

# Field Trip Lunches: Menus and Information

Field trip lunches are prepared at the Production Center & will be delivered to the school cafeteria prior to the field trip. Field trip lunches must be ordered two weeks prior to the field trip, by the teacher, on the Request for Field Trip Lunches form (BD-919). Please refer to the (BD-919) form for instructions on how to order field trip lunches.

All student allergy and/or special diet information must be included on the Request for Field Trip Lunches form.



## FIELD TRIP LUNCH (K-8):

Tortilla Chips & Cheese Dip Cup  
 Applesauce Cup or Whole Apple  
 Roasted Chickpeas  
 100% Fruit & Vegetable Juice  
 1% Lowfat Milk or Nonfat Chocolate Milk

## FIELD TRIP LUNCH (9-12):

Tortilla Chips & 2 Cheese Dip Cups  
 Applesauce Cup or Whole Apple  
 Dried Cranberries  
 Roasted Chickpeas  
 100% Fruit & Vegetable Juice  
 1% Lowfat Milk or Nonfat Chocolate Milk

## Nutrition Information:

Menu Item	Portion Size	Carbo-hydrates	Calories	Sodium	Dietary Fiber	Protein	Total Fat
Tortilla Chips	1 ea	31	270	220	3	3	15
Cheese Dip Cup	1 ea	14	190	570	0	10	10
Applesauce Cup	1 ea	17	70	0	4	1	0
Whole Apple	1 ea	20	77	0	3.5	0	.5
Dried Cranberries	1 pkg	27	110	0	2	0	0
Roasted Chickpeas	1 pkg	27	180	210	16	9	3.5
100% Fruit & Vegetable Juice	4 oz	13	60	10	0	0	0
Lowfat Milk	8 oz	16	120	135	0	10	2.5
Nonfat Chocolate Milk	8 oz	22	120	100	0	8	0

Please contact a Child Nutrition Specialist at 562-427-7923, ext. 1245 or 1251 if you have questions regarding field trip meals for students with allergies or special dietary needs.