

## Beaumont Unified School District

**Child Nutrition Services****ELEMENTARY  
LUNCH 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	Veg
Beef Taco Stick	345	12.8	8.4	31.9	20.1	631	.2	.2	
Breadstick	80	1	0	15	2	130		.1	
Burrito - Bean and Cheese (Red)	340	13	7	42	15	530	.2	.2	
Burrito - Bean and Cheese (Green)	330	11	4	42	15	480	.2	.2	
Cheese Bites	280	12	4	28	16	540	.2	.2	
Cheeseburger Sliders	272	8	3	31	20	355	.2	.2	
Cheesy Pretzel Sticks	400	14	4	54	14	460	.1	.4	
Chicken Nuggets	260	15	2.5	16	16	400	.2	.1	
Chicken Nuggets (Holiday)	250	14	3.5	15	14	490	.2	0.75	
Chicken Sandwich	350	13	2	42	22	980	.2	.3	
Chicken Tenders	210	11	2	13	15	730	.2	.1	
Chili Cheese Dog	298	11	4	33	17	628	.2	.2	
Chili Cheese Tots	275	12.5	4.5	19.5	21.5	675	.25		1/8;1/2
Cookie - Chocolate Chip	110	3.5	1	19	1	115			
Cookie (Holiday)	160	8	2	20	2	95			
Cookie (Celebration)	142.5	4	1	24	2	107			
Cookie (Health & Wellness)	120	4	0	22	2	65			
Corn Dog	238	9.2	2.5	27.8	11.6	690	.2	.2	
Gordita - Bean & Cheese	290	11	3.5	35	13	580	.2	.2	
Grilled Cheese Sandwich	280	10	6	31	19	581	.2	.2	
Grilled Cheese Sandwich - Sourdough	299	10	6	33	21	529	.2	.2	
Hamburger	316	14	5	29	19	524	.2	.2	
Hot Dog	310	17	6	30	14	510	.2	.2	
Juice Bar - Orange	50	0	0	12	0	10			
Juice Bar - Sour Cherry	60	0	0	15	1	5			
Juice Bar - Strawberry	60	0	0	14	0	5			
Juice Bar - Tropical	70	0	0	16	0	10			
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			
Orange Chicken, Rice	258	4	0.5	41	13.5	285	.2	.1	
Pizza - Domino's Cheese	310	8	3.5	39	22	630	.2	.25	1/8
Pizza - Personal - Galaxy Pizza	280	12	6	29	15	440	.2	.2	1/8
Pizza - Personal - Round Cheese	330	14	8	31	19	590	.2	.2	1/8
Pizza - Personal - Cheese Sliders	327	16.5	7.5	29	18.5	578	.2	.2	1/8
Pizza - Specialty - Cheese Wedge	329.5	17	7.5	26	17.5	628	.2	.2	1/8
Pizza - Specialty - Cheesy Pizza Sticks	310	12	6	34	17	590	.2	.2	
Pizza - Specialty - Pizza Bites	270	10	2.5	29	16	570	.2	.2	
Popcorn Chicken	290	18	3.5	17	15	290	.2	.1	
Roll - Aloha Dinner Roll	90	1	0	17	2	120		.1	
Rotini w/Meat Sauce	338	17	7	26	19	652	.2	.05	1/2

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							Meat/Ma	Grain	Veg
Sidekick Fruit Juice	80	0	0	20	0	45			
Sorbet - Blue Raspberry	70	0	0	19	0	5			
Taco Nada	260	8	2.5	31	17	390	2	2	
Teriyaki Chicken Rice Bowl	198	2.9	0.7	28.4	14.5	325	2	1	
Turkey Feast K-5	320	11	2	36	22	980	2	1	1/2

<b>CONDIMENTS:</b>									
Barbecue Sauce	15	0	0	4	0	75			
Cranberry Sauce	55	0	0	12.5	0	5			
Ketchup (Red Gold)	10	0	0	2	0	85			
Marinara Sauce	15	0	0	3	1	120			0.25
Mayonnaise	70	7	1	0	0	45			
Mustard	5	0	0	0	0	70			
Ranch Dressing	70	7	1	1	0	75			
Sweet Relish	15	0	0	4	0	110			
Taco Sauce	5	0	0	1	0	85			

<b>FRUIT:</b>									
Apple	130	0	0	34	1	0			
Apple Slices	34	0	0	8	0	0			
Applesauce	51	0	0	14	0	2			
Apricots, Halves	61	0	0	15	1	2			
Banana	110	0	0	30	1	0			
Beans, Black	109	0	0	20	7	140			
Beans, Black-Eyed Peas	70	0	0	16	3	140			
Beans, Garbanzo	167	3	0	27	8.5	140			
Beans, Green	14	0	0	3	1	140			
Beans, Kidney	104	0	0	19	7	140			
Beans, Pinto	98	1	0	18	6	140			
Broccoli	33	0	0	5	5	0			
Carrots, baby	40	0	0	10	0	44			
Celery	10	0	0	2	0	52			
Corn, Whole Kernel	65	1	0	15	2	15			
Craisins	110	0	0	28	0	0			
Cranberries	110	0	0	28	0	0			
Cucumber Slices	11	0	0	3	1	1			
Dried Cherries	133	0	0	32	1	5			
Dried Cranberries	93	0	0	25	0	1			
Dried Fruit Mix	116	0	0	30	1	4			
Fruit Cups	70	0	0	17	0	10			
Grapes	45	0	0	11	0	8			

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							<i>Meat/Ma</i>	<i>Grain</i>	<i>Veg</i>
<i>Jicama</i>	38	0	0	9	1	4	.	.	.
<i>Kiwifruit</i>	45	0.5	0	10	0.5	0	.	.	.
<i>Lettuce; Four way</i>	15	0	0	3	1	11	.	.	.
<i>Mixed Fruit</i>	60	0	0	17	0	10	.	.	.
<i>Nectarine</i>	62	0.5	0	15	1.5	0	.	.	.
<i>Orange</i>	80	0	0	19	1	0	.	.	.
<i>Orange Wedges</i>	60	0	0	14	1	0	.	.	.
<i>Peaches, Canned</i>	53	0	0	14	1	6	.	.	.
<i>Peaches, Diced</i>	80	0	0	19	1	0	.	.	.
<i>Peaches, Diced Canned</i>	60	0	0	14	0	5	.	.	.
<i>Peaches, Frozen</i>	80	0	0	19	1	0	.	.	.
<i>Pears, Canned</i>	58	0	0	15	0	2	.	.	.
<i>Plum</i>	35	0	0	9.5	0.5	0	.	.	.
<i>Raisins</i>	114	0	0	30	1	4	.	.	.
<i>Spinach</i>	23	0	0	4	3	79	.	.	.
<i>Strawberries, Diced</i>	90	0	0	22	1	0	.	.	.
<i>Strawberries, Frozen</i>	80	0	0	19	1	0	.	.	.
<i>Tomatoes, Grape</i>	15	0	0	3	0	0	.	.	.