Beaumont Unified School District

Child Nutrition Services

After School Supper
2018 - 2019 Nutrition Information

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	Total Veg
Breakfast Bistro	530	18	3	87	11	205	2	1	1/2C	
Cereal & Fruit Pick Me Up	760	22	3.5	139	14	350	2	2	1 C	
Cereal & Yogurt w/Muffin	440	8.5	2	79	11	420	2	2		
Chicken Nuggets	260	15	2.5	16	16	400	2	1		
Chili Cheese Cup	310	9.5	4	42	14	815	2	1.25		
Egg Rolls	360	14	4	40	18	740	2	2		
Fruit & Protein Plate	584	22.5	4	83	14	366	2	2	1 C	
Hot Dog	310	17	6	30	14	540	2	2		
Mini Corn Dogs (6)	270	12	3.5	30	10	410	2	2		
PB & J On The Go	760	33	7	97	19	630	2	2	1/2 C	
Pepperoni Pinwheel	280	10	5	28	18	600	2	2		
Pizza Crunchers (Cheese)	420	20	9	41	20	790	2	2		
Pizza Rippers (Cheese)	340	13	4	32	23	600	2	2		1/8 C
Pizza-Domino's Cheese	310	8	3.5	39	22	630	2	2.75		1/8 C
Pizza-Domino's Pepperoni	320	9	4	39	21	660	2	2.75		1/8 C
Popcorn Chicken	348	22	4	20	18	348	2	1		
Popcorn Chicken - Buffalo	375	21	3.75	24	21	570	2	1		
Protein Power Pack	525	26.5	7	59	16	560	2	1.5		3/4 C
Raisels - Sour Lemon & Orange	130	0	0	35	1	0				
Raisels - Sour Watermelon	140	0	0	35	1	0				
Salad - Turkey	306.5	9	2.5	35	29	899	2	2		1 C
Super Snack Bag	490	18	3.5	74	10	338	2	1	1/2 C	
Taco Bites	270	9	2.5	32	17	390	2	2		
Turkey Cheese Sandwich	342	10.5	4.5	35	28.5	1083	2.5	2		
Turkey Cheese Wrap	362	14.5	7.5	32	25.5	1133	2.5	2.5		
Wedge Sandwich	300	10	4	28	20	900	2	2		