



# GREAT HEARTS IRVING LOWER

## BRC - Breakfast K-12

<p><b>*NATIONAL SCHOOL BREAKFAST WEEK*</b>  <b>FROOT LOOPS<sup>^</sup></b>            Animal Grahams <sup>^</sup>            Craisins            Grape Juice            Choice of Milk</p>	<p><b>STRAWBERRY BANANA YOGURT</b>            Granola <sup>^</sup>            Blended Fruit Juice            Diced Pears            Choice of Milk</p>	<p><b>FROSTED FLAKES <sup>^</sup></b>            Vanilla Waffle Square <sup>^</sup>            Fresh Apple            Choice of Milk</p>	<p><b>*NEW ITEM*</b>  <b>PILLSBURY GRAPE CRESCENT <sup>^</sup></b>            Fresh Banana            Orange Juice            Choice of Milk</p>	<p><b>MOZZARELLA CHEESE STICK</b>            Lemon Mini Loaf <sup>^</sup>            Fresh Apple            Choice of Milk</p>
<p><b>GOLDEN GRAHAM CEREAL <sup>^</sup></b>            French Toast            Breakfast Square <sup>^</sup>            Craisins            Blended Fruit Juice            Choice of Milk</p>	<p><b>CINNAMON FLAKES <sup>^</sup></b>            Graham Crackers <sup>^</sup>            Orange Juice            Diced Peaches            Choice of Milk</p>	<p><b>MOZZARELLA CHEESE STICK</b>            Chocolate Chip            Mini Loaf <sup>^</sup>            Fresh Apple            Choice of Milk</p>	<p>Strawberry/Banana            Yogurt            Granola <sup>^</sup>            Fresh Banana            Grape Juice            Choice of Milk</p>	<p><b>APPLE JACKS <sup>^</sup></b>            Maple Breakfast Square <sup>^</sup>            Fresh Apple            Choice of Milk</p>
SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK
<p><b>COCOA PUFFS <sup>^</sup></b>            Graham Crackers <sup>^</sup>            Craisins            Apple-Cranberry Juice            Choice of Milk</p>	<p><b>STRAWBERRY YOGURT</b>            Granola <sup>^</sup>            Diced Pears            Orange Juice            Choice of Milk</p>	<p><b>CINNAMON FLAKES <sup>^</sup></b>            Maple Breakfast Square <sup>^</sup>            Fresh Apple            Choice of Milk</p>	<p><b>ENGLISH MUFFIN <sup>^</sup></b>            Assorted Jelly            Fresh Banana            Diced Peaches            Choice of Milk</p>	<p><b>MOZZARELLA CHEESE STICK</b>            Peach Mini Loaf <sup>^</sup>            Fresh Apple            Choice of Milk</p>
<p><b>APPLE JACKS <sup>^</sup></b>            Vanilla Waffle Square <sup>^</sup>            Craisins            Grape Juice            Choice of Milk</p>	<p>Strawberry/Banana            Yogurt            Granola <sup>^</sup>            Applesauce Cup            Blended Fruit Juice            Choice of Milk</p>			

**ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK.    \*\* MENU SUBJECT TO CHANGE \*\***

**<sup>^</sup> 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
03-02-2020	*NATIONAL SCHOOL BREAKFAST WEEK*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	FROOT LOOPS^	110	1	0	0	0	160	24	2	8	2	0	6	0	2	G/B:1sv WG
	Animal Grahams ^	120	4	0	0	0	55	20	2	6	2	0	0	11	1	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	
03-03-2020	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	
03-04-2020	FROSTED FLAKES ^	100	0	0	0	0	170	24	2	7	2	0	0	0	2	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	
03-05-2020	*NEW ITEM*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	PILLSBURY GRAPE CRESCENT ^	210	6	1	0	0	260	35	2	9	5	0	0	20	1	G/B:2sv 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	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	
03-06-2020	MOZZARELLA CHEESE STICK	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Lemon Mini Loaf ^	127	3	0	0	0	183	25	1	10	2	0	0	41	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	
03-09-2020	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	
03-10-2020	CINNAMON FLAKES ^	100	0	0	0	0	170	24	3	6	2	225	22	0	8	G/B:1sv WG
	Graham Crackers ^	90	2	0	0	0	100	16	1	4	2	500	0	100	1	G/B:1sv WG
	Orange Juice	60	0	0	0	0	20	14	0	13	0	0	30	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	
03-11-2020	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	

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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
03 12 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
	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	
03 13 2020	APPLE JACKS ^	110	1	0	0	0	160	24	2	8	2	0	6	0	2	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	
03 16 2020	SPRING BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
03 17 2020	SPRING BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
03 18 2020	SPRING BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
03 19 2020	SPRING BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
03 20 2020	SPRING BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
03 23 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	500	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
	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	
03 24 2020	STRAWBERRY YOGURT	70	0	0	0	0	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
	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	
03 25 2020	CINNAMON FLAKES ^	100	0	0	0	0	170	24	3	6	2	225	22	0	8	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	

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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
03 26 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	
03 27 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	
03 30 2020	APPLE JACKS ^	110	1	0	0	0	160	24	2	8	2	0	6	0	2	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	
03 31 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
	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	

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  
 BeWell Types : BW-PLANT = Plant-Based      BW-GF = Good Fat      BW-LPP = Lean/Plant Protein      BW-LS = Less Sugar  
 BW-HF = High Fiber Food      BW-PRO = Probiotics

## 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
03 02 2020	*NATIONAL SCHOOL BREAKFAST WEEK*								
	FROOT LOOPS^							X	X
	Animal Grahams ^	X	X					X	X
	Craisins								
	Grape Juice								
03 03 2020	Choice of Milk	X							
	STRAWBERRY BANANA YOGURT	X							
	Granola ^								
	Blended Fruit Juice								
	Diced Pears								
03 04 2020	Choice of Milk	X							
	FROSTED FLAKES ^								X
	Vanilla Waffle Square ^		X					X	X
	Fresh Apple								
03 05 2020	Choice of Milk	X							
	*NEW ITEM*								
	PILLSBURY GRAPE CRESCENT ^	X							X
	Fresh Banana								
03 06 2020	Orange Juice								
	Choice of Milk	X							
	MOZZARELLA CHEESE STICK	X							
	Lemon Mini Loaf ^								X
03 09 2020	Fresh Apple								
	Choice of Milk	X							
	GOLDEN GRAHAM CEREAL ^								X
	French Toast Breakfast Square ^		X					X	X
	Craisins								
03 10 2020	Blended Fruit Juice								
	Choice of Milk	X							
	CINNAMON FLAKES ^								X
	Graham Crackers ^							X	X
	Orange Juice								
03 11 2020	Diced Peaches								
	Choice of Milk	X							
	MOZZARELLA CHEESE STICK	X							
	Chocolate Chip Mini Loaf ^	X						X	X
03 11 2020	Fresh Apple								
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
03 12 2020	Strawberry/Banana Yogurt	X							
	Granola ^								
	Fresh Banana								
	Grape Juice								
	Choice of Milk	X							
03 13 2020	APPLE JACKS ^							X	X
	Maple Breakfast Square ^		X					X	X
	Fresh Apple								
	Choice of Milk	X							
03 16 2020	SPRING BREAK								
03 17 2020	SPRING BREAK								
03 18 2020	SPRING BREAK								
03 19 2020	SPRING BREAK								
03 20 2020	SPRING BREAK								
03 23 2020	COCOA PUFFS ^								
	Graham Crackers ^							X	X
	Craisins								
	Apple-Cranberry Juice								
	Choice of Milk	X							
03 24 2020	STRAWBERRY YOGURT	X							
	Granola ^								
	Diced Pears								
	Orange Juice								
	Choice of Milk	X							
03 25 2020	CINNAMON FLAKES ^								X
	Maple 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
03 26 2020	ENGLISH MUFFIN ^	X						X	X
	Assorted Jelly								
	Fresh Banana								
	Diced Peaches								
	Choice of Milk	X							
03 27 2020	MOZZARELLA CHEESE STICK	X							
	Peach Mini Loaf ^								X
	Fresh Apple								
	Choice of Milk	X							
03 30 2020	APPLE JACKS ^							X	X
	Vanilla Waffle Square ^		X					X	X
	Craisins								
	Grape Juice								
	Choice of Milk	X							
03 31 2020	Strawberry/Banana Yogurt	X							
	Granola ^								
	Applesauce Cup								
	Blended Fruit Juice								
	Choice of Milk	X							