

## Beaumont Unified School District

**Child Nutrition Services**

## 2018 - 2019 SECONDARY SCHOOLS 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. (g) | Components |       |              |
|--------------------------------------|-------|---------------|--------------|-----------|----------|----------|------------|-------|--------------|
|                                      |       |               |              |           |          |          | Meat/MA    | Grain | Total Fr/Veg |
| Bagel Sandwich (Field Trip 9-12)     | 379   | 9             | 4.5          | 49        | 28.5     | 1003     | 2.5        | 3     |              |
| Breadstick                           | 140   | 2             | 0            | 28        | 4        | 230      |            | 2     |              |
| BYO Beef Burrito 9-12                | 659   | 19            | 7.5          | 88        | 35       | 1034     | 2          | 4.5   | 1/2          |
| BYO Cheesy Nachos                    | 380   | 17            | 6.5          | 47        | 11       | 250      | 1          | 2     |              |
| BYO Chicken Burrito 6-8              | 451   | 8.75          | 4            | 69.5      | 23       | 813      | 2          | 3     | 1/2          |
| BYO Chicken Burrito 9-12             | 531   | 9.5           | 4            | 86        | 25       | 813      | 2          | 4.5   | 1/2          |
| California Chicken Wrap 9-12         | 414   | 20            | 6            | 37        | 21       | 901      | 3          | 2.5   |              |
| Calzone - Burrato                    | 370   | 16            | 8            | 41        | 18       | 580      | 2          | 2.5   |              |
| Carnitas Fries                       | 374   | 15            | 5            | 33        | 24       | 570      | 2          |       | 1            |
| Carnitas Street Tacos                | 437   | 15.5          | 4.5          | 39.5      | 34       | 613      | 3          | 3     |              |
| Chicken Chili Verde Bowl 6-12        | 349   | 6.25          | 2            | 46.5      | 25.5     | 846      | 2          | 2     | 1/4          |
| Cheeseburger                         | 353.5 | 16.25         | 6            | 30        | 22       | 669      | 2.5        | 2     |              |
| Chicken Sandwich                     | 350   | 13            | 2            | 42        | 22       | 980      | 2          | 3     |              |
| Chicken Sandwich, Spicy              | 360   | 13            | 2.5          | 41        | 22       | 740      | 2          | 2.75  |              |
| Chicken Tenders                      | 280   | 15            | 3            | 17        | 20       | 973      | 2.5        | 1     |              |
| Chili Fries 6-12                     | 350   | 9.5           | 1.5          | 39        | 21       | 460      | 2          |       | 1.1/8        |
| Chips - (Packaged)                   | 210   | 12            | 1.7          | 23        | 2        | 225      |            | 2     |              |
| Corn Dog                             | 238   | 9.2           | 2.5          | 27.8      | 11.6     | 690      | 2          | 2     |              |
| Cracker                              | 90    | 2.5           | 0            | 14        | 2        | 180      |            | 1     |              |
| Enchirito 6-12                       | 460   | 21            | 9            | 48.5      | 21.5     | 985      | 2.5        | 2.25  |              |
| Enchirito (Green) 6-12               | 385   | 14            | 7            | 36.5      | 20.5     | 995      | 2.5        | 2     |              |
| Hot Dog                              | 310   | 17            | 6            | 30        | 14       | 510      | 2          | 2     |              |
| Home-Style Chicken Bowl              | 562.5 | 26            | 3.5          | 62.5      | 20       | 1247.5   | 2          | 1     | 1.1/4        |
| Malibu Chicken Sandwich              | 417   | 20.5          | 5.5          | 37.5      | 28.5     | 934.5    | 3.5        | 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      |            |       |              |
| Nacho Bites (8)                      | 270   | 10            | 4            | 32        | 11       | 440      | 2          | 2     |              |
| Orange Chicken w/ Chow Mein Stir Fry | 347   | 4             | 0.5          | 59        | 18       | 819      | 2          | 2     |              |
| Pizza - Domino's (Pepperoni)         | 320   | 9             | 4            | 39        | 21       | 660      | 2          | 2.75  | 1/8          |
| Pizza - Domino's (Cheese)            | 310   | 8             | 3.5          | 39        | 22       | 630      | 2          | 2.75  | 1/8          |
| Pizza - Handmade - Buffalo Chicken   | 599   | 19            | 8            | 43        | 45       | 669      | 2          | 3     | 1/8          |
| Pizza - Handmade - Cheese            | 400   | 16            | 7            | 43        | 19       | 440      | 2          | 3     | 1/8          |
| Pizza - Handmade - Hawaiian          | 443   | 17            | 7.5          | 37        | 28       | 570      | 2          | 3     | 1/8          |
| Pizza - Handmade - Veggie Pizza      | 414   | 17            | 7            | 45        | 20       | 492      | 2          | 3     | 1/8          |
| Pizza - Handmade - Pepperoni         | 410   | 18            | 7            | 43        | 20       | 580      | 2          | 3     | 1/8          |
| Popcorn Chicken (15)                 | 290   | 18            | 3.5          | 17        | 15       | 290      | 2          | 1     |              |
| Potatoes - Tater Tots                | 90    | 3.5           | 0            | 14        | 14       | 180      |            |       | 1/2          |
| Roll                                 | 90    | 1             | 0            | 17        | 2        | 120      |            | 1     |              |
| Salad -Caesar Chicken Salad          | 382   | 21            | 5.5          | 25        | 23       | 473      | 3          | 1     | 1            |
| Salad - Turkey Salad                 | 306.5 | 9             | 2.5          | 35        | 29       | 899      | 2          | 2     | 1            |
| Spicy Bacon Cheeseburger             | 470   | 25            | 10           | 30.5      | 29       | k        | 3.5        | 2     |              |

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|                                    | <i>Cal.</i> | <i>Total Fat (g)</i> | <i>Sat. Fat (g)</i> | <i>Carb. (g)</i> | <i>Pro. (g)</i> | <i>Sod. (g)</i> | <i>Components</i> |              |                     |
|------------------------------------|-------------|----------------------|---------------------|------------------|-----------------|-----------------|-------------------|--------------|---------------------|
|                                    |             |                      |                     |                  |                 |                 | <i>Meat/MA</i>    | <i>Grain</i> | <i>Total Fr/Veg</i> |
| Teriyaki Beef Noodle Bowl          | 578         | 12                   | 4                   | 94               | 25              | 878             | 2                 | 2            |                     |
| Teriyaki Chicken w/Rice 6-12       | 290         | 5                    | 1                   | 43               | 19              | 480             | 2                 | 2            |                     |
| Triple B Burger                    | 365         | 17                   | 6                   | 30               | 24              | 658             | 2.5               | 2            |                     |
| Turkey Cheese Wrap 9-12 Field Trip | 362         | 14.5                 | 7.5                 | 32               | 25.5            | 1133            | 2.5               | 2.5          |                     |
| Turkey Feast 6-12                  | 377.5       | 13.4                 | 2.5                 | 40.7             | 26.3            | 1182.5          | 2                 | 1            | 1/2                 |

|                    |     |    |   |   |   |     |  |  |      |
|--------------------|-----|----|---|---|---|-----|--|--|------|
| Barbecue Sauce     | 15  | 0  | 0 | 4 | 0 | 75  |  |  |      |
| Caesar Dressing    | 180 | 18 | 3 | 2 | 1 | 400 |  |  |      |
| Ketchup (Red Gold) | 10  | 0  | 0 | 3 | 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     | 60  | 6  | 1 | 0 | 0 | 90  |  |  |      |
| Salsa              | 10  | 0  | 0 | 3 | 0 | 230 |  |  |      |
| Sour Cream         | 60  | 6  | 3 | 1 | 1 | 20  |  |  |      |
| Sweet Relish       | 15  | 0  | 0 | 4 | 0 | 110 |  |  |      |
| Taco Sauce         | 5   | 0  | 0 | 1 | 0 | 85  |  |  |      |