



Beaumont Unified School District
January 2019
 Elementary Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	1 HOLIDAY Winter Break	2 NO SCHOOL Winter Break	3 NO SCHOOL Winter Break	4 HOLIDAY Winter Break
7 Benefit Breakfast Bar Oatmeal Chocolate Chip C-290 TF-9g SF-3g CB-47g ***** Cheese Bites C-280 TF-12 SF-4 CB-28 Or Beef Taco Stick C-345 TF-12.8g SF-8.4g CB-31.9g	8 Breakfast Pizza C-240 TF-7g SF-2.5g CB-31g ***** Chili Cheese Dog# C-298- TF-11g SF-4g CB-33g Or Hamburger C-316 TF-14g SF-5g CB-29g	9 Early Release Day Cinnamon Pancakes C-220 TF-7g SF-1.5g CB-35g ***** Chicken Nuggets C-260 TF-15g SF-2.5g CB-16g	10 Frudel C-210 TF-6g SF-1.5g CB-36g ***** Chicken Sandwich C-350 TF-13g SF-2g CB-42g Or Bean & Cheese Burrito (Red) C-340 TF-13g SF-7g CB-42g	11 Cinnamon Roll C-300 TF-11g SF-6g CB-51g ***** Pizza Bites C-270 TF-10g SF-2.5g CB-29g
14 Pan Dulce C-200 TF-6g SF-1.5g CB-34g ***** Gordita – Bean & Cheese C-290 TF-11g SF-3.5g CB-35g Or Cheesy Pretzel Sticks C-400 TF-14g SF-4g CB-54g	15 Pancake On A Stick C-160 TF-6g SF-1.5g CB-19g ***** Hot Dog C-310 TF-17g SF-6g CB-30g Or Cheeseburgers Sliders C-272 TF-8g SF-3g CB-31g	16 Early Release Day Eggo Mini Waffles C-200 TF-5g SF-1.5g CB-35g ***** Bean & Cheese Burrito (Red) C-340 TF-13g SF-7g CB-42g Or Popcorn Chicken C-290 TF-18g SF-3.5g CB-17g	17 Breakfast Pizza C-240 TF-7g SF-2.5g CB-31g ***** Teriyaki Chicken Rice Bowl C-198 TF-2.9g SF-.7g CB-28.4g Or Corn Dog# C-238 TF-9.2g SF-2.5g CB-28g	18 Muffin - Blueberry C-230 TF-7g SF-1g CB-39g ***** Round Cheese C-330 TF-14g SF-8g CB-31g
21 HOLIDAY Dr Martin Luther King, Jr. Day	22 Coffee Cake C-260 TF-10g SF-1g CB-37g ***** Taco Nada+ C-260 TF-8g SF-2.5g CB-31g Or Corn Dog# C-238 TF-9.2g SF-2.5g CB-27.8g	23 Early Release Day French Toast C-260 TF-6g SF-1g CB-45g ***** Chicken Tenders C-210 TF-11g SF-2g CB-13g	24 Sausage Breakfast Sandwich C-224 TF-7g SF-2g CB-26g ***** Chili Cheese +Tots C-275 TF-12.5g SF-4.5g CB-19.5g Or Rotini w/Meat Sauce C-338 TF-17g SF-7g CB-26g	25 Breakfast Mini Rings - Powdered C-270 TF-11g SF-3g CB-41g ***** Domino's Pizza C-310 TF-8g SF-3.5g CB-39g Friday Treat Please see website for Nutritional
28 Benefit Breakfast Bar Oatmeal Chocolate Chip C-290 TF-9g SF-3g CB-47g ***** Cheese Bites C-280 TF-12 SF-4 CB-28 Or Beef Taco Stick C-345 TF-12.8g SF-8.4g CB-31.9g	29 Breakfast Pizza C-240 TF-7g SF-2.5g CB-31g ***** Chili Cheese Dog# C-298- TF-11g SF-4g CB-33g Or Hamburger C-316 TF-14g SF-5g CB-29g	30 Early Release Day Cinnamon Pancakes C-220 TF-7g SF-1.5g CB-35g ***** Chicken Nuggets C-260 TF-15g SF-2.5g CB-16g	31 Frudel C-210 TF-6g SF-1.5g CB-36g ***** Chicken Sandwich C-350 TF-13g SF-2g CB-42g Or Bean & Cheese Burrito (Red) C-340 TF-13g SF-7g CB-42g	
Salad Bar Offered Daily				
<i>Daily items will include a variety of fresh, canned, frozen and dried fruits and vegetables</i>				

8oz milk offered with each meal - + Contains Turkey; # Contains Chicken; * Contains Pork/Ham;

This institution is an equal opportunity provider.

**Menu Subject To Change Without Notice

All grains meet the whole grain-rich criteria for lunch and breakfast.