTA W/MEAT SAUCE ^	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
January 27, 2020	January 28, 2020	January 29, 2020	January 30, 2020	January 31, 2020
*NEW RECIPE!*** BEEF & BEAN CHILI Green Beans Diced Peaches Corn Muffin ^ Choice of Milk	FRENCH BREAD CHEESE PIZZA 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

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

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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
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	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	
01-07-2020	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	
01-08-2020	*NEW ITEM*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	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		
01-09-2020	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	
01-10-2020	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
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	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
	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
01-13-2020	*MEATLESS MONDAY*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	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	
01-14-2020	CHICKEN TENDERS WITH POTATO WEDGES ^	313	17	2	0	25	409	24	4	1	16	30	2	0	2	MMA:2oz G/B:1sv WG V:1/4c S
	Maple Baked Beans	192	1	0	0	0	284	37	7	8	10	1	0	76	3	V:1/2c L
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	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	
01-15-2020	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	
01-16-2020	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	
01-17-2020	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	
01-20-2020	MARTIN LUTHER KING JR.	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-21-2020	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	
	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

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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
01-22-2020	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	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	
01-23-2020	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	
01-24-2020	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	
01-27-2020	*NEW RECIPE!***	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	BEEF & BEAN CHILI	197	6	2	0	19	461	24	8	3	13	145	6	66	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	
01-28-2020	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
	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	
01-29-2020	CHARBROILED HAMBURGER	140	10	4	0	40	150	2	1	0	12	0	0	40	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
01-30-2020	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	
01-31-2020	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	

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
01-01-2020	HOLIDAY BREAK								
01-02-2020	HOLIDAY BREAK								
01-03-2020	HOLIDAY BREAK								
01-06-2020	PARMESAN POPCORN CHICKEN & PASTA ^	X						X	X
	Mixed Vegetables								
	Applesauce Cup								
	Choice of Milk	X							
01-07-2020	DELI SUB SANDWICH ^	X						X	X
	Pickle Chips								
	Corn								
	Diced Peaches								
	Mustard								
	Choice of Milk	X							
01-08-2020	*NEW ITEM*								
	GENERAL TSO'S CHICKEN & NOODLES ^	X	X					X	X
	Broccoli								
	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Choice of Milk	X							
01-09-2020	MEATLOAF PANINI ^	X						X	X
	Maple Baked Beans								
	Sun Splash Veggie Juice								
	Sliced Apples								
	Ketchup								
	Choice of Milk	X							
01-10-2020	PAPA JOHN'S PIZZA	X						X	X
	Green Beans								
	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Mixed Fruit Cup								
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
01-13-2020	*MEATLESS MONDAY*								
	PIZZA DIPPERS ^	X	X					X	X
	Marinara Dipping Sauce	X						X	
	Green Beans								
	Applesauce Cup								
	Choice of Milk	X							
01-14-2020	CHICKEN TENDERS WITH POTATO WEDGES ^							X	X
	Maple Baked Beans								
	Orange Juice								
	BBQ Sauce							X	
	Ketchup								
	Choice of Milk	X							
01-15-2020	BEAN & CHEESE BURRITO ^	X						X	X
	Salsa Cup								
	Whole Kernel Corn								
	Fresh Pear								
	Choice of Milk	X							
01-16-2020	POPCORN CHICKEN ^							X	X
	Mixed Vegetables								
	Fresh Orange								
	BBQ Sauce							X	
	Choice of Milk	X							
01-17-2020	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							
01-20-2020	MARTIN LUTHER KING JR.								
01-21-2020	Green Beans								
	Mixed Fruit Cup								
	Choice of Milk	X							
	PENNE PASTA W/MEAT SAUCE ^	X						X	X

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
01-22-2020	PAPA JOHN'S PIZZA	X						X	X
	Broccoli								
	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Orange Juice								
	Choice of Milk	X							
01-23-2020	HOT DOG W/ POTATO ROUNDS							X	
	Hot Dog Bun ^	X						X	X
	Maple Baked Beans								
	Fresh Apple								
	Mustard								
	Ketchup (2)								
	Choice of Milk	X							
01-24-2020	CRISPY CHICKEN PATTY ^							X	X
	Hamburger Bun ^	X						X	X
	French Fries							X	
	Fresh Banana								
	Chipotle Ranch	X	X						
	Ketchup								
	Choice of Milk	X							
01-27-2020	*NEW RECIPE!***								
	BEEF & BEAN CHILI							X	
	Green Beans								
	Diced Peaches								
	Corn Muffin ^								X
	Choice of Milk	X							
01-28-2020	FRENCH BREAD CHEESE PIZZA	X							X
	Mixed Vegetables								
	Orange Juice								
	Choice of Milk	X							
01-29-2020	CHARBROILED HAMBURGER		X					X	
	Hamburger Bun ^	X						X	X
	Corn								
	Fresh Banana								
	Mustard								
	Sriracha Ketchup								
	Choice of Milk	X							

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
01-30-2020	HOLIDAY MEAL**								
	CHEESE LASAGNA ^	X	X					X	X
	Broccoli								
	Fresh Pear								
	Chocolate Cookie ^							X	X
	Choice of Milk	X							
01-31-2020	BAGEL DOG ^							X	X
	Maple Baked Beans								
	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Mixed Fruit Cup								
	Mustard								
	Ketchup								
	Choice of Milk	X							