



GREAT HEARTS IRVING LOWER

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*NATIONAL BREAKFAST WEEK* FRENCH TOAST STICKS W/SAUSAGE ^ Tropical Veggie Juice Applesauce Cup Syrup Choice of Milk</p>	<p>*NEW ITEM* BBQ CHICKEN TATOR TOT-CHOS Tortilla Chips ^ Diced Carrots Mixed Fruit Cup Choice of Milk</p>	<p>CHEESEBURGER Hamburger Bun ^ Baked Beans Pickle Chips Orange Juice Mustard Ketchup Choice of Milk</p>	<p>CHICKEN ALFREDO PASTA ^ Mixed Vegetables Sliced Apples Choice of Milk</p>	<p>March 6, 2020 PAPA JOHN'S PIZZA Broccoli Fresh Baby Carrots Light Ranch Dressing Fresh Banana Choice of Milk</p>
March 9, 2020	March 10, 2020	March 11, 2020	March 12, 2020	March 13, 2020
<p>MEATLOAF W/TOMATO SAUCE Breadstick ^ Mashed Potatoes Applesauce Cup Choice of Milk</p>	<p>CHICKEN DRUMSTICK Corn Muffin ^ Country Blend Vegetables Diced Pears BBQ Sauce Choice of Milk</p>	<p>PEPPERONI PIZZA Broccoli Diced Peaches Choice of Milk</p>	<p>HOT DOG W/ POTATO ROUNDS Hot Dog Bun ^ Baked Beans Fresh Orange Mustard Ketchup Choice of Milk</p>	<p>MAC & CHEESE ^ California Blend Veggies Fresh Pear Snickerdoodle Cookie ^ Choice of Milk</p>
March 16, 2020	March 17, 2020	March 18, 2020	March 19, 2020	March 20, 2020
<p>SPRING BREAK</p>	<p>SPRING BREAK</p>	<p>SPRING BREAK</p>	<p>SPRING BREAK</p>	<p>SPRING BREAK</p>
March 23, 2020	March 24, 2020	March 25, 2020	March 26, 2020	March 27, 2020
<p>Choice of Milk SPAGHETTI & MEATBALLS ^ Green Beans Orange Juice</p>	<p>MINI CORN DOGS ^ POTATO ROUNDS Mixed Vegetables Diced Peaches Mustard Ketchup Choice of Milk</p>	<p>TERIYAKI CHICKEN PATTY Hamburger Bun ^ French Fries Mixed Fruit Cup Ketchup Choice of Milk</p>	<p>RIB-B-QUE Pickle Chips Hamburger Bun ^ Baked Beans Fresh Apple Choice of Milk</p>	<p>FRENCH BREAD CHEESE PIZZA Broccoli Fresh Pear Choice of Milk</p>
March 30, 2020	March 31, 2020	April 1, 2020	April 2, 2020	April 3, 2020
<p>CRUNCHY CHICKEN TENDERS ^ Potato Wedges Diced Pears Ketchup BBQ Sauce Choice of Milk</p>	<p>SLOPPY JOE Hamburger Bun ^ Diced Carrots Mixed Fruit Cup Choice of Milk</p>			

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
03-02-2020	*NATIONAL BREAKFAST WEEK*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	FRENCH TOAST STICKS W/SAUSAGE ^	420	20	6	0	45	450	44	2	14	17	0	0	46	2	MMA:2.25oz G/B:2.25sv WG
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	150	60	0	0	V:3/4c O
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	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	
03-03-2020	*NEW ITEM*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	BBQ CHICKEN TATOR TOT-CHOS	349	14	4	0	47	769	36	2	10	22	49	3	112	1	MMA:2oz V:1/4c RO V:1/2c S
	Tortilla Chips ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	G/B:1.25sv WG
	Diced Carrots	38	0	0	0	0	64	9	3	4	1	770	5	30	0	V:1/2c RO
	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	
03-04-2020	CHEESEBURGER	180	13	6	0	48	290	3	1	0	16	0	0	115	1	MMA:2oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Baked Beans	192	1	0	0	0	284	37	7	8	10	1	0	76	3	V:1/2c L
	Pickle Chips	5	0	0	0	0	330	1	0	0	0	2	1	23	0	V:1/4c O
	Orange Juice	60	0	0	0	0	20	14	0	13	0	0	30	0	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	
03-05-2020	CHICKEN ALFREDO PASTA ^	350	18	8	0	56	545	31	2	6	17	97	0	247	1	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
	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	
03-06-2020	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	
	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	
03-09-2020	MEATLOAF W/TOMATO SAUCE	151	5	2	0	30	276	10	5	2	17	97	4	80	4	MMA:2oz V:1/4c RO
	Breadstick ^	100	1	0	0	0	135	20	2	2	4	0	6	20	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
	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	

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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
03 23 2020	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	SPAGHETTI & MEATBALLS ^	332	10	4	0	37	513	42	4	8	18	40	2	88	2	MMA:2oz G/B:1sv WG V:3/4c RO
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Orange Juice	60	0	0	0	0	20	14	0	13	0	0	30	0	0	F:1/2c
03 24 2020	MINI CORN DOGS ^ POTATO ROUNDS	331	17	4	0	40	566	40	3	11	13	0	66	100	2	MMA:2oz G/B:2sv WG V:1/4c S
	Mixed Vegetables	57	0	0	0	0	58	12	3	4	2	386	3	21	1	V:1/4c S V:1/4c RO
	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	
	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	
03 25 2020	TERIYAKI CHICKEN PATTY	130	4	1	0	35	550	8	1	6	15	30	1	20	1	MMA:2oz
	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
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	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	
03 26 2020	RIB-B-QUE	202	12	4	0	48	445	10	1	5	17	39	0	30	2	MMA:2oz
	Pickle Chips	5	0	0	0	0	330	1	0	0	0	2	1	23	0	V:1/4c O
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	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
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03 27 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
	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	
03 30 2020	CRUNCHY CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	0	2	MMA:2oz G/B:1sv WG
	Potato Wedges	159	5	0	0	0	56	25	3	0	3	0	6	0	1	V:3/4c S
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	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	
03 31 2020	SLOPPY JOE	198	10	4	0	33	494	17	2	8	12	86	5	36	2	MMA:2oz V:1/2c RO
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Diced Carrots	38	0	0	0	0	64	9	3	4	1	770	5	30	0	V:1/2c RO
	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	

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

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
03 02 2020	*NATIONAL BREAKFAST WEEK*								
	FRENCH TOAST STICKS W/SAUSAGE ^	X	X					X	X
	Tropical Veggie Juice								
	Applesauce Cup								
	Syrup								
	Choice of Milk	X							
03 03 2020	*NEW ITEM*								
	BBQ CHICKEN TATOR TOT-CHOS	X						X	
	Tortilla Chips ^								
	Diced Carrots								
	Mixed Fruit Cup								
	Choice of Milk	X							
03 04 2020	CHEESEBURGER	X	X					X	
	Hamburger Bun ^	X						X	X
	Baked Beans								
	Pickle Chips								
	Orange Juice								
	Mustard								
	Ketchup								
	Choice of Milk	X							
03 05 2020	CHICKEN ALFREDO PASTA ^	X						X	X
	Mixed Vegetables								
	Sliced Apples								
	Choice of Milk	X							
03 06 2020	PAPA JOHN'S PIZZA	X						X	X
	Broccoli								
	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Fresh Banana								
	Choice of Milk	X							
03 09 2020	MEATLOAF W/TOMATO SAUCE							X	
	Breadstick ^							X	X
	Mashed Potatoes	X						X	
	Applesauce Cup								
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
03 10 2020	CHICKEN DRUMSTICK								
	Corn Muffin ^								X
	Country Blend Vegetables								
	Diced Pears								
	BBQ Sauce							X	
	Choice of Milk	X							
03 11 2020	PEPPERONI PIZZA	X						X	X
	Broccoli								
	Diced Peaches								
	Choice of Milk	X							
03 12 2020	HOT DOG W/ POTATO ROUNDS							X	
	Hot Dog Bun ^	X						X	X
	Baked Beans								
	Fresh Orange								
	Mustard								
	Ketchup								
	Choice of Milk	X							
03 13 2020	MAC & CHEESE ^	X						X	X
	California Blend Veggies								
	Fresh Pear								
	Snickerdoodle Cookie ^							X	X
	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								

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
03 23 2020	Choice of Milk	X							
	SPAGHETTI & MEATBALLS ^	X	X					X	X
	Green Beans								
	Orange Juice								
03 24 2020	MINI CORN DOGS ^	X	X					X	X
	POTATO ROUNDS								
	Mixed Vegetables								
	Diced Peaches								
	Mustard								
	Ketchup								
03 25 2020	Choice of Milk	X							
	TERIYAKI CHICKEN PATTY							X	X
	Hamburger Bun ^	X						X	X
	French Fries							X	
	Mixed Fruit Cup								
	Ketchup								
03 26 2020	Choice of Milk	X							
	RIB-B-QUE							X	
	Pickle Chips								
	Hamburger Bun ^	X						X	X
	Baked Beans								
	Fresh Apple								
03 27 2020	Choice of Milk	X							
	FRENCH BREAD CHEESE PIZZA	X							X
	Broccoli								
	Fresh Pear								
03 30 2020	Choice of Milk	X							
	CRUNCHY CHICKEN TENDERS ^							X	X
	Potato Wedges							X	
	Diced Pears								
	Ketchup								
	BBQ Sauce							X	
03 31 2020	Choice of Milk	X							
	SLOPPY JOE							X	
	Hamburger Bun ^	X						X	X
	Diced Carrots								
	Mixed Fruit Cup								
Choice of Milk	X								