

Beaumont Unified School District

Child Nutrition Services

2018 - 2019 SECONDARY SCHOOL 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 DeSmidt at 951-845-0279.

	Cal.	Total Fat (g)	Sat. Fat (g)	Carb (g)	Pro. (g)	Sod. (g)	Components		
							Meat/MA	Grain	Total Fr/Veg
Bagel	217	1	1	45	8	230		3	
Benefit Breakfast Bar - Banana /Choc Ch	280	8	3	48	5	220		2	
Benefit Breakfast Bar - Oatmeal Chocola	290	9	3	47	5	240		2	
Biscuit & Gravy Sausage Breakfast	680	41.5	16	61	16	1630	1	2	1/2
Biscuit Sandwich w/Egg & Sausage	390	22.5	14.5	30.5	17.5	1060	2.5	2	
Breakfast Mini Rings - Chocolate	320	15	7	41	5	270		2	
Breakfast Mini Rings - Powdered	270	11	3	41	4	230		2	
Breakfast Pizza	210	7	2	26	10	470	1	1.5	
Breakfast Sandwich w/Ham & Cheese	282	10.5	4.5	29.5	23.5	1033	2.5	2	
Breakfast Sandwich w/Egg & Ham	301	12	5	30.5	21.5	899	3	2	
Breakfast Sandwich w/Sausage & Cheese	270	11	4	31.5	15.5	735	1.5	2	
BYO Breakfast Totchos	350	19	5.5	30	16	980	2		
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 Bow	110	3	0.5	22	1	160		1	
Cereal, Cherrios 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	
Cheese Omelet w/ Hashbrown 6-8	220	13.5	3.75	20.5	10	435	2		1/4
Cinnamon Roll	300	8	1.5	54	5	270		2	
Cream Cheese	99	10	6	1	2	84			
French Toast	260	6	1	45	8	300	2		
French Toast Stix w/Sausage	340	12.5	2.5	44	13	530	1	2.25	
French Toast w/ Sausage	330	10.5	2.5	46	14	540	1	2	
Fresh Baked Breakfast Bread (Blueberry)	333	11	1	56	4	213		2	
Fresh Baked Breakfast Bread (CC)	336	11	2	56	5	201		2	
Graham, Cinnamon Belly Bears	130	4	0	21	2	120		1	
Graham, Honey Belly Bears	130	4	0	20	2	100		1	
Graham, Strawberry Waffle	110	3	0	21	2	95		1	
Handmade Egg and Cheese Burrito 6-8	400	21	11	35	18	820	3	2.5	

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							<i>Meat/MA</i>	<i>Grain</i>	<i>Total Fr/Veg</i>
Handmade Ham, Egg & Cheese Burrito	441	23	12	36	25	1089	4	2.5	
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, 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	36	4	200		2	
Muffin, Blueberry	230	7	1	39	4	240		2	
Pan Dulce	200	6	1.5	34	5	90		2	
Pancakes w/Sausage (Cinnamon Glazed)	290	11.5	3	36	10	500	1	2	
Pancakes w/Sausage Patty (Mini)	290	11.5	2.5	37	11	580	1	2.5	
PBJ Uncrustable - Grape	320	17	3.5	32	10	320	1	1	
Syrup	80	0	0	20	0	20			
Waffle	300	13	3	43	4	350		2	
Waffle w/ Sausage Patty	270	9.5	3	36	10	460	1	2	
Yogurt Parfait w/ Belly Bear (Straw)	337	6.5	1.25	68	8	204	1	1	1/2
Yogurt Parfait w/ Belly Bear (Berry Blend)	267	6.25	1.25	47	9	206	1	1	1/2
Yogurt Parfait w/ Belly Bear (Blueberr)	249	6.25	1.25	43	8	200	1	1	1/2
Yogurt, Dannon Strawberry	80	0	0	16	4	65	1		
Yogurt, Dannon Strawberry Banana	80	0	0	16	4	65	1		
Yogurt, Trix Strawberry Banana	100	0.5	1	0.5	3	50	1		