

Beaumont Unified School District

Child Nutrition Services

ELEMENTARY

2018 -2019 BREAKFAST ITEMS

The nutrition information contained below is for informational purposes and is derived from manufacturer's labels, packaging and inserts. Ingredients and menu items are subject to change or substitution without notice. If you have any questions or need more information, please contact Child Nutrition Service Director, Lee Anne De Smidt at 951-845-0279.

	Cal.	Total Fat (g)	Sat. Fat (g)	Carb. (g)	Pro. (g)	Sod. (mg)	Components		
							Meat/ Ma	Grain	Total Fruit
Benefit Breakfast Bar - Banana Choc. Chunk	280	8	3	48	5	220		2	
Benefit Breakfast Bar - Cocoa Chip	270	8	2.5	48	5	230		2	
Benefit Breakfast Bar - Oatmeal Choc Chip	290	9	3	47	5	240		2	
Breakfast Mini Rings - Powdered	270	11	3	41	4	230		2	
Breakfast Pizza	240	7	2.5	31	11	490	1	1.75	
Cereal Bar - Cinnamon Toast Crunch	150	3.5	0	30	2	115		1	
Cereal Bar - Fruity Cheerios	150	3.5	0.5	29	3	95		1	
Cereal Bar - Golden Grahams	150	3.5	0	30	2	110		1	
Cereal Bar - Trix	150	3.5	0.5	30	2	100		1	
Cereal, 25% Cinnamon Toast Crunch Bowl	110	3	0.5	22	1	160		1	
Cereal, Cheerios Bowl	100	2	0.5	20	3	140		1	
Cereal, Cinnamon Chex Bowl	110	2	0	23	1	170		1	
Cereal, Corn Chex Bowl	100	0.5	0	24	2	200		1	
Cereal, Corn Flakes	80	0	0	18	2	150		1	
Cereal, Rice Chex Bowl	100	0.5	0	24	2	250		1	
Cereal, Rice Krispies Bowl	100	0.5	0	23	2	170		1	
Cinnamon Roll	300	11	6	51	5	310		2	
Coffee Cake	260	10	1	37	5	370		1.5	
French Toast	260	6	1	45	6	300		2	
Frudel, Cherry & Apple	210	6	1.5	36	5	280		2	
Grahams, Belly Bear Chocolate	120	4	0	20	2	85		1	
Grahams, Belly Bear Cinnamon	130	4	0	21	2	120		1	
Grahams, Belly Bear Honey	130	4	0	20	2	100		1	
Grahams, Strawberry Waffle Bear	110	3	0	21	2	95		1	
Juice, Apple	55	0	0	15	0	15			1/2
Juice, Fruit Punch	60	0	0	15	0	15			1/2
Juice, Orange	55	0	0	14	1	14			1/2
Juice, Orange USDA	56	0.1	0	13.4	1	1			1/2
Juice, Wildberry	60	0	0	15	0	15			1/2
Milk, 1%	120	2.5	1.5	14	10	150			
Milk, Nonfat Chocolate	120	0	0	22	8	150			
Milk, Nonfat Strawberry	130	0	0	27	8	115			
Muffin, Banana	230	7	1	38	4	200		2	
Muffin, Blueberry	230	7	1	39	4	240		2	
Pan Dulce (Assorted)	200	6	1.5	34	5	90		2	
Pancake On A Stick	160	6	1.5	19	8	400	1	1	

Beaumont Unified School District

Child Nutrition Services

ELEMENTARY

2018 -2019 BREAKFAST ITEMS

The nutrition information contained below is for informational purposes and is derived from manufacturer's labels, packaging and inserts. Ingredients and menu items are subject to change or substitution without notice. If you have any questions or need more information, please contact Child Nutrition Service Director, Lee Anne De Smidt at 951-845-0279.

	<i>Cal.</i>	<i>Total Fat (g)</i>	<i>Sat. Fat (g)</i>	<i>Carb. (g)</i>	<i>Pro. (g)</i>	<i>Sod. (mg)</i>	<i>Components</i>		
							<i>Meat/ Ma</i>	<i>Grain</i>	<i>Total Fruit</i>
Pancakes- Cinnamon Glazed	220	7	1.5	35	4	260	.	.	2
Pancakes- Mini	220	7	1	36	5	340	.	.	2.5
Sausage Breakfast Sandwich	224	7	2	26	13	489	.	.	2
Syrup	80	0	0	21	0	15	.	.	.
Waffle - Mini Eggos	200	5	1.5	35	4	220	.	.	2
Yogurt, Dannon Strawberry Banana	70	0	0	14	4	60	.	.	1
Yogurt, Trix	80	0.5	0	15	4	65	.	.	1
Yogurt, Upstate Nonfat Vanilla	90	0	0	19	3	50	.	.	1