

# Middle School Breakfast Menu

January 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>HOLIDAY</b> Winter Break	<b>2</b> <b>NO SCHOOL</b> Winter Break	<b>3</b> <b>NO SCHOOL</b> Winter Break	<b>4</b> <b>NO SCHOOL</b> Winter Break
<b>7</b> Breakfast: <b>Cheese Omelet w/ Hashbrown Stick</b> C-220 TF-13.5g SF-3.75g CB-20.5g	<b>8</b> Breakfast: <b>French Toast</b> C-260 TF-6g SF-1g CB-45g	<b>9</b> Early Release Day Breakfast: <b>Fresh Baked Breakfast Bread</b> C-336 TF-11g SF-2g CB- 56g	<b>10</b> Breakfast: <b>Waffle Stick w/Sausage*</b> C-270 TF-9.5g SF-3g CB-36g	<b>11</b> Breakfast: <b>Breakfast Pizza*</b> C-210 TF-7g SF-2g CB-26g
<b>14</b> Breakfast: <b>Benefit Breakfast Bar</b> C-290 TF-9g SF-3g CB-48g	<b>15</b> Breakfast: <b>Breakfast Sandwich w/Sausage &amp; Cheese*</b> C-270 TF-11g SF-4g CB-31.5g	<b>16</b> Early Release Day Breakfast: <b>Yogurt Parfait</b> C-337 TF-6.5g SF-1.25g CB-68 g	<b>17</b> Breakfast: <b>Cinnamon Glazed Pancakes w/Sausage*</b> C-290 TF-11.5g SF-3g CB-36g	<b>18</b> Breakfast: <b>Handmade Egg &amp; Cheese Burrito</b> C-400 TF-21g SF-11g CB-35g
<b>21</b> <b>HOLIDAY</b> <b>Dr. Martin Luther King, Jr. Day</b>	<b>22</b> Breakfast: <b>Breakfast Sandwich w/Ham &amp; Cheese</b> C-282 TF-10.5g SF-4.5g CB-29.5g	<b>23</b> Early Release Day Breakfast: <b>Fresh Baked Breakfast Bread</b> C-336 TF-11g SF-2g CB- 56g	<b>24</b> Breakfast: <b>French Toast Stix w/Sausage*</b> C-340 TF-12.5g SF-2.5g CB-44g	<b>25</b> Breakfast: <b>Breakfast Pizza*</b> C-210 TF-7g SF-2g CB-26g
<b>28</b> Breakfast: <b>Cheese Omelet w/ Hashbrown Stick</b> C-220 TF-13.5g SF-3.75g CB-20.5g	<b>29</b> Breakfast: <b>French Toast</b> C-260 TF-6g SF-1g CB-45g	<b>30</b> Early Release Day Breakfast: <b>Fresh Baked Breakfast Bread</b> C-336 TF-11g SF-2g CB- 56g	<b>31</b> Breakfast: <b>Waffle Stick w/Sausage*</b> C-270 TF-9.5g SF-3g CB-36g	

**FREE Breakfast Meals Served Daily**

Bagel  
Cinnamon Roll  
PBJ Uncrustable  
Pan Dulce  
Breakfast Mini Rings  
Yogurt  
Cereal

*Breakfast Meal Includes:* Breakfast Entrée, Fresh Fruit, Fruit Juice and Milk

+ Contains Turkey; # Contains Chicken; \* Contains Pork/Ham  
\*\*Menu Subject To Change Without Notice\*\*

**This institution is an equal opportunity provider.**

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

Calories, Total Fat, Total Saturated Fat and Carbohydrates are provided for each item. Complete nutritional information is available on our website.

[www.beaumont-ca.schoollloop.com](http://www.beaumont-ca.schoollloop.com)

# Middle School Lunch Menu

January 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>HOLIDAY</b> Winter Break	<b>2</b> <b>NO SCHOOL</b> Winter Break	<b>3</b> <b>NO SCHOOL</b> Winter Break	<b>4</b> <b>NO SCHOOL</b> Winter Break
<b>7</b> Lunch: <b>Nacho Bites</b> C-270 TF-10g SF-4g CB-32g	<b>8</b> Lunch: <b>Build Your Own Chicken Burrito</b> C-451 TF-8.75g SF-4g CB-69.5g	<b>9</b> Early Release Day Lunch: <b>Teriyaki Chicken w/Rice</b> C-290 TF-5g SF-1g CB-43g	<b>10</b> Lunch: <b>Chicken Tenders</b> C-280 TF-15 SF-3g CB-17g	<b>11</b> Lunch: <b>Triple B Burger</b> C-365 TF-17g SF-6g CB-30g
<b>14</b> Lunch: <b>Hot Dog</b> C-310 TF-17g SF-6g CB-30g	<b>15</b> Lunch: <b>Build Your Own Cheesy Nachos</b> C-370 TF-22g SF-6g CB-34g	<b>16</b> Early Release Day Lunch: <b>Teriyaki Beef Noodle Bowl</b> C-578 TF-12g SF-4g CB-94g	<b>17</b> Lunch: <b>Carnitas Street Tacos</b> C-437 TF-15.5g SF-4.5g CB-39.5g	<b>18</b> Lunch: <b>Teriyaki Chicken w/Rice</b> C-290 TF-5g SF-1g CB-43g
<b>21</b> <b>HOLIDAY</b> <b>Dr. Martin Luther King, Jr. Day</b>	<b>22</b> Lunch: <b>Popcorn Chicken</b> C-290 TF-18g SF-3.5g CB-17g	<b>23</b> Early Release Day Lunch: <b>Orange Chicken w/Chow Mein Stir Fry</b> C-330 TF-3g SF-.5g CB-56g	<b>24</b> Lunch: <b>Enchirito- Chicken</b> C-385 TF-14g SF-7g CB-36.5g	<b>25</b> Lunch: <b>Chili Fries</b> C-350 TF-9.5g SF-1.5g CB-39g
<b>28</b> Lunch: <b>Nacho Bites</b> C-270 TF-10g SF-4g CB-32g	<b>29</b> Lunch: <b>Build Your Own Chicken Burrito</b> C-451 TF-8.75g SF-4g CB-69.5g	<b>30</b> Early Release Day Lunch: <b>Teriyaki Chicken w/Rice</b> C-290 TF-5g SF-1g CB-43g	<b>31</b> Lunch: <b>Chicken Tenders</b> C-280 TF-15 SF-3g CB-17g	

**\$3.00 Lunch Meals Served Daily**

**Domino's Pizza**  
**Cheeseburger**  
**Corn Dog**  
**Salad - Turkey**  
**Salad - Chicken Caesar**  
**Reg/Spicy Chicken Sandwich**

*Lunch Meal Includes:* Lunch Entrée, Fresh Fruit, Vegetable, and Milk

+ Contains Turkey; # Contains Chicken; \* Contains Pork/Ham  
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*All grains meet the whole grain-rich criteria for lunch and breakfast.*

Calories, Total Fat, Total Saturated Fat and Carbohydrates are provided for each item. Complete nutritional information is available on our website.

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