

Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
BAR			
001856	BK BAR 4-12 BISCUIT & GRAVY	1 CUP	12.24
002104	Break BAR K-8/WKSFSP#1-MON	1 CUP	13.06
002611	Break BAR K-8/WKSFSP#1-THUR	1 CUP	14.62
002107	Break BAR K-8/WKSFSP#1-THUR	1 CUP	8.58
002610	Break BAR K-8/WKSFSP#1-TUE	1 CUP	16.66
002105	Break BAR K-8/WKSFSP#1-TUE	1 CUP	12.51
002106	Break BAR K-8/WKSFSP#1-WED	1 CUP	13.17
002587	Break BAR K-8/WKSFSP#1-WED	1 CUP	16.14
002114	Break bar Thurs K-8/WEEK#2	1 CUP	19.31
002622	Break bar Thurs K-8/WEEK#2	1 CUP	23.31
002117	Break Bar WK 1&3/TUE-	1 CUP	20.14
002597	Break bar WK 2&4-CINN	1 CUP	16.00
002115	Break bar WK 2&4-CINN	1 CUP	15.89
002129	Break bar WK 2&4-CINN Plums	1 CUP	12.10
002122	Break bar WK 2&4-CINN Plums	1 CUP	14.37
002891	BREAKFAST BAR 6-12/WEEK#3	1 CUP	9.71
002837	BREAKFAST BAR 6-12/WEEK#3	1 CUP	10.15
001983	BREAKFAST BAR EL WEEK#5	1 CUP	19.16
002220	BREAKFAST BAR K-8 MIX FRUIT FR	1/4 CUP	8.27
002124	BREAKFAST BAR K-8 MIX FRUIT FR	1/4 CUP	10.53
001973	BREAKFAST BAR K-8 MIX FRUIT FR	1/4 CUP	10.44
002032	BREAKFAST BAR K-8/SFSP-WK#2	1 CUP	15.60
002031	BREAKFAST BAR K-8/SFSPWK#2 TUE	1 CUP	24.15
002235	BREAKFAST BAR K-8/WEEK#1	1 CUP	19.94
001669	BREAKFAST BAR K-8/WEEK#1	1 CUP	22.36
002730	BREAKFAST BAR K-8/WEEK#1	1 CUP	74.18
002236	BREAKFAST BAR K-8/WEEK#1	1 CUP	79.55
001668	BREAKFAST BAR K-8/WEEK#1	1 CUP	16.05
002780	BREAKFAST BAR K-8/WEEK#1	1 CUP	27.12
001629	BREAKFAST BAR K-8/WEEK#1	1 CUP	14.56
002543	BREAKFAST BAR K-8/WEEK#1	1 CUP	24.10
001667	BREAKFAST BAR K-8/WEEK#1	1 CUP	16.03
002638	BREAKFAST BAR K-8/WEEK#1	1 CUP	31.65
002818	BREAKFAST BAR K-8/WEEK#1	1 CUP	10.56
002639	BREAKFAST BAR K-8/WEEK#1	1 CUP	81.80
002596	BREAKFAST BAR K-8/WEEK#1	1 CUP	19.20
002779	BREAKFAST BAR K-8/WEEK#1	1 CUP	28.80
002817	BREAKFAST BAR K-8/WEEK#1/4	1 CUP	15.97
002133	BREAKFAST BAR K-8/WEEK#1/4	1 CUP	16.59
000910	BREAKFAST BAR K-8/WEEK#1/4	1 CUP	18.55
002542	BREAKFAST BAR K-8/WEEK#1/4	1 CUP	19.60
002887	BREAKFAST BAR K-8/WEEK#1/4	1 CUP	20.43
002729	BREAKFAST BAR K-8/WEEK#1/4	1 CUP	19.61
002249	BREAKFAST BAR K-8/WEEK#2	1 CUP	10.71
002250	BREAKFAST BAR K-8/WEEK#2	1 CUP	16.41
001829	BREAKFAST BAR K-8/WEEK#2	1 CUP	5.46
002790	BREAKFAST BAR K-8/WEEK#2	1 CUP	34.51
000979	BREAKFAST BAR K-8/WEEK#2	1 CUP	14.89
002481	BREAKFAST BAR K-8/WEEK#2	1 CUP	19.88
002820	BREAKFAST BAR K-8/WEEK#2	1 CUP	21.24
002789	BREAKFAST BAR K-8/WEEK#2	1 CUP	24.50
002685	BREAKFAST BAR K-8/WEEK#2	1 CUP	13.79
002906	BREAKFAST BAR K-8/WEEK#2	1 CUP	36.81
002905	BREAKFAST BAR K-8/WEEK#2	1 CUP	27.67
002904	BREAKFAST BAR K-8/WEEK#2	1 CUP	20.31
000304	BREAKFAST BAR K-8/WEEK#2	1 CUP	4.98
001638	BREAKFAST BAR K-8/WEEK#2	1 CUP	14.54
002647	BREAKFAST BAR K-8/WEEK#2	1 CUP	27.96

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** - denotes combined nutrient totals with either missing or incomplete nutrient data*

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Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
000301	BREAKFAST BAR K-8/WEEK#2	1 CUP	15.42
000407	BREAKFAST BAR K-8/WEEK#2	1 CUP	9.44
002553	BREAKFAST BAR K-8/WEEK#2	1 CUP	20.69
002342	BREAKFAST BAR K-8/WEEK#2	1 CUP	13.56
002343	BREAKFAST BAR K-8/WEEK#2	1 CUP	14.47
000302	BREAKFAST BAR K-8/WEEK#2	1 CUP	11.45
002148	BREAKFAST BAR K-8/WEEK#2	1 CUP	16.39
000693	BREAKFAST BAR K-8/WEEK#2	1 CUP	7.65
002128	BREAKFAST BAR K-8/WEEK#2	1 CUP	20.39
002648	BREAKFAST BAR K-8/WEEK#2	1 CUP	23.65
002149	BREAKFAST BAR K-8/WEEK#2Plums	1 CUP	11.11
002447	BREAKFAST BAR K-8/WEEK#3	1 CUP	20.09
002411	BREAKFAST BAR K-8/WEEK#3	1 CUP	37.71
002263	BREAKFAST BAR K-8/WEEK#3	1 CUP	38.69
002264	BREAKFAST BAR K-8/WEEK#3	1 CUP	29.43
001700	BREAKFAST BAR K-8/WEEK#3	1 CUP	19.65
002566	BREAKFAST BAR K-8/WEEK#3	1 CUP	24.47
002565	BREAKFAST BAR K-8/WEEK#3	1 CUP	34.99
000941	BREAKFAST BAR K-8/WEEK#3	1 CUP	5.65
002509	BREAKFAST BAR K-8/WEEK#3	1 CUP	17.58
002134	BREAKFAST BAR K-8/WEEK#3	1 CUP	13.52
002493	BREAKFAST BAR K-8/WEEK#3	1 CUP	25.60
002563	BREAKFAST BAR K-8/WEEK#3	1 CUP	26.57
002412	BREAKFAST BAR K-8/WEEK#3	1 CUP	28.83
000943	BREAKFAST BAR K-8/WEEK#3	1 CUP	12.96
001693	BREAKFAST BAR K-8/WEEK#3	1 CUP	9.12
002802	BREAKFAST BAR K-8/WEEK#3	1 CUP	7.64
002448	BREAKFAST BAR K-8/WEEK#3	1 CUP	30.79
002363	BREAKFAST BAR K-8/WEEK#3	1 CUP	13.45
002165	BREAKFAST BAR K-8/WEEK#3	1 CUP	19.06
000340	BREAKFAST BAR K-8/WEEK#3	1 CUP	40.37
002166	BREAKFAST BAR K-8/WEEK#3	1 CUP	16.29
002167	BREAKFAST BAR K-8/WEEK#3	1 CUP	29.77
002564	BREAKFAST BAR K-8/WEEK#3	1 CUP	26.60
000397	BREAKFAST BAR K-8/WEEK#3	1 CUP	4.04
002697	BREAKFAST BAR K-8/WEEK#3	1 CUP	30.58
002839	BREAKFAST BAR K-8/WEEK#3	1 CUP	52.15
002838	BREAKFAST BAR K-8/WEEK#3	1 CUP	22.13
002698	BREAKFAST BAR K-8/WEEK#3	1 CUP	27.80
002699	BREAKFAST BAR K-8/WEEK#3	1 CUP	47.92
002700	BREAKFAST BAR K-8/WEEK#3	1 CUP	47.92
002701	BREAKFAST BAR K-8/WEEK#3	1 CUP	10.00
002508	BREAKFAST BAR K-8/WEEK#3	1 CUP	21.83
002823	BREAKFAST BAR K-8/WEEK#3	1 CUP	28.40
002824	BREAKFAST BAR K-8/WEEK#3	1 CUP	41.91
002278	BREAKFAST BAR K-8/WEEK#4	1 CUP	17.03
002666	BREAKFAST BAR K-8/WEEK#4	1 CUP	30.42
002665	BREAKFAST BAR K-8/WEEK#4	1 CUP	14.26
000568	BREAKFAST BAR K-8/WEEK#4	1 CUP	8.29
002277	BREAKFAST BAR K-8/WEEK#4	1 CUP	16.79
001710	BREAKFAST BAR K-8/WEEK#4	1 CUP	5.53
002757	BREAKFAST BAR K-8/WEEK#4	1 CUP	19.13
002276	BREAKFAST BAR K-8/WEEK#4	1 CUP	13.21
002521	BREAKFAST BAR K-8/WEEK#4	1 CUP	34.63
001709	BREAKFAST BAR K-8/WEEK#4	1 CUP	17.23
002715	BREAKFAST BAR K-8/WEEK#4	1 CUP	15.85
002419	BREAKFAST BAR K-8/WEEK#4	1 CUP	18.99
002714	BREAKFAST BAR K-8/WEEK#4	1 CUP	22.87
002713	BREAKFAST BAR K-8/WEEK#4	1 CUP	15.58
002580	BREAKFAST BAR K-8/WEEK#4	1 CUP	13.14
002579	BREAKFAST BAR K-8/WEEK#4	1 CUP	15.18

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No.	Description	Portion Size	Carbohydrates (Grams)
002578	BREAKFAST BAR K-8/WEEK#4	1 CUP	31.62
000896	BREAKFAST BAR K-8/WEEK#4	1 CUP	10.22
002183	BREAKFAST BAR K-8/WEEK#4	1 CUP	11.48
002456	BREAKFAST BAR K-8/WEEK#4	1 CUP	25.25
002852	BREAKFAST BAR K-8/WEEK#4	1 CUP	19.29
002851	BREAKFAST BAR K-8/WEEK#4	1 CUP	28.39
002850	BREAKFAST BAR K-8/WEEK#4	1 CUP	15.10
002498	BREAKFAST BAR K-8/WEEK#4	1 CUP	15.38
002458	BREAKFAST BAR K-8/WEEK#4	1 CUP	29.72
002182	BREAKFAST BAR K-8/WEEK#4	1 CUP	18.78
002181	BREAKFAST BAR K-8/WEEK#4	1 CUP	12.77
002180	BREAKFAST BAR K-8/WEEK#4	1 CUP	15.10
002457	BREAKFAST BAR K-8/WEEK#4	1 CUP	18.15
002184	BREAKFAST BAR K-8/WEEK#4	1 CUP	12.93
002497	BREAKFAST BAR K-8/WEEK#4	1 CUP	27.46
001812	BREAKFAST BAR K-8/WEEK#4	1 CUP	6.57
002371	BREAKFAST BAR K-8/WEEK#4	1 CUP	12.97
002212	BREAKFAST BAR K-8/WEEK#5	1 CUP	13.24
002866	BREAKFAST BAR K-8/WEEK#5	1 CUP	11.68
002867	BREAKFAST BAR K-8/WEEK#5	1 CUP	32.28
002868	BREAKFAST BAR K-8/WEEK#5	1 CUP	29.08
002869	BREAKFAST BAR K-8/WEEK#5	1 CUP	20.60
002425	BREAKFAST BAR K-8/WEEK#5	1 CUP	16.97
002815	BREAKFAST BAR K-8/WEEK#5	1 CUP	78.71
002670	BREAKFAST BAR K-8/WEEK#5	1 CUP	75.66
002529	BREAKFAST BAR K-8/WEEK#5	1 CUP	35.49
002649	BREAKFAST BAR K-8/WEEK#5	1 CUP	19.85
000417	BREAKFAST BAR K-8/WEEK#5	1 CUP	14.78
002725	BREAKFAST BAR K-8/WEEK#5	1 CUP	11.33
002907	BREAKFAST BAR K-8/WEEK#5	1 CUP	41.53
002251	BREAKFAST BAR K-8/WEEK#5	1 CUP	17.64
002467	BREAKFAST BAR K-8/WEEK#5	1 CUP	25.65
002530	BREAKFAST BAR K-8/WEEK#5	1 CUP	29.08
002385	BREAKFAST BAR K-8/WEEK#5	1 CUP	17.57
002211	BREAKFAST BAR K-8/WEEK#5	1 CUP	18.80
000913	BREAKFAST BAR K-8/WEEK#5	1 CUP	23.71
002870	BREAKFAST BAR K-8/WEEK#5	1 CUP	75.03
002686	BREAKFAST BAR K-8/WEEK#5	1 CUP	19.15
002531	BREAKFAST BAR K-8/WEEK#5	1 CUP	74.31
002296	BREAKFAST BAR K-8/WEEK#5	1 CUP	19.28
002344	BREAKFAST BAR K-8/WEEK#5	1 CUP	19.15
002726	BREAKFAST BAR K-8/WEEK#5	1 CUP	18.38
002554	BREAKFAST BAR K-8/WEEK#5	1 CUP	19.85
001652	BREAKFAST BAR K-8/WEEK#5	1 CUP	44.36
001653	BREAKFAST BAR K-8/WEEK#5	1 CUP	15.59
001726	BREAKFAST BAR K-8/WEEK#5	1 CUP	23.67
002769	BREAKFAST BAR K-8/WEEK#5	1 CUP	68.75
002768	BREAKFAST BAR K-8/WEEK#5	1 CUP	13.39
002767	BREAKFAST BAR K-8/WEEK#5	1 CUP	16.97
002766	BREAKFAST BAR K-8/WEEK#5	1 CUP	26.85
002150	BREAKFAST BAR K-8/WEEK#5	1 CUP	13.99
002209	BREAKFAST BAR K-8/WEEK#5	1 CUP	19.03
002210	BREAKFAST BAR K-8/WEEK#5	1 CUP	13.82
002143	BREAKFAST BAR MIX FRUIT FR	1 CUP	11.59
002139	BREAKFAST BAR MIX FRUIT FR	1 CUP	29.71
002080	BREAKFAST BAR MOTHERS DAY	1 CUP	11.57
001985	BREAKFAST BAR-WK#1BAGEL BKFST	1 CUP	20.77
002657	BREAKFAST BAR-WK#2BAGEL BKFST	1 CUP	22.58
002680	BREAKFAST BAR-WK#2BAGEL BKFST	1 CUP	23.57
002704	BREAKFAST BAR-WK#2BAGEL BKFST	1 CUP	16.75
002603	BREAKFAST BAR-WK#2BAGEL BKFST	1 CUP	11.82

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No.	Description	Portion Size	Carbohydrates (Grams)
002841	BREAKFAST BAR-WK#2BAGEL BKFST	1 CUP	15.79
002755	BREAKFAST BAR/HSWK#1&3	1 CUP	13.64
002858	BREAKFAST BAR/HSWK#1&3	1 CUP	19.74
002284	BREAKFAST BAR/MSWK#1&3	1 CUP	20.90
002557	BREAKFAST BAR/MSWK#1&3	1 CUP	15.90
002651	BREAKFAST BAR/MSWK#1&3	1 CUP	23.23
002753	BREAKFAST BAR/MSWK#1&3	1 CUP	10.46
002422	BREAKFAST BAR/MSWK#1&3	1 CUP	13.60
001978	BREAKFAST BAR/MSWK#1&3	1 CUP	10.92
001979	BREAKFAST BAR/MSWK#1&3-FRI	1 CUP	6.55
002267	BREAKFAST BAR/WED 6-12	1 CUP	8.26
002671	BREAKFAST BAR/WED 6-12	1 CUP	14.51
002240	BREAKFAST BAR/WED 6-12	1 CUP	16.81
002257	BREAKFAST BAR/WED 6-12	1 CUP	15.72
002432	BREAKFAST BAR/WED 6-12	1 CUP	15.41
002053	BREAKFAST BAR/WED 6-8	1 CUP	12.78
002652	BREAKFAST BAR/WED 9-12	1 CUP	10.15
001810	BREAKFAST BAR/WED 9-12	1 CUP	10.86
002842	BREAKFAST BAR/WED 9-12	1 CUP	11.12
002874	BREAKFAST BAR/WED 9-12	1 CUP	10.92
002607	BREAKFAST BAR/WED 9-12	1 CUP	24.65
002892	BREAKFAST BAR/WED 9-12	1 CUP	11.34
002605	BREAKFAST BAR/WED 9-12	1 CUP	25.96
001887	BREAKFAST BAR/WEEK#1&3	1 CUP	8.11
002644	BREAKFAST BAR/WEEK#1&3	1 CUP	27.86
001902	BREAKFAST BAR/WEEK#1&3	1 CUP	11.69
002641	BREAKFAST BAR/WEEK#1&3	1 CUP	26.79
001844	BREAKFAST BAR/WEEK#1&3	1 CUP	9.62
001774	BREAKFAST BAR/WEEK#1&3	1 CUP	11.83
002721	BREAKFAST BAR/WEEK#1&3 HS	1 CUP	135.71
002065	BREAKFAST BAR/WEEK#1&3 HS	1 CUP	29.23
002330	BREAKFAST BAR/WEEK#1&3 HS	1 CUP	43.49
002585	BREAKFAST BAR/WEEK#1&3 HS	1 CUP	34.91
002219	BREAKFAST BAR/WEEK#1&3 MS	1 CUP	17.23
001889	BREAKFAST BAR/WEEK#1&3 MS	1 CUP	26.05
002056	BREAKFAST BAR/WEEK#1&3 MS	1 CUP	23.09
002913	BREAKFAST BAR/WEEK#2&4	1 CUP	20.39
001770	BREAKFAST BAR/WEEK#2&4	1 CUP	19.35
002843	BREAKFAST BAR/WEEK#2&4	1 CUP	26.72
001894	BREAKFAST BAR/WEEK#2&4	1 CUP	9.78
002912	BREAKFAST BAR/WEEK#2&4	1 CUP	41.66
002787	BREAKFAST BAR/WEEK#2&4	1 CUP	15.04
002784	BREAKFAST BAR/WEEK#2&4	1 CUP	17.08
002846	BREAKFAST BAR/WEEK#2&4	1 CUP	15.44
002743	BREAKFAST BAR/WEEK#2&4	1 CUP	16.76
002875	BREAKFAST BAR/WEEK#2&4	1 CUP	14.06
002735	BREAKFAST BAR/WK#1&3	1 CUP	42.10
002283	BREAKFAST BAR/WK#1&3	1 CUP	67.79
002893	BREAKFAST BAR/WK#1&3	1 CUP	27.55
002138	BREAKFAST BAR/WK#1&3	1 CUP	57.41
002439	BREAKFAST BAR/WK#1&3	1 CUP	56.59
002073	BREAKFAST BAR/WK#1&3 HS	1 CUP	29.85
002225	BREAKFAST BAR/WK#1&3 HS	1 CUP	18.88
000332	BREAKFAST BAR/WK#2&4	1 CUP	39.23
002022	BREKFST BAR K-8/WKSFP#1-FRI	1 CUP	15.28
002618	BREKFST BAR K-8/WKSFP#1-FRI	1 CUP	18.05
002021	BREKFST BAR K-8/WKSFP#1-MON	1 CUP	11.35
002586	BREKFST BAR K-8/WKSFP#1-MON	1 CUP	15.37
002018	BREKFST BAR K-8/WKSFP#1-THUR	1 CUP	10.40
002020	BREKFST BAR K-8/WKSFP#1-TUE	1 CUP	12.73
002019	BREKFST BAR K-8/WKSFP#1-WED	1 CUP	12.38

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002226	BRKFST BAR HS WK 1&3 BAGEL	1 CUP	6.80
002290	BRKFST BAR HS WK 1&3 BAGEL	1 CUP	10.45
002050	BRKFST BAR HS WK 1&3 BAGEL	1 CUP	43.92
002224	BRKFST BAR HS WK 1&3/TUE-CINN	1 CUP	12.05
002069	BRKFST BAR HS WK 2&4/TUE-CINN	1 CUP	15.43
002604	BRKFST BAR HS WK 2/TUE-CINN	1 CUP	15.12
002061	BRKFST BAR HS WK1&3/TUE-CINN	1 CUP	34.44
002559	BRKFST BAR HS WK1&3/TUE-CINN	1 CUP	31.65
002329	BRKFST BAR HS WK1&3/TUE-CINN	1 CUP	36.82
002289	BRKFST BAR HS WK1&3/TUE-CINN	1 CUP	32.47
002539	BRKFST BAR HS WK1&3/TUE-CINN	1 CUP	34.74
002083	BRKFST BAR K-8/WK#1BANANA SPLI	1 CUP	26.55
002544	BRKFST BAR K-8/WK#1BANANA SPLI	1 CUP	26.15
002325	BRKFST BAR MS WK 1&3 BAGEL	1 CUP	9.24
002814	BRKFST BAR MS WK 1&3/TUE	1 CUP	9.31
002734	BRKFST BAR MS WK 1&3/TUE-CINN	1 CUP	29.70
002890	BRKFST BAR MS WK 1&3/TUE-CINN	1 CUP	25.50
002011	BRKFST BAR MS WK 1&3/TUE-CINN	1 CUP	17.69
002170	BRKFST BAR MS WK 1&3/TUE-CINN	1 CUP	21.64
002793	BRKFST BAR MS WK 1&3/TUE-CINN	1 CUP	19.67
002175	BRKFST BAR MS WK 1&3/TUE-CINN	1 CUP	15.44
002398	BRKFST BAR MS WK 1&3/TUE-CINN	1 CUP	21.86
002387	BRKFST BAR MS WK 1&3/TUE-CINN	1 CUP	25.13
002836	BRKFST BAR MS WK 1&3/TUE-CINN	1 CUP	27.48
002534	BRKFST BAR MS WK 1&3/TUE-CINN	1 CUP	19.65
000921	BRKFST BAR MS WK 2&4/TUE-CINN	1 CUP	6.09
002570	BRKFST BAR MS WK 2&4/TUE-CINN	1 CUP	17.19
002189	BRKFST BAR MS WK 2&4/TUE-CINN	1 CUP	15.50
002308	BRKFST BAR MS WK 2&4/TUE-CINN	1 CUP	16.57
002881	BRKFST BAR MS WK 2&4/TUE-CINNC	1 CUP	27.76
002350	BRKFST BAR MS WK 2&4/TUE-CINNC	1 CUP	32.11
002156	BRKFST BAR MS WK 2&4/TUE-CINNC	1 CUP	4.82
002873	BRKFST BAR MS WK 2&4/TUE-CINNC	1 CUP	27.76
002218	BRKFST BAR MS WK 5/TUE-CINN	1 CUP	20.56
002033	BRKFST BAR SFSP/WK2-FRIDAY	1 CUP	42.68
002041	BRKFST BAR WK 1&3 THU COFEECK	1 CUP	25.38
002774	BRKFST BAR WK2&4 MSHS	1 CUP	13.10
002771	BRKFST BAR WK2&4 MSHS	1 CUP	19.58
002663	BRKFST BAR WK2&4BYO YGRT MSHS	1 CUP	16.40
002381	BRKFST BAR WK2&4BYO YGRT MSHS	1 CUP	12.54
002736	BRKFST BAR WK2&4BYO YGRT MSHS	1 CUP	21.81
002034	BRKFST BAR WK2&4BYO YGRT MSHS	1 CUP	13.28
002155	BRKFST BAR WK2&4BYO YGRT MSHS	1 CUP	15.29
002642	BRKFST BAR WK2&4BYO YGRT MSHS	1 CUP	26.01
002474	BRKFST BAR WK2&4BYO YGRT MSHS	1 CUP	14.22
002719	BRKFST BAR WK2&4BYO YGRT MSHS	1 CUP	36.12
002722	BRKFST BAR WK2&4BYO YGRT MSHS	1 CUP	28.96
000994	BRKFST BAR WK4/TUE-CINN	1 CUP	20.28
002028	BRKFST BARHS-SSWK1/TUE-CINN	1 CUP	16.13
002109	LBar /SFSP W1DOMINOS PIZZA	1 CUP	47.52
002612	LBar /SFSP W1DOMINOS PIZZA	1 CUP	36.96
002588	LBar /SFSP W1DOMINOS PIZZA	1 CUP	45.69
002589	LBar /SFSP WK#1-TUE	1 CUP	11.10
002624	LBar /SFSP WK#1-TUE	1 CUP	11.14
002110	LBar /SFSP WK#1-TUE	1 CUP	35.14
002100	LBar BBQ RIB SD/Chic Ten 9-12	serving	11.61
002099	LBar BBQ RIB SD/Chic Ten K-8	serving	11.61
002091	LBar BYO BUR 9-12 w/Orange	serving	17.39
001989	LBar BYO BUR K-8 w/Orange	serving	17.39
002096	LBar Chix Burger 9-12 w/Grapes	serving	13.27
002252	LBar Chix Burger K-8	1 Cup	10.46

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
002908	LBar Chix Burger K-8	1 Cup	10.61
002345	LBar Chix Burger K-8	1 Cup	10.99
002151	LBar Chix Burger K-8	1 Cup	11.07
000970	LBar Chix Burger K-8 w/Grapes	serving	13.27
002048	LBar CX P LOCO 9-12 w/tan	serving	17.43
002092	LBar CX P LOCO K-8 w/tan	serving	17.43
002093	LBar Dom Pizza 9-12 w/Pineappl	serving	6.01
001646	LBar Dom Pizza K-8 w/Pineapple	serving	6.01
002101	LBar Ham/Hot Dog 9-12 w/Plum	serving	10.72
002098	LBar Hot Dog/Rav 9-12 w/Cherry	serving	12.78
002097	LBar Hot Dog/Rav K-8 w/Cherry	serving	12.78
002602	LBAR K-8/WEEK#2SFSP	1 CUP	16.44
002615	LBAR K-8/WEEK#2SFSP	1 CUP	15.31
002116	LBAR K-8/WEEK#4	1 CUP	31.11
002132	LBAR K-8/WEEK#4 Pineapple	1 CUP	23.93
002174	LBar Nacho 6-12 w/Mango	1 Cup	27.49
002173	LBar Nacho 6-12 w/Mango	1 Cup	23.84
001946	LBar Nacho 9-12 w/Mango	serving	23.83
002111	LBar SFSP/WK#1-WED	1 CUP	25.66
002625	LBar SFSP/WK#1-WED	1 CUP	22.46
002590	LBar SFSP/WK#1-WED	1 CUP	19.35
002613	LBar SFSP/WK#1-WED	1 CUP	19.79
002121	LBar SFSP/WK#1-WED Plums	1 CUP	26.57
002112	LBar SFSP/WK1-THURSDAY	1 CUP	9.45
002626	LBar SFSP/WK1-THURSDAY	1 CUP	8.76
002619	LBar SFSP/WK1-THURSDAY	1 CUP	13.48
002614	LBar SFSP/WK1-THURSDAY	1 CUP	9.33
002095	LBar Spag 9-12 w/Grapes	serving	10.22
002094	LBar Spag K-8 w/Grapes	serving	10.22
001802	LUNCH BAR 4-12 ASIAN XPRS BAR	1 CUP	58.43
002776	LUNCH BAR 4-12 BBQ RIB SAND	1 CUP	33.65
002176	LUNCH BAR 4-12 BBQ RIB SAND	1 CUP	15.94
002693	LUNCH BAR 4-12 BBQ RIB SAND	1 CUP	20.71
002260	LUNCH BAR 4-12 BBQ RIB SAND	1 CUP	26.00
002502	LUNCH BAR 4-12 BBQ RIB SAND	1 CUP	23.72
002332	LUNCH BAR 4-12 BBQ RIB SAND	1 CUP	35.61
002321	LUNCH BAR 4-12 BBQ RIB SAND	1 CUP	24.81
002902	LUNCH BAR 4-12 BBQ RIB SAND	1 CUP	20.71
002560	LUNCH BAR 4-12 BBQ RIB SAND	1 CUP	19.66
002405	LUNCH BAR 4-12 BBQ RIB SAND	1 CUP	23.72
001754	LUNCH BAR 4-12 BBQ RIB SAND	1 CUP	8.48
001897	LUNCH BAR 4-12 BYO BURRTO	1 CUP	32.47
002606	LUNCH BAR 4-12 BYO BURRTO	1 CUP	17.44
002828	LUNCH BAR 4-12 HAMB & HOT DOG	1 CUP	30.60
002775	LUNCH BAR 4-12 HAMB & HOT DOG	1 CUP	33.64
002901	LUNCH BAR 4-12 HAMB & HOT DOG	1 CUP	28.13
002517	LUNCH BAR 4-12 HAMB & HOT DOG	1 CUP	32.86
002541	LUNCH BAR 4-12 HAMB & HOT DOG	1 CUP	20.50
002472	LUNCH BAR 4-12 HAMB & HOT DOG	1 CUP	35.09
002884	LUNCH BAR 4-12 HAMB & HOT DOG	1 CUP	20.50
002293	LUNCH BAR 4-12 HAMB & HOT DOG	1 CUP	35.05
002862	LUNCH BAR 4-12 HAMB & HOT DOG	1 CUP	20.31
002849	LUNCH BAR 4-12 HAMB & HOT DOG	1 CUP	18.88
002229	LUNCH BAR 4-12 HAMB & HOT DOG	1 CUP	33.07
002692	LUNCH BAR 4-12 HAMB & HOT DOG	1 CUP	36.68
002763	LUNCH BAR 4-12 HAMB & HOT DOG	1 CUP	25.75
002146	LUNCH BAR 4-12 HAMB & HOT DOG	1 CUP	47.05
001941	LUNCH BAR 4-12 HAMB & HOT DOG	1 CUP	33.54
002738	LUNCH BAR 4-12 HAMB & HOT DOG	1 CUP	36.68
002756	LUNCH BAR 4-12 HAMB & HOT DOG	1 CUP	34.61
002739	LUNCH BAR 4-12 HAMB & HOT DOG	1 CUP	20.50

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
002747	LUNCH BAR 4-12 HAMB & HOT DOG	1 CUP	29.46
002271	LUNCH BAR 4-12 SPAGHETTI	1 CUP	28.77
002119	LUNCH BAR 4-12 SPAGHETTI	1 CUP	24.15
001076	LUNCH BAR 4-12 SPAGHETTI	1 CUP	6.74
001899	LUNCH BAR 4-12 TACO BAR	1 CUP	62.05
002324	LUNCH BAR ELEM/BBQ DAY	1 CUP	11.90
002759	LUNCH BAR ELEM/BBQ DAY	1 CUP	14.33
001834	LUNCH BAR ELEM/BBQ DAY	1 CUP	8.82
002556	LUNCH BAR ELEM/BBQ DAY	1 CUP	11.95
002239	LUNCH BAR ELEM/BBQ DAY	1 CUP	11.72
001837	LUNCH BAR FRIDAYS	1 CUP	18.97
002599	LUNCH BAR K-8/SFSP-WK2-TUE	1 CUP	15.61
002030	LUNCH BAR K-8/SFSP-WK2-TUE	1 CUP	16.66
002627	LUNCH BAR K-8/SFSP-WK2-TUE	1 CUP	10.55
002504	LUNCH BAR K-8/WEEK#1	1 CUP	8.56
000394	LUNCH BAR K-8/WEEK#1	1 CUP	8.99
000872	LUNCH BAR K-8/WEEK#1	1 CUP	16.60
002889	LUNCH BAR K-8/WEEK#1	1 CUP	10.33
002640	LUNCH BAR K-8/WEEK#1	1 CUP	9.93
001676	LUNCH BAR K-8/WEEK#1	1 CUP	4.98
002391	LUNCH BAR K-8/WEEK#1	1 CUP	11.99
002431	LUNCH BAR K-8/WEEK#1	1 CUP	11.73
002732	LUNCH BAR K-8/WEEK#1	1 CUP	11.25
002782	LUNCH BAR K-8/WEEK#1	1 CUP	16.23
000393	LUNCH BAR K-8/WEEK#1	1 CUP	12.29
002783	LUNCH BAR K-8/WEEK#1	1 CUP	17.91
002135	LUNCH BAR K-8/WEEK#1	1 CUP	4.61
001061	LUNCH BAR K-8/WEEK#1Cherry	1 CUP	13.66
002348	LUNCH BAR K-8/WEEK#2	1 CUP	10.96
002347	LUNCH BAR K-8/WEEK#2	1 CUP	9.85
002254	LUNCH BAR K-8/WEEK#2	1 CUP	10.51
000307	LUNCH BAR K-8/WEEK#2	1 CUP	25.63
001789	LUNCH BAR K-8/WEEK#2	1 CUP	5.46
002323	LUNCH BAR K-8/WEEK#2	1 CUP	23.46
002483	LUNCH BAR K-8/WEEK#2	1 CUP	10.15
002482	LUNCH BAR K-8/WEEK#2	1 CUP	13.15
002390	LUNCH BAR K-8/WEEK#2	1 CUP	26.29
002255	LUNCH BAR K-8/WEEK#2	1 CUP	27.79
002253	LUNCH BAR K-8/WEEK#2	1 CUP	25.37
002238	LUNCH BAR K-8/WEEK#2	1 CUP	44.12
002153	LUNCH BAR K-8/WEEK#2	1 CUP	27.72
002152	LUNCH BAR K-8/WEEK#2	1 CUP	12.78
002442	LUNCH BAR K-8/WEEK#2	1 CUP	11.49
002256	LUNCH BAR K-8/WEEK#2	1 CUP	10.69
001643	LUNCH BAR K-8/WEEK#2	1 CUP	16.18
002555	LUNCH BAR K-8/WEEK#2	1 CUP	10.28
002791	LUNCH BAR K-8/WEEK#2	1 CUP	13.44
000983	LUNCH BAR K-8/WEEK#2	1 CUP	24.66
000310	LUNCH BAR K-8/WEEK#2	1 CUP	10.76
002872	LUNCH BAR K-8/WEEK#2	1 CUP	10.15
002910	LUNCH BAR K-8/WEEK#2	1 CUP	23.46
002742	LUNCH BAR K-8/WEEK#2	1 CUP	12.50
002911	LUNCH BAR K-8/WEEK#2	1 CUP	14.02
002687	LUNCH BAR K-8/WEEK#2	1 CUP	13.81
002770	LUNCH BAR K-8/WEEK#2	1 CUP	12.50
002909	LUNCH BAR K-8/WEEK#2	1 CUP	9.87
002089	LUNCH BAR K-8/WEEK#2: 1/2 c	1/2 CUP	6.59
002650	LUNCH BAR K-8/WEEK#2Mango	1 CUP	16.68
002154	LUNCH BAR K-8/WEEK#2Mango	1 CUP	16.04
002568	LUNCH BAR K-8/WEEK#3	1 CUP	21.24
002265	LUNCH BAR K-8/WEEK#3	1 CUP	16.27

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
000413	LUNCH BAR K-8/WEEK#3	1 CUP	25.96
002413	LUNCH BAR K-8/WEEK#3	1 CUP	18.56
002825	LUNCH BAR K-8/WEEK#3	1 CUP	13.12
002662	LUNCH BAR K-8/WEEK#3	1 CUP	7.79
002660	LUNCH BAR K-8/WEEK#3	1 CUP	16.41
002364	LUNCH BAR K-8/WEEK#3	1 CUP	25.51
002840	LUNCH BAR K-8/WEEK#3	1 CUP	15.27
002449	LUNCH BAR K-8/WEEK#3	1 CUP	21.59
002450	LUNCH BAR K-8/WEEK#3	1 CUP	7.09
002266	LUNCH BAR K-8/WEEK#3	1 CUP	24.62
001701	LUNCH BAR K-8/WEEK#3	1 CUP	25.45
002661	LUNCH BAR K-8/WEEK#3	1 CUP	21.23
002168	LUNCH BAR K-8/WEEK#3	1 CUP	14.32
002510	LUNCH BAR K-8/WEEK#3	1 CUP	21.42
002511	LUNCH BAR K-8/WEEK#3	1 CUP	23.19
002512	LUNCH BAR K-8/WEEK#3	1 CUP	14.23
002567	LUNCH BAR K-8/WEEK#3	1 CUP	21.29
000997	LUNCH BAR K-8/WEEK#3	1 CUP	15.98
002752	LUNCH BAR K-8/WEEK#3	1 CUP	27.64
000944	LUNCH BAR K-8/WEEK#3	1 CUP	13.98
002751	LUNCH BAR K-8/WEEK#3	1 CUP	17.19
002169	LUNCH BAR K-8/WEEK#3	1 CUP	22.90
002569	LUNCH BAR K-8/WEEK#3	1 CUP	7.92
002703	LUNCH BAR K-8/WEEK#3	1 CUP	10.42
002702	LUNCH BAR K-8/WEEK#3	1 CUP	15.22
000415	LUNCH BAR K-8/WEEK#3	1 CUP	22.06
002803	LUNCH BAR K-8/WEEK#3	1 CUP	13.58
002494	LUNCH BAR K-8/WEEK#3	1 CUP	10.44
002420	LUNCH BAR K-8/WEEK#4	1 CUP	15.80
001850	LUNCH BAR K-8/WEEK#4	1 CUP	3.38
002282	LUNCH BAR K-8/WEEK#4	1 CUP	15.86
002281	LUNCH BAR K-8/WEEK#4	1 CUP	4.16
002280	LUNCH BAR K-8/WEEK#4	1 CUP	11.15
002581	LUNCH BAR K-8/WEEK#4	1 CUP	8.81
001853	LUNCH BAR K-8/WEEK#4	1 CUP	8.35
002279	LUNCH BAR K-8/WEEK#4	1 CUP	10.41
000424	LUNCH BAR K-8/WEEK#4	1 CUP	23.96
002758	LUNCH BAR K-8/WEEK#4	1 CUP	13.68
002718	LUNCH BAR K-8/WEEK#4	1 CUP	11.66
002717	LUNCH BAR K-8/WEEK#4	1 CUP	24.57
002716	LUNCH BAR K-8/WEEK#4	1 CUP	18.24
002186	LUNCH BAR K-8/WEEK#4	1 CUP	10.41
002811	LUNCH BAR K-8/WEEK#4	1 CUP	22.49
002810	LUNCH BAR K-8/WEEK#4	1 CUP	17.93
002582	LUNCH BAR K-8/WEEK#4	1 CUP	14.75
002668	LUNCH BAR K-8/WEEK#4	1 CUP	13.48
001651	LUNCH BAR K-8/WEEK#4	1 CUP	9.81
002372	LUNCH BAR K-8/WEEK#4	1 CUP	10.55
002853	LUNCH BAR K-8/WEEK#4	1 CUP	14.43
002855	LUNCH BAR K-8/WEEK#4	1 CUP	9.74
002583	LUNCH BAR K-8/WEEK#4	1 CUP	20.11
002188	LUNCH BAR K-8/WEEK#4	1 CUP	3.00
002459	LUNCH BAR K-8/WEEK#4	1 CUP	14.06
001713	LUNCH BAR K-8/WEEK#4	1 CUP	11.86
002523	LUNCH BAR K-8/WEEK#4	1 CUP	21.58
002460	LUNCH BAR K-8/WEEK#4	1 CUP	9.96
002499	LUNCH BAR K-8/WEEK#4	1 CUP	16.43
000917	LUNCH BAR K-8/WEEK#5	1 CUP	14.57
002215	LUNCH BAR K-8/WEEK#5	1 CUP	13.24
002386	LUNCH BAR K-8/WEEK#5	1 CUP	17.33
002871	LUNCH BAR K-8/WEEK#5	1 cup	13.37

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
002214	LUNCH BAR K-8/WEEK#5	1 cup	16.28
001642	LUNCH BAR K-8/WEEK#5	serving	15.53
002532	LUNCH BAR K-8/WEEK#5	1 CUP	15.12
001635	LUNCH BAR K-8/WEEK#5	1 CUP	6.53
000916	LUNCH BAR K-8/WEEK#5	1 CUP	16.52
002426	LUNCH BAR K-8/WEEK#5	1 CUP	22.17
000915	LUNCH BAR K-8/WEEK#5	1 CUP	15.37
002299	LUNCH BAR K-8/WEEK#5	1 CUP	13.96
001970	LUNCH BAR K-8/WEEK#5-Ham	1 CUP	10.96
002298	LUNCH BAR K-8/WEEK#5-HAM	1 CUP	4.81
002217	LUNCH BAR K-8/WEEK#5-HAM	1 CUP	4.80
002216	LUNCH BAR K-8/WEEK#5-Ham	1 CUP	15.75
002533	LUNCH BAR K-8/WEEK#5-No HAM	1 CUP	4.72
002297	LUNCH BAR K-8/WEEK#5-T Ham	1 CUP	22.24
002679	LUNCH BAR K-8/WK#1-MONDAY	1 CUP	8.28
002819	LUNCH BAR K-8/WK#1-MONDAY	1 CUP	8.98
002237	LUNCH BAR K-8/WK#1-MONDAY	1 CUP	8.34
001986	LUNCH BAR K-8/WK#1-MONDAY	1 CUP	9.79
002320	LUNCH BAR K-8/WK#1-MONDAY	1 CUP	12.76
002545	LUNCH BAR K-8/WK#1-MONDAY	1 CUP	8.24
002731	LUNCH BAR K-8/WK#1-MONDAY	1 CUP	9.27
002029	LUNCH BAR K-8/WK#2-SFSP-MON	1 CUP	18.68
002598	LUNCH BAR K-8/WK#2-SFSP-MON	1 CUP	20.44
002187	LUNCH BAR K-8/WK#4	1 CUP	13.23
002006	LUNCH BAR K-8/WK#4	1 CUP	11.48
002130	LUNCH BAR SFSP-WK2-TUE Plum	1 CUP	14.16
002025	LUNCH BAR SFSP/WK#1-WED	1 CUP	4.16
002026	LUNCH BAR SFSP/WK1-THURSDAY	1 CUP	8.43
002396	LUNCH BAR WEDNESDAYS-H.S.	1 CUP	38.78
002331	LUNCH BAR WEDNESDAYS-H.S.	1 CUP	39.42
002045	LUNCH BAR WEDNESDAYS-H.S.	1 CUP	44.40
002356	LUNCH BAR WEDNESDAYS-H.S.	1 CUP	45.65
002272	LUNCH BAR WEDNESDAYS-H.S.	1 CUP	45.34
002292	LUNCH BAR WEDNESDAYS-H.S.	1 CUP	41.53
002404	LUNCH BAR WEDNESDAYS-H.S.	1 CUP	31.75
002453	LUNCH BAR WEDNESDAYS-H.S.	1 CUP	39.47
002366	LUNCH BAR WEDNESDAYS-H.S.	1 CUP	39.53
002201	LUNCH BAR WEDNESDAYS-H.S.	1 CUP	39.11
002831	LUNCH BAR WEDNESDAYS-HS	1 CUP	17.02
002621	LUNCH BAR WEDNESDAYS-HS	1 CUP	35.49
002436	LUNCH BAR WEDNESDAYS-HS	1 CUP	30.46
002617	LUNCH BAR WEDNESDAYS-HS	1 CUP	60.35
002707	LUNCH BAR WEDNESDAYS-HS	1 CUP	72.79
002608	LUNCH BAR WEDNESDAYS-HS	1 CUP	57.88
002847	LUNCH BAR WEDNESDAYS-HS	1 CUP	17.13
002683	LUNCH BAR WEDNESDAYS-HS	1 CUP	64.42
002485	LUNCH BAR WEDNESDAYS-HS	1 CUP	30.96
002593	LUNCH BAR WEDNESDAYS-HS	1 CUP	57.90
002477	LUNCH BAR WEDNESDAYS-HS	1 CUP	59.11
002829	LUNCH BAR WEDNESDAYS-HS	1 CUP	76.69
002527	LUNCH BAR WEDNESDAYS-HS	1 CUP	36.71
002536	LUNCH BAR WEDNESDAYS-MS	1 CUP	60.93
002476	LUNCH BAR WEDNESDAYS-MS	1 CUP	64.33
002245	LUNCH BAR WEDNESDAYS-MS	1 CUP	60.63
002513	LUNCH BAR WEDNESDAYS-MS	1 CUP	54.72
002140	LUNCH BAR WEDNESDAYS-MS	1 CUP	43.48
002690	LUNCH BAR WEDNESDAYS-MS	1 CUP	20.72
002654	LUNCH BAR WEDNESDAYS-MS	1 CUP	64.15
002835	LUNCH BAR WEDNESDAYS-MS	1 CUP	16.91
002664	LUNCH BAR WEDNESDAYS-MS	1 CUP	54.40
002896	LUNCH BAR WEDNESDAYS-MS	1 CUP	68.85

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
002195	LUNCH BAR WEDNESDAYS-MS	1 CUP	60.52
002524	LUNCH BAR WEDNESDAYS-MS	1 CUP	44.46
002727	LUNCH BAR WEDNESDAYS-MS	1 CUP	56.08
002821	LUNCH BAR WEDNESDAYS-MS	1 CUP	16.49
002882	LUNCH BAR WEDNESDAYS-MS	1 CUP	66.38
002232	LUNCH BAR WEDNESDAYS-MS	1 CUP	60.50
002669	LUNCH BAR WEDNESDAYS-MS	1 CUP	59.76
002826	LUNCH BAR WEDNESDAYS-MS	1 CUP	66.20
002171	LUNCH BAR WEDNESDAYS-MS	1 CUP	44.20
002468	LUNCH BAR WEDNESDAYS-MS	1 CUP	52.22
002164	LUNCH BAR WEDNESDAYS-MS	1 CUP	43.54
002286	LUNCH BAR WEDNESDAYS-MS	1 CUP	56.89
002258	LUNCH BAR WEDNESDAYS-MS	1 CUP	58.94
002270	LUNCH BAR WEDNESDAYS-MS	1 CUP	67.66
002451	LUNCH BAR WEDNESDAYS-MS	1 CUP	59.85
002392	LUNCH BAR WEDNESDAYS-MS	1 CUP	64.48
002400	LUNCH BAR WEDNESDAYS-MS	1 CUP	54.36
002421	LUNCH BAR WEDNESDAYS-MS	1 CUP	59.76
002844	LUNCH BAR WEDNESDAYS-MS	1 CUP	16.75
002643	LUNCH BAR WEDNESDAYS-MS	1 CUP	51.06
002304	LUNCH BAR WEDNESDAYS-MS	1 CUP	65.74
001849	LUNCH BAR WEDNESDAYS-MS	1 CUP	44.20
002584	LUNCH BAR WEDNESDAYS-MS	1 CUP	54.76
002573	LUNCH BAR WEDNESDAYS-MS	1 CUP	59.78
002797	LUNCH BAR WEEK#1&3/BBQ SAND-HS	1 CUP	32.33
002645	LUNCH BAR WEEK#1&3/BBQ SAND-HS	1 CUP	29.97
002144	LUNCH BAR WEEK#1&3/BBQ SAND-HS	1 CUP	16.65
002066	LUNCH BAR WEEK#1&3/BBQ SAND-HS	1 CUP	39.53
002861	LUNCH BAR WEEK#1&3/BBQ SAND-HS	1 CUP	29.97
002062	LUNCH BAR WEEK#1&3/FRIDAY HS	1 CUP	27.36
002228	LUNCH BAR WEEK#1&3/TUE-HS	1 CUP	21.70
002540	LUNCH BAR WEEK#1&3/TUE-HS	1 CUP	23.08
002859	LUNCH BAR WEEK#1&3/TUE-HS	1 CUP	17.62
002074	LUNCH BAR WEEK#1&3/TUE-HS	1 CUP	18.50
002796	LUNCH BAR WEEK#1&3/TUE-HS	1 CUP	23.22
002246	LUNCH BAR WEEK#1&3/TUE-HS	1 CUP	18.75
002291	LUNCH BAR WEEK#1&3/TUE-HS	1 CUP	18.84
001883	LUNCH BAR WEEK#1&3/TUESDAY	1 CUP	51.92
001878	LUNCH BAR WEEK#1&3/WEDNESDAY	1 CUP	18.03
002461	LUNCH BAR WEEK#1/THEME BAR	1 CUP	17.31
002682	LUNCH BAR WEEK#1/THEME BAR	1 CUP	15.66
002827	LUNCH BAR WEEK#1/THEME BAR	1 CUP	21.48
002655	LUNCH BAR WEEK#1/THEME BAR	1 CUP	15.01
002879	LUNCH BAR WEEK#1/THEME BAR	1 CUP	15.66
002808	LUNCH BAR WEEK#1/THEME BAR	1 CUP	22.13
001821	LUNCH BAR WEEK#1/THEME BAR	1 CUP	8.36
002897	LUNCH BAR WEEK#1/THEME BAR	1 CUP	14.72
002737	LUNCH BAR WEEK#1/THEME BAR	1 CUP	15.01
002141	LUNCH BAR WEEK#1/THEME BAR	1 CUP	8.00
002772	LUNCH BAR WEEK#1/THEME BAR	1 CUP	15.96
002328	LUNCH BAR WEEK#1/THEME BAR	1 CUP	9.11
001890	LUNCH BAR WEEK#1/THEME BAR	1 CUP	6.76
002505	LUNCH BAR WEEK#1/THEME BAR	1 CUP	15.26
002268	LUNCH BAR WEEK#1BYO Bu/ Apples	1 CUP	17.83
002241	LUNCH BAR WEEK#1BYO Bu/ Grapes	1 CUP	32.70
002616	LUNCH BAR WEEK#1BYO Ta/ Peac	1 CUP	15.49
002592	LUNCH BAR WEEK#1BYO Ta/ Strw	1 CUP	13.21
002196	LUNCH BAR WEEK#2&4/FRIDAY	1 CUP	10.20
002444	LUNCH BAR WEEK#2&4/FRIDAY	1 CUP	13.58
002525	LUNCH BAR WEEK#2&4/FRIDAY	1 CUP	6.86
002306	LUNCH BAR WEEK#2&4/FRIDAY	1 CUP	6.01

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
001836	LUNCH BAR WEEK#2&4/FRIDAY	1 CUP	7.97
002748	LUNCH BAR WEEK#2&4/FRIDAY	1 CUP	11.56
002546	LUNCH BAR WEEK#2&4/FRIDAY	1 CUP	12.13
002352	LUNCH BAR WEEK#2&4/FRIDAY	1 CUP	14.04
002248	LUNCH BAR WEEK#2&4/FRIDAY	1 CUP	5.00
002315	LUNCH BAR WEEK#2&4/FRIDAY	1 CUP	10.25
002507	LUNCH BAR WEEK#2&4/FRIDAY	1 CUP	17.18
002374	LUNCH BAR WEEK#2&4/FRIDAY	1 CUP	14.48
002785	LUNCH BAR WEEK#2&4/FRIDAY	1 CUP	23.18
002359	LUNCH BAR WEEK#2&4/FRIDAY	1 CUP	17.64
002205	LUNCH BAR WEEK#2&4/FRIDAY	1 CUP	16.89
002395	LUNCH BAR WEEK#2&4/MON	1 CUP	14.74
002242	LUNCH BAR WEEK#2&4/MON-Grapes	1 CUP	24.22
001075	LUNCH BAR WEEK#2&4/MONDAY	1 CUP	32.50
002158	LUNCH BAR WEEK#2&4/MONDAY	1 CUP	40.21
002269	LUNCH BAR WEEK#2&4/MONDAY	1 CUP	31.30
002415	LUNCH BAR WEEK#2&4/MONDAY	1 CUP	15.05
002746	LUNCH BAR WEEK#2&4/THURSDAY	1 CUP	32.97
001795	LUNCH BAR WEEK#2&4/THURSDAY	1 CUP	32.52
002247	LUNCH BAR WEEK#2&4/THURSDAY	1 CUP	33.03
002744	LUNCH BAR WEEK#2&4/THURSDAY	1 CUP	20.50
002428	LUNCH BAR WEEK#2&4/THURSDAY	1 CUP	13.27
002427	LUNCH BAR WEEK#2&4/THURSDAY	1 CUP	20.00
002788	LUNCH BAR WEEK#2&4/THURSDAY	1 CUP	42.17
002883	LUNCH BAR WEEK#2&4/THURSDAY	1 CUP	7.80
002357	LUNCH BAR WEEK#2&4/THURSDAY	1 CUP	13.41
002416	LUNCH BAR WEEK#2&4/THURSDAY	1 CUP	19.72
002762	LUNCH BAR WEEK#2&4/THURSDAY	1 CUP	12.61
002203	LUNCH BAR WEEK#2&4/THURSDAY	1 CUP	10.10
002684	LUNCH BAR WEEK#2&4/THURSDAY	1 CUP	7.80
002443	LUNCH BAR WEEK#2&4/THURSDAY	1 CUP	11.06
002848	LUNCH BAR WEEK#2&4/THURSDAY	1 CUP	12.87
002709	LUNCH BAR WEEK#2&4/THURSDAY	1 CUP	24.67
002273	LUNCH BAR WEEK#2&4/THURSDAY	1 CUP	9.67
001882	LUNCH BAR WEEK#2&4/THURSDAY	1 CUP	23.58
002313	LUNCH BAR WEEK#2&4/THURSDAY	1 CUP	20.02
002845	LUNCH BAR WEEK#2&4/THURSDAY	1 CUP	15.69
002394	LUNCH BAR WEEK#2&4/THURSDAY	1 CUP	17.32
002445	LUNCH BAR WEEK#2&4/THURSDAY	1 CUP	28.16
002358	LUNCH BAR WEEK#2&4/THURSDAY	1 CUP	23.06
002574	LUNCH BAR WEEK#2&4/THURSDAY	1 CUP	8.03
002314	LUNCH BAR WEEK#2&4/THURSDAYCRU	1 CUP	33.87
002429	LUNCH BAR WEEK#2&4/THURSDAYCRU	1 CUP	31.43
002162	LUNCH BAR WEEK#2&4/THURSDAYCRU	1 CUP	26.73
002375	LUNCH BAR WEEK#2&4/THURSDAYCRU	1 CUP	33.90
002528	LUNCH BAR WEEK#2&4/THURSDAYCRU	1 CUP	33.63
002047	LUNCH BAR WEEK#2&4/TUE HS	1 CUP	38.27
002745	LUNCH BAR WEEK#2&4/TUE HS Appl	1 CUP	39.41
002830	LUNCH BAR WEEK#2&4/TUE HS Appl	1 CUP	52.37
002355	LUNCH BAR WEEK#2&4/TUE MS	1 CUP	39.01
002806	LUNCH BAR WEEK#2&4/TUE MS	1 CUP	28.71
002159	LUNCH BAR WEEK#2&4/TUE MS	1 CUP	33.91
002876	LUNCH BAR WEEK#2&4/TUE MS	1 CUP	29.64
002302	LUNCH BAR WEEK#2&4/TUE MS	1 CUP	43.99
000935	LUNCH BAR WEEK#2&4/TUE MS	1 CUP	33.02
002705	LUNCH BAR WEEK#2&4/TUE MS Appl	1 CUP	37.71
002311	LUNCH BAR WEEK#2&4/TUE MS Oran	1 CUP	44.35
002760	LUNCH BAR WEEK#2&4/TUE MS Oran	1 CUP	52.09
002243	LUNCH BAR WEEK#2&4/TUE MS Plum	1 CUP	36.93
002193	LUNCH BAR WEEK#2&4/TUE MS Stra	1 CUP	34.66
002681	LUNCH BAR WEEK#2&4/TUE MS STRW	1 CUP	35.85

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
002199	LUNCH BAR WEEK#2&4/TUE MS STRW	1 CUP	35.02
002576	LUNCH BAR WEEK#2&4/TUE-HS	1 CUP	26.69
002526	LUNCH BAR WEEK#2&4/TUE-HS	1 CUP	27.82
002063	LUNCH BAR WEEK#2&4/TUE-HS	1 CUP	26.10
002822	LUNCH BAR WEEK#2&4/TUE-HS	1 CUP	27.97
002312	LUNCH BAR WEEK#2&4/TUE-HS	1 CUP	33.17
002761	LUNCH BAR WEEK#2&4/TUE-HS Oran	1 CUP	33.17
002200	LUNCH BAR WEEK#2&4/TUE-HS STAW	1 CUP	22.67
002706	LUNCH BAR WEEK#2&4/TUE-MS	1 CUP	21.68
002877	LUNCH BAR WEEK#2&4/TUE-MS	1 CUP	22.87
001094	LUNCH BAR WEEK#2&4/TUE-MS	1 CUP	18.48
002303	LUNCH BAR WEEK#2&4/TUE-MS	1 CUP	27.02
002807	LUNCH BAR WEEK#2&4/TUE-MS	1 CUP	21.82
002244	LUNCH BAR WEEK#2&4/TUE-MS Plum	1 CUP	19.07
002194	LUNCH BAR WEEK#2&4/TUE-MS staw	1 CUP	16.53
002160	LUNCH BAR WEEK#2&4/TUE-MSPLUMS	1 CUP	19.07
001841	LUNCH BAR WEEK#2&4/WEDNESDAY	1 CUP	23.76
002495	LUNCH BAR WEEK#2/MON H.S.	1 CUP	16.25
000963	LUNCH BAR WEEK#2/MON H.S.	1 CUP	15.92
002894	LUNCH BAR WEEK#3/MON	1 CUP	22.85
002399	LUNCH BAR WEEK#3/MON	1 CUP	20.91
002535	LUNCH BAR WEEK#3/Mon-MS	1 CUP	19.44
001069	LUNCH BAR WEEK#3/THR-HS	1 CUP	8.75
002406	LUNCH BAR WEEK#3/THR-HS	1 CUP	5.88
002516	LUNCH BAR WEEK#3/THR-HS	1 CUP	6.77
002145	LUNCH BAR WEEK#3/THR-HS	1 CUP	16.79
002561	LUNCH BAR WEEK#3/THR-HS	1 CUP	3.54
002437	LUNCH BAR WEEK#3/THR-HS	1 CUP	5.88
002172	LUNCH BAR WEEK#3/THR-MS	1 CUP	5.22
002434	LUNCH BAR WEEK#3/THR-MS	1 CUP	17.54
002514	LUNCH BAR WEEK#3/THR-MS	1 CUP	17.07
002469	LUNCH BAR WEEK#3/THR-MS	1 CUP	17.57
002856	LUNCH BAR WEEK#3/THR-MS	1 CUP	5.18
002754	LUNCH BAR WEEK#3/THR-MS	1 CUP	12.83
002558	LUNCH BAR WEEK#3/THR-MS	1 CUP	15.30
002501	LUNCH BAR WEEK#3/THR-MS	1 CUP	17.35
002452	LUNCH BAR WEEK#3/THR-MS	1 CUP	6.94
002537	LUNCH BAR WEEK#3/THR-MS	1 CUP	3.77
002288	LUNCH BAR WEEK#3/THR-MS	1 CUP	7.00
002081	LUNCH BAR WEEK#3/THR-MS	1 CUP	7.30
002198	LUNCH BAR WEEK#4/THEME BAR	1 CUP	28.88
002571	LUNCH BAR WEEK#4/THEME BAR	1 CUP	20.21
002309	LUNCH BAR WEEK#4/THEME BAR	1 CUP	19.41
001838	LUNCH BAR WEEK#4/THEME BAR	1 CUP	32.30
002300	LUNCH BAR WEEK#4/THEME BAR API	1 CUP	21.15
002834	LUNCH BAR WEEK#4/THEME BAR API	1 CUP	21.17
002192	LUNCH BAR WEEK#4/THEME BAR Nec	1 CUP	28.88
001833	LUNCH BAR WK #2&4 MS-BBQ BAR	1 CUP	17.00
002373	LUNCH BAR WK #2&4 MS-BBQ BAR	1 CUP	14.72
002305	LUNCH BAR WK #2&4 MS-BBQ BAR	1 CUP	16.69
002351	LUNCH BAR WK #2&4 MS-BBQ BAR	1 CUP	16.20
002777	LUNCH BAR WK#1&3/FRI-NACHOS	1 CUP	16.01
002773	LUNCH BAR WK#1&3/FRI-NACHOS	1 CUP	13.22
002832	LUNCH BAR WK#1&3/FRI-NACHOS	1 CUP	11.71
002833	LUNCH BAR WK#1&3/FRI-NACHOS	1 CUP	13.27
002863	LUNCH BAR WK#1&3/FRI-NACHOS	1 CUP	9.20
002486	LUNCH BAR WK#1&3/FRI-NACHOS	1 CUP	13.72
002538	LUNCH BAR WK#1&3/FRI-NACHOS	1 CUP	10.87
002898	LUNCH BAR WK#1&3/FRI-NACHOS	1 CUP	10.23
002401	LUNCH BAR WK#1&3/FRI-NACHOS	1 CUP	15.64
002142	LUNCH BAR WK#1&3/FRI-NACHOS	1 CUP	55.60

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
002327	LUNCH BAR WK#1&3/FRI-NACHOS	1 CUP	16.07
002259	LUNCH BAR WK#1&3/FRI-NACHOS	1 CUP	24.11
002857	LUNCH BAR WK#1&3/FRI-NACHOS	1 CUP	13.14
002223	LUNCH BAR WK#1&3/FRI-NACHOS	1 CUP	21.00
002795	LUNCH BAR WK#1&3/FRI-NACHOS	1 CUP	15.06
002720	LUNCH BAR WK#1&3/FRI-NACHOS	1 CUP	16.87
002594	LUNCH BAR WK#1&3/FRI-NACHOS	1 CUP	12.81
002515	LUNCH BAR WK#1&3/FRI-NACHOS	1 CUP	14.85
002609	LUNCH BAR WK#1&3/FRI-NACHOS	1 CUP	18.19
002367	LUNCH BAR WK#1&3/FRI-NACHOS	1 CUP	28.47
002723	LUNCH BAR WK#1&3/FRI-NACHOS	1 CUP	16.12
002407	LUNCH BAR WK#1&3/FRI-NACHOS HS	1 CUP	18.04
002261	LUNCH BAR WK#1&3/FRI-NACHOS HS	1 CUP	23.73
002423	LUNCH BAR WK#1&3/FRI-NACHOS HS	1 CUP	15.01
002042	LUNCH BAR WK#1&3/FRI-NACHOS HS	1 CUP	7.59
002518	LUNCH BAR WK#1&3/FRI-NACHOS HS	1 CUP	16.15
002487	LUNCH BAR WK#1&3/FRI-NACHOS HS	1 CUP	12.23
002333	LUNCH BAR WK#1&3/FRI-NACHOS HS	1 CUP	13.63
002230	LUNCH BAR WK#1&3/FRI-NACHOS HS	1 CUP	18.87
002694	LUNCH BAR WK#1&3/FRI-NACHOS HS	1 CUP	11.92
002365	LUNCH BAR WK#1&3/FRI-NACHOS HS	1 CUP	31.03
002470	LUNCH BAR WK,1&3-TACO BAR 9-12	1 CUP	22.11
002221	LUNCH BAR WK,1&3-TACO BAR 9-12	1 CUP	23.14
002689	LUNCH BAR WK,1&3-TACO BAR 9-12	1 CUP	19.63
002691	LUNCH BAR WK,1&3-TACO BAR 9-12	1 CUP	19.89
001846	LUNCH BAR WK,1&3-TACO BAR 9-12	1 CUP	26.87
002402	LUNCH BAR WK,1&3-TACO BAR 9-12	1 CUP	21.27
002899	LUNCH BAR WK,1&3-TACO BAR 9-12	1 CUP	20.95
002433	LUNCH BAR WK,1&3-TACO BAR 9-12	1 CUP	20.21
002620	LUNCH BAR-SFSP WK#1-FRIDAY	1 CUP	15.57
002591	LUNCH BAR-SFSP WK#1-FRIDAY	1 CUP	19.82
002027	LUNCH BAR-SFSP WK#1-FRIDAY	1 CUP	45.16
002060	LUNCH BAR/MON BBQ BAR-MS	1 CUP	9.72
002484	LUNCH BAR/MON BRGR-MS WK 3	1 CUP	22.23
002222	LUNCH BAR/MON CHX BRGR-MS WK 3	1 CUP	22.82
002072	LUNCH BAR/MON CHX BRGR-MS WK 3	1 CUP	14.47
002285	LUNCH BAR/MON CHX BRGR-MS WK 3	1 CUP	10.86
002572	LUNCH BAR/MON CHX BRGR-MS WK 4	1 CUP	12.58
002191	LUNCH BAR/MON CHX BRGR-MS WK 4	1 CUP	11.94
002301	LUNCH BAR/MON CHX BRGR-MS WK 4	1 CUP	11.79
002475	LUNCH BAR/MON CHX BRGR-MS WK 4	1 CUP	11.63
002161	LUNCH BAR/MONDAY BBQ BAR	1 CUP	30.16
002900	LUNCH BAR/MONDAY BBQ BAR	1 CUP	34.03
002354	LUNCH BAR/MONDAY BBQ BAR	1 CUP	32.66
002575	LUNCH BAR/MONDAY BBQ BAR	1 CUP	27.51
002672	LUNCH BAR/MONDAY BBQ BAR	1 CUP	15.42
002471	LUNCH BAR/MONDAY BBQ BAR	1 CUP	31.54
002403	LUNCH BAR/MONDAY BBQ BAR	1 CUP	31.41
002227	LUNCH BAR/MONDAY BBQ BAR	1 CUP	22.64
002310	LUNCH BAR/MONDAY BBQ BAR	1 CUP	32.65
000335	LUNCH BAR/MONDAY BBQ BAR	1 CUP	28.69
002023	LUNCH BAR/SFSP W1DOMINOS PIZZA	1 CUP	39.01
002024	LUNCH BAR/WK#1-SFSP-TUE	1 CUP	15.68

BREAD

500305	AZTEC GRAIN SALAD	1 CUP	53.56
001968	BAGEL PLAIN	EACH	47.00
001976	BAGEL-BYO BREAKFAST	EACH	48.91
001993	BREAD 4" WHITE WHL WHEAT(9-12)	EACH	30.00
001991	BREAD, 4" HOAGIE WHT WHL WHEAT	1EACH	29.00

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
001996	BREAD, 4"HOAGIE WHT WHL WHT-MS	EACH	29.00
001995	BREAD, HAMBGR BUN WHITE WHL WH	EACH	30.00
001998	BREAD, HOTDOG BUN WHT WHL WHT6	EACH	27.00
001997	BREAD, HOTDOG BUN WHT WHL WT6	EACH	27.00
001210	BREADSTICK	1 EACH	23.00
001078	BUNS, MINI BURGER WHOLE WHEAT	1 EACH	18.00
000953	CEREAL, COCOA PUFFS	1 CUP	23.00
000130	CEREAL, HONEY NUT CHEERIOS BUL	BOWL PACK	22.00
101006	CEREAL, TRIX (BULK)	CUP	27.00
001992	CHICKEN BURGER-BREAD	EACH	30.00
000628	CHOW MEIN NOODLES	3/4 CUP	27.72
002071	CRACKER,GOLDFISH WH/GRN#101403	SERVING 1.1 oz	20.00
002049	CROUTONS, WHOLE GRAIN #103051	SERVING	15.00
000036	DINNER ROLLS, WHITE, BULK	PIECE	14.00
000919	DONUT, MINI CHOCOLATE	EACH	41.00
002339	Goldfish Bread-Whole Wheat	Each	21.00
000877	GRANOLA ORIGINAL	1/2 CUP	43.00
000848	GRANOLA, HONEY & OATS w/ALMOND	CUP	37.00
001982	HAMBURGER-ELEM-BUN	EACH	30.00
500325	MEDITERRANEAN QUINOA SALAD	3/4 CUP	22.66
001130	MUFFIN, CORNMEAL WHOLE GRAIN	1 EACH	36.80
500303	OODLES OF NOODLES	CUP	43.45
002010	PANCAKES-AUNT JEMIMA #500703	EACH	13.01
002017	PASTA, SPAGHETTI-JM SWANK	1/2 CUP SERVIN	81.19
500327	PEPPY QUINOA	1/2 CUP	28.60
001788	RICE A RONI	1/2 CUP	10.64
002013	RICE, CHICKEN	1/2 CUPS	20.23
002070	RICE, MEX FLVR, BRN #106714	SERVINGS	23.23
002059	RICE, MEXICAN-UNCLE BEN#106713	1/2 cup	4.88
001825	RICE, SPANISH	1/4 CUP	12.00
002005	RICE, SPANISH RICE-UNCLE BENS	1/2 CUPS	0.00
002378	Seasoning Mexican Rice Low Sod	1/2 cup	3.00
000483	TACO SHELL	EACH	9.00
001787	TORTILLA 10" WHOLE GRAIN FLOUR	EACH	29.00
000713	TORTILLA 6" WHOLE GRAIN FLOUR	EACH	14.84
000581	TORTILLA 8" WHOLE GRAIN FLOUR	EACH	19.00
000491	TORTILLA CHIPS	OZ	19.00
000173	TORTILLA CHIPS REDUCED FAT	OZ	19.00
000676	TORTILLA, CORN 6"	1 EACH	13.00
001947	TORTILLA, STRIPS WHITE CORN	1 OZ	15.12
001482	TORTILLAS, FLOUR SMALL/HS	EACH	2.82
001767	TOSTADA, BOWL	EACH	14.00
002816	Wheat Garlic Toast 1" Thick Sl	EACH	16.00
002417	Wheat Mini Garlic Toast	Each	12.00
002380	White Whole Wheat Bagel	Each	36.00
002185	Whole Grain Bread Stick	Each	14.67
002377	Whole Grain Brown Rice Uncle B	1/2 Cup	35.00
002781	Whole Grain Cheese Garlic Crou	1/4 Cup	4.00
002294	Whole Grain Cheesy Cornbread M	Each	39.00
002340	Whole Grain Italian Herb Sand	Each	27.00

BRKFS

002809	Apple Cinnamon Coffee Cake	EACH	56.90
000045	APPLESAUCE CAKE	SERVING	30.47
002794	Banana Choc Chip Coffee Cake	EACH	56.40
000285	BANANA CHOCO CHUNK BKFST BAR	EACH	48.00
001828	BISCUIT & GRAVY-BEEF	SERVING	30.73
002035	BISCUIT & GRAVY-PORK	SERVING	30.85
002008	BISCUITS	SERVING	50.00
002178	BREAKFAST BURRITO K-5	EACH	25.19

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Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
002414	Breakfast Croissant	SERVING	32.67
000801	BREAKFAST PIZZA	1 EACH	28.30
002317	BREAKFAST QUESADILLA K-5	EACH	16.84
002190	BYO BREAKFAST BURRITO	EACH	26.01
001738	BYO BREAKFAST TACO	EACH	17.61
002813	BYO Omelet Bar	EACH	34.79
001407	CEREAL, MIX	EACH	19.96
001428	CHEESE EMPANADA	EACH	17.00
001196	CHERRY DANISH	EACH	28.36
001410	CHICKEN MCBISCUIT	EACH	31.58
002463	Chocolate Granola w/Mini Mars	Each	21.00
001604	CINNAMON FRENCH TOAST	EACH	30.00
000120	CINNAMON ROLL	EACH	35.00
000284	COOKIE, UBR	EACH	43.00
002549	COOKIE, UBR Chocolate Chip	EACH	43.00
000909	DONUT HOLES, CHOCOLATE CAKE	5 DONUT HOLES	27.00
001958	DONUT, SUPER CHOCOLATE	EACH	34.00
001839	EGG MC BISCUIT	SERVING	28.30
002812	Egg Omelet w/Colby Cheese	EACH	1.00
000277	EGG, HAM & CHEESE BISCUIT	1 EACH	23.61
001791	EGG, HAM & CHEESE BISCUIT	1 EACH	22.58
000283	EGGSTRAVAGANZA-BACON & CHEESE	2 OZ	0.99
002710	Energy Bowl- Berry Blend	EACH	57.45
002696	Energy Bowl- Berry Blend	EACH	41.22
002711	Energy Bowl- Berry Blend	EACH	49.62
001478	FRENCH TOAST	EACH	30.00
000123	FUNNEL CAKE	EACH	45.00
002728	Grand Slam Breakfast	EACH	27.58
000006	HAM & CHEESE MCMUFFIN	EACH	28.63
001950	HUEVOS RANCHEROS BOWL	SERVINGS	17.11
000925	JUMPIN JUICE - PEACH	1 EACH	66.39
001632	JUMPIN JUICE - STRAWBERRY	1 EACH	81.45
002341	Jumpin Juice-Berry Blend	EACH	54.64
002637	Jumpin Juice-Orange Mango	EACH	62.28
002085	JUMPIN JUICE-STRAW/VNLL K-12	1 EACH	83.43
002633	Jumpin Juice-Strawberry Banana	EACH	56.58
002275	Jumpin Juice-Tropical Blend	EACH	57.30
000893	LOADED BREAKFAST BURRITO	EACH	27.62
001323	MCMUFFIN, EGG	1 EACH	20.54
000812	MUFFIN, APPLE CINNAMON	1 EACH	33.30
001513	MUFFIN, BLUEBERRY	1 EACH	36.00
000275	MUFFIN, CHERRY	1 EACH	33.40
001960	MUFFIN, CHERRY/CHOCOLATE	EACH	32.90
000753	MUFFIN, CHOCOLATE CHIP	EACH	35.60
001444	MUFFIN, CHOCOLATE-BANANA	1 EACH	33.20
002547	Otis Apple Cinnamon Muffin	EACH	57.00
002548	Otis Chocolate ChocChip Muffin	EACH	60.00
000884	PAN DULCE	EACH	34.00
001146	PANCAKE SAUSAGE WRAP	EACH	23.40
000829	PANCAKES	EACH	18.67
000672	PEANUT BUTTER & JELLY SANDWICH	EACH	32.00
000046	PIZZA, BREAKFAST CHEES&SAUSAGE	EACH	14.30
001876	PIZZA, BREAKFAST CIABATTA	1 EACH	34.00
000607	POP TART, STRAWBERRY	EACH	38.00
002636	Poptart, WG Frosted Strawberry	EACH	75.00
000776	QUESADILLA	1 EACH	19.05
001454	QUESADILLA	1 EACH	17.00
002349	Sausage, Cheese & HB Quesadill	EACH	30.95
001476	SCRAMBLED EGGS	1/4 CUP	1.57
000748	SCRAMBLED EGGS AND HAM	1/2 CUP	3.65
001962	SCRAMBLED EGGS, HAM & CHEESE	1/4 CUP	2.31

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
001972	SCRMULD EGGS, HAM & CHEESE	1/4 CUP	2.72
002750	Smoothie Recipe	EACH	62.52
002462	Strawberry Granola w/Mini Mar	Each	22.00
001296	STREUSEL COFFEE CAKE	SERVING	57.57
001469	WAFFLE BLUEBERRY	EACH	33.00
002804	WG Double Choc Chip Muffin BV	EACH	52.00
002234	Whole Grain Banana Bread	Each	44.00
002629	Whole Grain Belgian Waffle	Each	32.00
002338	Whole Grain Coffee Crumb Cake	Each	61.00
002552	Whole Grain Donut w/Choc Icing	EACH	44.57
002233	Whole Grain Funnel Cake (Dutch	Each	43.00
002213	Whole Grain Turkey Pancake Wra	EACH	17.00
002179	Whole Wheat Cinnamon Roll	Each	36.00
002082	YOGURT BANANA SPLIT-K-8	1 EACH	48.57
000967	YOGURT PARFAIT - PEACH	1 EACH	64.01
002084	YOGURT PARFAIT - STRAW/VANILLA	1 EACH	78.80
000951	YOGURT PARFAIT - STRAWBERRY	1 EACH	79.55
002108	YOGURT PARFAIT - STRAWBERRY	1 EACH	79.55
002464	YOGURT PARFAIT-PEACH/GRANOLA	1 EACH	65.76
001855	YOGURT PARFAIT-PEACH/GRANOLA	1 EACH	64.88
002466	YOGURT PARFAIT-STRAW/GRANOLA	Each	77.55
001057	YOGURT PARFAIT-STRAW/GRANOLA	Serving	77.67
002086	YOGURT PARFAIT-STRW/VNLL 9-12	1 EACH	79.67
000780	YOGURT, TRIX	EACH	18.00
001619	YOGURT, TRIX RASPBERRY	1 EACH	17.00

DESRT

000142	BIRTHDAY CUPCAKE - CHOCOLATE	1 EACH	35.00
000299	BIRTHDAY CUPCAKE - WHITE	1 EACH	32.00
000712	BROWNIE, COCOA CHERRY FROZEN	1 EACH	44.00
001942	CARAMEL DIP	EACH	16.00
000618	CHEETOS CHEESE FLAV. SNACKS	1 EACH	10.00
001762	CHIPS, VARIETY	1 EACH	10.00
000805	CLODHOOPPERS, COCOA	1 EACH	27.00
000895	COCOA KRISPIES BAR	BAR	26.00
000969	COOKIE, APPLE RED DELICIOUS	1 EACH	12.48
000598	COOKIE, CHOCO CREMES SANDWICH	1 EACH	20.00
000650	COOKIE, FORTUNE	1 EACH	7.00
000174	COOKIE, FUDGE CREME	1 EACH	23.00
000298	COOKIE, FUDGE STRIPS	1 EACH	20.00
001747	COOKIE, HEART SHAPED # 102467	EACH	12.47
001822	COOKIE, HOLIDAY EASTER EGGS	EACH	12.46
001627	COOKIE, JACK O' LANTERN	EACH	12.49
000887	COOKIE, SHAMROCK	EACH	12.47
000296	COOKIE, TURKEY	1 EACH	13.76
000937	COOKIES, ABC	1 EACH	20.00
000939	COOKIES, HEARTS #102467	1 EACH	20.00
000938	COOKIES, HUGS NOT DRUGS #10246	1 EACH	20.00
000081	COOKIES, MINI CHOCOLATE CHIP	1 EACH	18.94
001020	CRACKER, GRAHAM SCOOBY-DOO	EACH	21.00
000168	CRACKERS, GOLDFISH SNACK CHEDD	1 EACH	14.00
002287	Doritos Nacho Cheese Tortilla	Each	20.00
000617	DORITOS NACHO CHEESIER FLAV. T	1 EACH	10.00
000183	FRUIT SNACKS, AU'SOME NUGGETS	1 EACH	11.00
000154	FRUIT SNACKS, CURIOUS GEORGE	1 EACH	22.00
001702	GOGURT STRAWBERRY - YOPLAIT	1 TUBE	13.00
000632	HOLIDAY COOKIE	1 EACH	18.65
001938	ICE CREAM BAR, COOKIES N CREAM	EACH	19.00
000956	ICY JUICY, SOUR APPLE	1 EACH	10.00
000102	ICY JUICY, VERY BERRY	1 EACH	10.00

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
001081	ICY JUICY, WATERMELON	EACH	10.00
000047	ICY JUICY, WILD CHERRY	1 EACH	9.00
001930	JUICE BAR, FROG SPIT PUSHUP	EACH	18.00
001647	JUICE BAR, ORANGE	EACH	12.00
001648	JUICE BAR, STRAWBERRY	EACH	14.00
001628	JUICE BAR, TROPICAL	EACH	16.00
000014	POPSICLE, FIRECRACKER (FRUIT)	1 EACH	8.00
001654	RICE CRISPY MINI TREAT	EACH	8.50
002446	Whole Grain Pink Heart Cookie	Each	21.00

FRUIT

000082	APPLE, CINNAMON	1/4 CUP	12.10
001657	APPLE, LADY SMALL	EACH	21.00
000213	APPLE, SLICES (BAG) - DOD	1 BAG	8.00
001164	APPLES, FRESH	EACH	21.04
000159	APPLES, FUJI SLICES	1/4 CUP	4.67
000804	APPLES, FUJI WEDGES	BAG	17.00
000822	APPLES, FUJI WHOLE	EACH	21.04
001596	APPLES, GRANNY SMITH SLICES	1/4 CUP	3.28
000515	APPLES, GRANNY SMITH WHOLE	EACH	16.48
000554	APPLES, SLICES	1/4 CUP	4.67
001518	APPLES, SLICES - CANNED	1/4 CUP	4.46
001167	APPLESAUCE	1/4 CUP	7.26
001956	APPLESAUCE CUP, FLAVORED	EACH	16.00
002635	Banana, Frozen Sliced Dole	Serving	32.00
000479	BANANAS, RAW PETITE	EACH	0.04
000251	BANANAS, SLICES	1/4 CUP	0.02
002389	BANANAS,RAW	EACH	23.07
001769	BLUEBERRIES, FRESH	1/4 CUP	8.22
000293	BLUEBERRIES, FROZEN	1/4 CUP	4.72
001917	CHERRIES, FRESH	1/4 CUP	5.46
001945	FRUIT CUP, PEACH	EACH	20.26
000208	FRUIT CUP, STRAWBERRY	EACH	33.05
000205	FRUIT, FRESH	CUP	34.37
000245	FRUIT, FRESH ASSORTED	Servings	11.27
001224	GRAPES, FRESH	CUP	28.92
000071	GRAPES, FRESH (GREEN)	1/4 CUP	7.23
000072	GRAPES, FRESH (RED)	1/4 CUP	7.34
001923	GRAPES, FRESH MIX (GREEN/RED)	1 CUP	57.83
000545	KIWI, SLICES	1/4 CUP	3.80
001233	MANDARIN ORANGES - CAN	1/4 CUP	8.50
001644	MANGO, DICED	1/4 CUP	9.64
002658	Mango, Frz Dole Packed	1/2 Cup	15.94
000927	MELON CANTALOUPE & HONEYDEW	1/4 CUP	9.78
000993	MELON CANTALOUPE & HONEYDEW WE	2 CUP	43.28
001641	MELON CANTALOUPE & HONYDEW BAL	1/2 CUP	22.89
001695	MELON CANTALOUPE & HONYDEW CHU	2 CUP	43.28
001935	MELON, CANTALOUPE	1/4 CUP	3.26
001163	MELON, CANTALOUPE BALLS	1/2 CUP	6.20
001687	MELON, CANTALOUPE CHUNKS	1 CUP	37.01
001664	MELON, CANTALOUPE WEDGES	1 CUP	10.94
000560	MELON, HONEYDEW	1/4 CUP	3.86
001640	MELON, HONEYDEW BALLS	1/2 CUP	16.69
001694	MELON, HONEYDEW CHUNKS	1 CUP	15.45
001663	MELON, HONEYDEW WEDGES	1 CUP	32.06
000605	MIXED FRUIT - FRESH	1/4 CUP	4.57
002274	Mixed Fruit Tropical Blend	Serving (1/2c)	10.97
000556	NECTARINES, FRESH	EACH	14.35
000176	ORANGE, SECTIONS	1/2 CUP	16.00
001148	ORANGE, WEDGES	1/4 CUP	0.64

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
001244	ORANGES, FRESH	EACH	30.27
001212	PEACHES, DICED	1/4 CUP	9.13
001557	PEACHES, DICED/BREAKFAST	1/4 CUP	8.96
000088	PEACHES, FRESH	EACH	15.00
000276	PEACHES, SLICED	1/2 CUP	17.00
001246	PEARS, DICED - CAN	1/4 CUP	7.53
001150	PEARS, DICED/BRKST	1/4 CUP	7.67
000090	PEARS, FRESH	EACH	25.66
000752	PINEAPPLE RINGS - CAN	1/4 CUP	8.50
001249	PINEAPPLE TIDBITS-CAN	1/4 CUP	10.50
001450	PINEAPPLE TIDBITS/BKFST	1/2 CUP	17.86
001637	PINEAPPLE, DICED	1/4 CUP	6.80
000094	PLUMS, FRESH	EACH	7.54
001944	RAISELS, VARIETY	EACH	36.00
001708	RAISINS .5 OZ	1 BOX	10.99
000665	RAISINS 1.5 OZ	1 BOX	29.98
001937	RASPBERRIES, FRESH	1/4 CUP	3.67
002441	Rips 100% Juice Slush	Each	15.00
002562	Side Kicks Frozen 100% Fruit J	EACH	20.00
000099	STRAWBERRIES, FRESH	1/4 CUP	4.60
000098	STRAWBERRIES, FROZEN	1/4 CUP	16.52
002659	Strawberries, Frz Dole Packed	1/2 Cup	6.50
000118	STRAWBERRIES, SLICED & FROZEN	CUP	66.10
000820	TANGELO	EACH	20.00
000100	TANGERINES, FRESH	EACH	11.20
001284	WATERMELON	WEDGES	5.53
000825	WATERMELON WEDGES	EACH	37.79
000106	WATERMELON, FRESH	1/4 CUP	2.10
000101	WATERMELON,CHUNKS	CUP	12.08

JUICE

001585	APPLE JUICE 4 OZ	1 EACH	15.00
001523	APPLE JUICE 8 OZ	1 EACH	29.00
001963	FRUIT JUICE CUP, FROZEN VARIET	EACH	16.00
001618	FRUIT PUNCH 4 OZ	1 EACH	15.00
001623	FRUIT PUNCH 8 OZ	1 EACH	29.00
001612	ORANGE JUICE 4 OZ	1 EACH	14.00
001613	ORANGE JUICE 8 OZ	1 EACH	27.00
001626	WILDBERRY JUICE 4 OZ	EACH	15.00
001625	WILDBERRY JUICE 8 OZ	EACH	29.00

LUNCH

001987	ALFREDO CHEESE PASTA	1 CUP	19.42
001988	ALFREDO CHEESE SAUCE-#300906	3 oz	3.18
000499	BAKED CHICKEN	SERVING	12.26
001892	BAKED CHICKEN W/ MASHED POTATO	SERVING	40.45
001570	BAKED CHICKEN W/ MASHED POTATO	SERVING	53.94
001884	BBQ - BURGER	EACH	0.00
001800	BBQ - BURGER #700199	EACH	33.30
000089	BBQ - BURGER #700204	EACH	29.00
000107	BBQ - BURGER 9-12 #700205	1 EACH	30.00
001845	BBQ - BURGER HS	EACH	30.00
000199	BBQ - BURGER K-8	EACH	32.09
001961	BBQ - BURGER-TRIPLE B	EACH	30.09
001977	BBQ - BURGER-TRIPLE B	EACH	32.11
000235	BBQ - BURGER:G,K-5,H,OLR (SUB)	1 EACH	29.00
002376	BBQ - CHEESEBURGER-TRIPLE B	EACH	31.11
002157	BBQ - CHICKEN BURGER	1 EACH	46.10
000104	BBQ - CHICKEN FILLET	1 EACH	32.00

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
000239	BBQ - CHICKEN FILLET (9-12)	EACH	35.00
001303	BBQ - CHICKEN SLIDERS	SERVING	44.76
002500	BBQ - CHICKEN SLIDERS UPDATED	SERVING	39.84
000152	BBQ - CHICKEN THIGHS	EACH	1.00
001948	BBQ - HOT DOG	1 EACH	29.00
000816	BBQ - HOT DOG BUN	EACH	27.00
001990	BBQ - HOT DOG K-8	EACH	31.00
001554	BBQ - RIB SANDWICH	EACH	39.58
002335	BBQ CHICKEN TERIYAKI BOWL	SERVING	50.45
002318	BBQ Chicken Teriyaki Lings	Serving 2.8 oz	10.00
002012	BBQ-BEEF RIB SANDWICH	EACH	39.58
000215	BBQ-CHICKEN FILLET (ONLY)	1 EACH	2.00
002379	Bean & Cheese Pupusa	Each	35.00
001827	BEEF BOWL	SERVING	31.68
002206	Beef Ravioli- Chef Boyardee	Serving	27.50
002127	Beef, Bean & Cheese Burrito Fo	Burrito	74.50
000002	BEEF, BOWL	1/2 CUP	29.37
000192	BEEF, PATTY COLLOSAL #700201	EACH	5.00
000147	BEEF, PATTY TRIPLE B'S	EACH	0.11
000191	BEEF, RIB PATTY SMOKI GRLL BNL	EACH	7.58
001748	BEEF, SHAVED FULLY COOKED	SERVING	0.00
001949	BEEF, STRIPS FAJITA FLAVOR	3 OZ	2.03
002003	BEEF, TERIYAKI BLSTR (DUNKERS)	SERVING	7.07
000949	BEEF, TERIYAKI DUNKERS	SERVING	7.07
000469	BEEF, TERIYAKI DUNKERS	SERVING	9.50
001072	BEEF, TERIYAKI DUNKERS	SERVING	14.25
002865	Breakfast Nachos 6-12	SERVINGS	15.10
001493	BURRITO, FIESTA BEAN/HS	EACH	59.92
000621	BURRITO, MACHO CHILI CHEESE	1 EACH	45.15
000620	BURRITO, ULTIMATE BEAN & CHEES	EACH	52.31
000196	BURRITO, XTREME BEAN	1 EACH	53.63
001704	BYO 6" BURRITO-BEEF CRMBL4 OZ	EACH	17.00
001052	BYO 6" CHICKEN BURRITO	EACH	15.90
001050	BYO 6" CHICKEN BURRITO	EACH	16.20
001395	BYO 8" BURRITO 3 OZ	SERVING	19.00
002076	BYO 8" BURRITO-BEEF CRMBL4 OZ	EACH	21.00
001032	BYO BURRITO - CARNE ASADA	EACH	20.70
000201	BYO BURRITO - CARNITAS PLAIN	1 EACH	19.39
002631	BYO BURRITO - CARNITAS VERDE	1 EACH	20.16
000292	BYO BURRITO - CARNITAS VERDE	1 EACH	19.63
000890	BYO BURRITO - CHICKEN	EACH	15.90
000202	BYO BURRITO - CHICKEN	EACH	19.00
002492	BYO BURRITO - Chicken K-5	SERVINGS	15.00
002491	BYO BURRITO - Chicken K-5	SERVINGS	19.00
002675	BYO BURRITO - CHICKEN VERDE	EACH	19.43
002014	BYO BURRITO - TURKEY FILLING	SERVINGS	23.00
002043	BYO BURRITO-BEEF CRUMBLES K-5	SERVINGS	23.38
001981	BYO BURRITO-GROUND BEEF	SERVING	20.91
000490	BYO NACHOS	SERVING	2.45
000497	BYO NACHOS/WEST	SERVING	2.45
002480	BYO SOFT TACOS - Chicken 6-12	SERVING	30.00
000137	BYO SUB - BBQ PORK	1 EACH	52.04
001783	BYO SUB - BBQ PORK	(1)SERVING	34.76
000028	BYO SUB - BBQ PORK	1 EACH	44.36
000894	BYO SUB - BBQ PORK	SERVING	34.76
001765	BYO SUB - CHICKEN MARINARA	1 EACH	33.90
002369	BYO SUB - CHICKEN MARINARA	1 EACH	31.90
002522	BYO SUB - Chicken Spicy	1 EACH	30.78
001809	BYO SUB - CHICKN MARINARA 9/12	1 EACH	32.22
001749	BYO SUB - FRENCH DIP	EACH	31.00
000736	BYO SUB - MEATBALL	EACH	35.00

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
001953	BYO SUB - MEATBALLS	EACH	32.67
001867	BYO SUB - MEATBALLS 9-12	EACH	3.67
000687	BYO SUB - MEATBALLS 9-12	EACH	32.67
001952	BYO SUB - MEATBALLS ONLY 6-8	EACH	32.67
002765	BYO SUB - Turkey	1 EACH	29.00
002799	BYO SUB - Turkey	1 EACH	29.00
000777	BYO SUB - TURKEY-CKD #702439	EACH	31.60
002078	BYO SUB SANDWICH - TRKY#702500	EACH	29.00
001885	BYO SUB-CHICKEN MARINARA	1 EACH	32.22
000685	BYO TACO - BEEF (2 SERVING)	1/4 CUP	19.92
001980	BYO TACO - BEEF (GRND BF-ONLY)	2 OZ SERVING	1.92
001764	BYO TACO - BEEF CRUMBLES	EACH	11.92
001740	BYO TACO - BEEF CRUMBLES 2oz	1 EACH	10.00
001763	BYO TACO - BEEF CRUMBLES 4-12	2 EACH	23.84
001886	BYO TACO - BEEF CRUMBLES K-5	1 EACH	14.46
002090	BYO TACO - Bf Crumbles K-5: 2	2 Tacos	28.92
000020	BYO TACO - GROUND BEEF-2 OZ	EACH	11.27
000686	BYO TACO - TURKEY 6-12	SERVING	22.00
001681	BYO TACO - TURKEY K-5	EACH	11.00
000194	BYO TACO BEEF:JACKSON/6-12 GR.	2 EACH	39.84
001705	BYO TACO SALAD 4 OZ	EACH	16.00
001401	BYO TOSTADA - BEEF CRUMBLES	EACH	15.00
001766	BYO TOSTADA - BEEF CRUMBLES	1 EACH	16.92
002479	BYO TOSTADA - Chicken	EACH	14.00
001843	BYO TOSTADA - CHICKEN FAJITAS	EACH	15.08
001682	BYO TOSTADA - TURKEY	EACH	16.00
000166	BYO TOSTADA SUPREMA	1 EACH	16.27
001706	BYO WRAP - CHICKEN FAJITAS	EACH	15.90
001634	BYO WRAP - POP CORN CHICKEN	SERVING	32.36
000214	CARNE ASADA #500215	3 OZ	1.70
001757	CARNE ASADA #700122	3 OZ	1.50
001756	CARNE ASADA #700123	3 OZ	0.00
000619	CARNITAS	3 OZ	0.73
002435	Cheese Enchilada Snack Bar #1	2 EACH	28.02
002409	Cheese Enchilada-Red	2 EACH	27.87
001098	CHEESEBURGER MINIS	EACH	41.00
000236	CHEESEBURGER MINIS	EACH	59.93
002208	Cheeseburger Sliders #700213	SERVING	28.10
002674	Chicken & Broccoli W/ Alfredo	1/2 Cup	12.63
000004	CHICKEN ALFREDO AND NOODLES	1 CUP	19.96
001891	CHICKEN BAKED #701110	SERVING	7.00
001826	CHICKEN BOWL	SERVING	23.05
002102	Chicken Bowl 9-12: Snack Bar	Serving	56.40
002676	Chicken Bowl 9-12: Snack Bar	Serving	53.90
000846	CHICKEN BURGER - WEST	EACH	45.00
000841	CHICKEN BURGER/CDS	EACH	45.00
001492	CHICKEN BURGER/HS	EACH	45.00
000023	CHICKEN ENCHILADA	2 EACH	30.85
002688	CHICKEN ENCHILADA HS Snack Bar	3 EACH	31.25
002361	CHICKEN ENCHILADA HS Snack Bar	3 EACH	43.25
002384	CHICKEN ENCHILADA Snack Bar #2	3 EACH	42.95
002388	CHICKEN ENCHILADA-White Cheese	2 EACH	27.44
000216	CHICKEN FILLET SANDWICH	SERVING	33.00
001864	CHICKEN ORANGE BOWL	SERVING	59.45
000716	CHICKEN ORANGE MANDARIN	SERVING	19.00
001760	CHICKEN OVEN ROASTED K-5	EACH	0.00
000190	CHICKEN PATTY FULLY COOKED UN	EACH	2.00
000131	CHICKEN PATTY FULLY COOKED UNB	EACH	1.00
001815	CHICKEN POLLO LOCO 6-12	1 Serving	0.00
000663	CHICKEN POP CORN	SERVING	16.97
000103	CHICKEN ROASTED	SERVING	1.50

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
001046	CHICKEN ROASTED 8 PC CUT UP	EACH	0.00
000904	CHICKEN ROASTED SEASONED	SERVING	1.50
000862	CHICKEN ROASTED-SERVING	SERVING	1.00
000148	CHICKEN STRIPS	3 EACH	12.00
002792	Chicken Tamale in Green Sauce	EACH	19.00
000821	CHICKEN TAQUITOS	EACH	12.00
001870	CHICKEN TENDERS HOT/SPICY 6-12	5 EACH	16.25
002632	Chicken w/ Broccoli	2 oz	2.11
002058	CHICKEN, TERIYAKI BOWL	SERVINGS	50.45
001971	CHILI	SERVING	12.33
001863	CHILI BOWL	SERVING	40.18
000193	CHILI FRIES 6-12	1 CUP	28.74
000878	CHILI FRIES K-5	1/2 CUP	29.57
000756	CHILI FRIES K-5 GRND BEEF	SERVING	30.57
002295	Chix-N-Fry Stix	Serving (4 pc)	16.00
001934	CORN DOGS, MINI TURKEY	SERVING	21.25
000015	CORN DOGS, MINI TURKEY	SERVING	21.25
002860	DOMINOS HAWAIIAN HOT LAVA PIZZ	EACH	33.39
002895	DOMINOS HAWAIIAN PIZZA	EACH	33.43
002878	DOMINOS KICKN' CHICK PIZZA	EACH	30.00
001516	DOMINOS PIZZA	1 SLICE	32.00
001799	ENCHILADA PIE	SERVING	24.58
001736	ENCHILADA PIE	SERVING	20.96
001790	ENCHILADA, PORK CARNITAS	1 EACH	37.00
002397	Famous Chicken Bowl HS SBar	Serving	54.83
002362	Famous Chicken Bowl HS SBar	Serving	36.83
002319	Glazed Chicken Fillet	Serving 3 oz	3.00
002383	Grilled Cheese Goldfish Sandwi	Each	25.00
000851	GRILLED CHEESE SANDWICH	1 EACH	31.81
002113	GRILLED CHEESE Sandwich #50109	Sandwich	30.88
000971	GRILLED CHEESE SANDWICH WH/GR	1 EACH	48.90
002039	HAMBURGER-TRIPLE B-EL	EACH	32.09
002336	Hot & Spicy Breaded Chix Patty	Each	12.00
000048	HOT DOGGIES	Serving	31.50
002595	Hot Wings- Snack Bar	Servings	23.00
002519	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	26.80
002231	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	33.62
002488	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	14.64
002334	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	20.19
002778	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	16.56
002695	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	16.60
002408	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	27.09
002903	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	12.72
002262	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	39.81
002368	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	44.28
000928	MAC & CHEESEBURGER	2/3 CUP	26.39
002465	MACARONI & CHEESE Updated	2/3 CUP	24.11
000069	MACARONI AND CHEESE	1/4 CUP	16.77
000013	MACARONI, HAM & CHEESE	2/3 CUP	26.30
001965	MACARONI, HAM & CHEESE	2/3 CUP	24.32
001742	MEAT LOAF	3/4" SLICE	10.80
000003	MEAT LOAF	3/4" SLICE	7.04
002473	MEAT SAUCE- PORK CRUMBLES	3/4 CUP	10.54
000129	MEATBALLS, BEEF	5 EACH	1.00
002202	MONGOLIAN BBQ	SERVING	11.98
000010	MONGOLIAN BBQ	SERVING	54.51
001862	MONGOLIAN BBQ	1/2 CUP	3.89
002044	NACHO'S - BEEF CRUMBLES 6-12	SERVINGS	26.29
000287	NACHO'S - BEEF CRUMBLES K-5	SERVINGS	26.28
001759	NACHO'S MEAT - BEEF CRUMBLES	2 OZ	2.92
000151	NACHO'S MEAT - TURKEY TACO FIL	1 OZ	20.00

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
002712	NACHO'S W/ Chicken 6-12	SERVINGS	42.36
002673	NACHO'S W/ Chicken 6-12	SERVINGS	23.96
002490	NACHO'S W/ Chicken K-5	SERVINGS	23.36
002015	NACHO'S W/ TRKY TACO FIL 6-12	SERVINGS	25.36
001054	NACHO'S W/ TRKY TACO FIL K-5	SERVINGS	23.91
001854	NACHOS BAR - BEEF CRUMBLES	SERVING	21.83
001925	NACHOS BAR - BEEF CRUMBLES	SERVING	24.66
001926	NACHOS BAR - BEEF CRUMBLES	SERVING	43.67
001084	NACHOS BAR - TURKEY TACO FIL	SERVING	25.12
001048	NACHOS BAR - TURKEY TACO FIL	SERVING	41.37
001035	NACHOS BAR - TURKEY TACO FIL	SERVING	21.37
001083	NACHOS BAR - TURKEY TACO FIL	SERVING	21.37
001216	NACHOS WITH BEEF & CHEESE	SERVING	22.28
000645	NACHOS WITH CHEESE	SERVING	40.74
001943	PIZZA, CHEESE WHOLE GRAIN	EACH	26.06
002854	PIZZA, PEPPERONI WG - THIN WED	EACH	25.59
002741	Potato Skins	Servings	24.84
000363	POTATO, BAKED	1 EACH	48.88
001739	POTATO, BAKED WITH CHILI	SERVING	63.21
000024	POTATO, BAKED WITH CHILI	SERVING	62.25
001608	RAVIOLI	1 CUP	30.00
002886	ROTINI PASTA & CHEESE SAUCE	1/2 CUP	34.03
002478	SOFT TACO - Chicken K-5	EACH	15.00
000907	SPAGHETTI & BEEF CRUMBLES	3/4 CUP	32.52
002177	SPAGHETTI & CHEESE SAUCE	1/2 CUP	34.03
001743	SPAGHETTI & MEATLESS SAUCE	1/2 CUP	41.32
001847	SPAGHETTI & SAUCE	1/2 CUP	41.32
000195	SPAGHETTI, AND MEATBALLS	1/2 CUP	33.35
002079	SPAGHETTI, BEEF & SAUSAGE	3/4 CUP	28.98
002137	SPAGHETTI, W/ BEEF & Pork Crum	3/4 CUP	28.82
002630	SPAGHETTI, WITH GROUND BEEF	3/4 CUP	26.50
001125	SPAGHETTI, WITH GROUND BEEF	3/4 CUP	27.95
001761	SUB, TURKEY & CHEESE	EACH	31.61
001553	TACO SNACK	EACH	38.00
001967	TAMALE BEAN & PORK	EACH	22.00
002410	Three Cheese Enchilada-Green	2 EACH	33.25
001488	TRIANGLE SANDWICH	Sandwich	27.60
002418	Turkey & Chesse Croissant	Sandwich	32.50
001139	TURKEY & GRAVY ELEMENTARIES	1/2 CUP	6.72
000133	TURKEY & GRAVY:JACK,6-8,&BV	1/2 CUP	2.49
001063	TURKEY ROAST-CKD	2 OZ	3.23
002382	TURKEY ROAST-CKD-Solo	2 OZ	0.00
000171	TURKEY ROAST-RAW #702500	3 OZ	1.65
001964	TURKEY SLIDERS	SERVING	37.86
001966	TURKEY SLIDERS-W/POTATOES	SERVING	60.76
002520	Whole Grain Chicken Corn Dogs	Serving	29.21
002120	Whole Grain Chicken Nuggets- E	3.8 oz	23.45
002438	Whole Grain Chicken Taquitos	Serving (2 ea)	27.00
002126	Whole Grain Grilled Cheese San	Sandwich	30.54
002125	Whole Grain Hot & Spicy Chicke	Serving	14.10
002677	Whole Grain Jumbo Ravioli Chee	Serving	24.00
002424	Whole Grain Sourdough Grilled	Each	31.95

M/MA

001994	BBQ - RIB SANDWICH-PATTY ONLY	EACH	12.00
002051	BEEF MELT SANDWICH-K8 #700123	EACH	31.00
000888	BEEF, CRUMBLES	2 OZ	1.00
001099	BEEF, PATTY	1 EACH	1.00
002002	BYO STEAK BURRITO 9-12	SERVING	24.00
000290	BYO TOSTADA - GROUND BEEF-2 OZ	1 EACH	16.27

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
001696	CHEESE MIX - JACK & AMERICAN	1 OZ	4.41
001531	CHEESE, AMERICAN SHREDDED	OZ	2.03
002068	CHEESE, CHDR SHRD MLD #700504	SERVINGS	1.01
000371	CHEESE, MONTEREY JACK	OZ	6.80
000361	CHEESE, SLICED REDUCED FAT-HS	OZ	2.03
001126	CHICKEN BURGER	burger	46.10
002346	CHICKEN BURGER Elementary	burger	44.00
002337	CHICKEN BURGER Hot & Spicy	Each	44.00
002496	CHICKEN FAJITA W/BROCOLLI	OZ	2.18
000675	CHICKEN FAJITAS	OZ	0.30
002326	CHICKEN FILLET BREAST BURGER	EACH	35.00
002103	Chicken Tenderloin Fritters CK	3 tendors	19.50
002046	CHICKEN, TERIYAKI #701103	SERVING	10.97
000117	CHILI - CARNE&BEANS-SIDE (CRUM	1/2 CUP	13.16
000730	CHILI con CARNE&BEANS - SIDE	1/2 CUP	12.94
001969	CREAM CHEESE, PLAIN WHIPPED	2 TBSP	0.00
001586	HAM ROAST	OZ	0.00
000237	HAM, SMOKED, BONELESS, COOKED,	2 OZ	2.00
001975	HOT DOG	EACH	1.00
001999	HOT DOG-HOFFY 8/1-EL	EACH	4.00
002000	MEATBALLS, BEEF #700212	SERVING	7.06
000218	NACHO'S MEAT - GROUND BEEF	1/4 CUP	1.92
002009	NACHO'S MEAT - TURKEY-IN PROGR	1/4 CUP	4.87
000282	PORK BREAKFAST SAUSAGE PATTY	1 EACH	1.00
001071	PORK ROAST	1 OZ	0.00
001906	PORK, RIB HNY BBQ PATTY	1 EACH	12.00
001659	PORK, SAUSAGE, CRMBLES, PRECKD	1 OZ	1.02
002805	Pre Cooked Turkey Chunked W/D	Serving (2.9oz)	0.00
002678	Pre-Cooked Turkey & Gravy W/D	Serving	2.00
002798	Pre-Sliced Browned Turkey Stea	Serving	0.00
000847	SAUSAGE LINKS	SERVING	2.00
001895	SCRAMBLED EGGS	1/4 CUP	1.54
002503	Turkey Bacon Fully Cooked Jenn	Each	0.00
000974	TURKEY SAUSAGE PATTY	EACH	0.00
002004	TURKEY TACO FILLING-#700329	SERVING	2.00
002001	TURKEY TACO FILLING-#700330	SERVING	3.00
000758	TURKEY, BREAST DELI SMOKED	OZ	0.50
002064	TURKEY, HAM CKD DICED-JENNIE O	SERVING	1.00
002764	Turkey, Pre-Sliced Jennie-O	Serving	0.00
000146	TURKEY, TACO FILLING, FULLY CO	OZ	1.00
002489	Unseasoned Chicken Strips, Coo	1.25 oz	0.00

MILK

001614	MILK, CHOCOLATE NONFAT	1 EACH	22.00
001615	MILK, STRAWBERRY NON FAT	1 EACH	27.00
001616	MILK, WHITE 1%	1 EACH	14.00

MISC

001171	BACON BITS	1 TSP	0.66
001603	CAPPUCCINO	1 CUP	20.25
001737	CHICKEN FAJITA WRAP	1 WRAP	35.12
000182	CHICKEN PATTIES BREADED FULLY	1 EACH	5.58
001005	CHILI POWDER	1 TSP	1.01
001824	CHOCOLATE COVERED BANANA	EACH	7.45
001823	CHOCOLATE COVERED STRAWBERRY	EACH	11.07
102200	COCONUT, FLAKE: CORAL BAY	SERVING	7.00
001621	COTTAGE CHEESE LOWFAT	1 OZ	1.00
000184	EGG, BOILED	EACH	0.00
001818	FRUIT KABOBS	EACH	16.58

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
001006	LEMON JUC, CND OR BTLD	1 OZ	1.38
001334	MARGARINE	1 OZ	0.00
000485	MAYONNAISE, INDIVIDUAL	EACH	0.00
000111	MAYONNAISE, INDIVIDUAL RED. C	EACH	2.00
002088	No School	each	0.00
000113	PEACHES, SLICED CANNED CLING	CUP	36.52
001275	PEPPERS, JALAPENO	OZ	0.94
001797	RICE, BROWN LONG GRAIN PARBOIL	1/2 CUP	22.67
000630	ROTINI NODDLES	1/2 CUP	27.09
000124	ROTINI NOODLES: COOKED	1/4 CUP	10.02
001928	SEASNG,TAJIN CHILI PWD 107303	1/4 TSP	0.00
000892	SEASONING BLEND, MRS DASH ORIG	1/4 TSP	0.00
001620	SOUR CREAM	1 TBSP	0.50
000186	SPAGHETTI, PLAIN NOODLES	1/2 CUP	19.89
000291	SPRINKLES, CANDY #107445	1 TSP	1.54
000039	TRAIL MIX	1 TSP	1.92
001819	VEGGIE GARDEN PLATTER	2 OZ	5.44
000835	WALNUTS, CHOPPED	CUP	4.00
000338	WHIPPED TOPPING	2 TBSP	2.01
000074	YOGURT, STRAWBERRY LOW FAT	1 CUP	47.00
000476	YOGURT, VANILLA LOW FAT	1 CUP	51.00

SAL

001875	ASIAN CHICKEN SALAD (FRIDAY)	1 EACH	61.62
000185	ASIAN CHICKEN SALAD (FRIDAY)	1 EACH	62.54
000278	BREAKFAST BAR-MS WK1/DAY3	1 1/2 CUP	6.65
001691	BREAKFAST NACHOS K-8	1 SERVING	22.97
001871	CHEF SALAD (MONDAY)	1 EACH	32.03
001483	CHEF SALAD (MONDAY)	1 EACH	12.70
000187	CHICKEN CAESAR SALAD (THURS)	1 EACH	14.06
001874	CHICKEN CAESAR SALAD (THURS)	1 EACH	33.39
001484	CHICKEN FAJITA SALAD (TUESDAY)	1 EACH	16.08
001872	CHICKEN FAJITA SALAD (TUESDAY)	1 EACH	35.41
001034	HAM SALAD SHAKER	EACH	5.55
002322	LUNCH BAR - BBQ RIB-WED	1 CUP	20.16
002888	LUNCH BAR - BBQ RIB-WED	1 CUP	26.07
002040	LUNCH BAR - BBQ RIB-WED	1 CUP	31.28
002733	LUNCH BAR - BBQ RIB-WED	1 CUP	26.58
001047	LUNCH BAR - FRIDAY	1 CUP	21.61
001030	LUNCH BAR - FRIDAY	1 CUP	33.89
001931	LUNCH BAR - MONDAY	1 CUP	39.00
001043	LUNCH BAR - MONDAY	1 CUP	39.92
001026	LUNCH BAR - MONDAY	1 CUP	26.37
001045	LUNCH BAR - THURSDAY	1 CUP	15.16
002601	LUNCH BAR - THURSDAY	1 CUP	9.34
001936	LUNCH BAR - THURSDAY	1 CUP	14.60
001029	LUNCH BAR - THURSDAY	1 CUP	9.52
002628	LUNCH BAR - THURSDAY	1 CUP	9.63
001056	LUNCH BAR - THURSDAY	1 CUP	10.80
002123	LUNCH BAR - THURSDAY Nectarine	1 CUP	9.19
001055	LUNCH BAR - TUESDAY	1 CUP	21.39
001027	LUNCH BAR - TUESDAY	CUP	14.21
001036	LUNCH BAR - TUESDAY	1 CUP	25.70
002623	LUNCH BAR - WEDNESDAY	1 CUP	25.52
001028	LUNCH BAR - WEDNESDAY	1 CUP	16.06
002600	LUNCH BAR - WEDNESDAY	1 CUP	22.81
001044	LUNCH BAR - WEDNESDAY	serving	9.49
001932	LUNCH BAR - WEDNESDAY	1 CUP	23.72
002131	LUNCH BAR - WEDNESDAY Beans	1 CUP	36.48
001645	LUNCH BAR ELEM WK3/MON	1 1/2 CUP	26.73

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No.	Description	Portion Size	Carbohydrates (Grams)
002163	LUNCH BAR HS CHIX POLLO LOCO	1 CUP	9.22
002087	LUNCH BAR HS CHIX POLLO LOCO	1 CUP	7.41
002307	LUNCH BAR MS CHIX POLLO LOCO	1 CUP	8.10
002786	LUNCH BAR MS CHIX POLLO LOCO	1 CUP	14.29
002197	LUNCH BAR MS CHIX POLLO LOCO	1 CUP	14.78
002506	LUNCH BAR MS CHIX POLLO LOCO	1 CUP	10.90
001852	LUNCH BAR MS CHIX POLLO LOCO	1 CUP	7.67
002656	LUNCH BAR MS CHIX POLLO LOCO	1 CUP	11.98
002353	LUNCH BAR MS CHIX POLLO LOCO	1 CUP	15.82
002147	LUNCH BAR WK 1&3 HS-POLLO LOCO	1 CUP	13.39
002118	Lunch Bar WK 1&3 HS-POLLO LOCO	1 CUP	26.49
002067	LUNCH BAR WK 1&3 HS-POLLO LOCO	1 CUP	10.41
002646	LUNCH BAR WK 2&4 HS-POLLO LOCO	1 CUP	9.50
002724	LUNCH BAR WK 2&4 HS-POLLO LOCO	1 CUP	12.27
002864	LUNCH BAR WK 2&4 HS-POLLO LOCO	1 CUP	9.50
002577	LUNCH BAR WK 2&4 HS-POLLO LOCO	1 CUP	9.42
002749	LUNCH BAR WK 2&4 HS-POLLO LOCO	1 CUP	11.19
002204	LUNCH BAR WK 2&4 HS-POLLO LOCO	1 CUP	13.47
002316	LUNCH BAR WK 2&4 HS-POLLO LOCO	1 CUP	13.11
002880	LUNCH BAR WK 2&4 HS-POLLO LOCO	1 CUP	9.70
002550	LUNCH BAR WK 2&4 HS-POLLO LOCO	1 CUP	22.24
002708	LUNCH BAR WK 2&4 HS-POLLO LOCO	1 CUP	12.99
002360	LUNCH BAR WK 2&4 HS-POLLO LOCO	1 CUP	13.56
000637	MACARONI AND TUNA SALAD	1/4 CUP	7.52
001426	PASTA SALAD	1/2 CUP	20.05
001286	PASTA SALAD	3/8 CUP	8.49
002667	PASTA SALAD w/CHICKEN	1/2 CUP	22.24
000586	PASTA SALAD w/HAM	1/2 CUP	23.32
002057	PASTA SALAD w/o HAM	1/2 CUP	22.81
000280	PIZZA SALAD BAR- WEST WK4/DAY3	1 3/4 CUP	23.18
001419	SALAD 4 WAY	1/4 CUP	0.98
001496	SALAD 4 WAY/HS	1 CUP	11.93
000449	SALAD BAR-EL WK3/DAY 1	1 CUP	55.17
000450	SALAD BAR-EL WK3/DAY 2	1 CUP	35.05
000451	SALAD BAR-EL WK3/DAY 3	1 1/2 CUP	10.16
000452	SALAD BAR-EL WK3/DAY 4	1 1/2 CUP	12.24
000453	SALAD BAR-EL WK3/DAY 5	1 1/2 CUP	6.06
000399	SALAD BAR-EL WK4/DAY 2	1 1/2 CUP	17.43
000398	SALAD BAR-EL WK4/DAY 3	1 1/2 CUP	22.46
000400	SALAD BAR-EL WK4/DAY 4	1 1/2 CUP	1.07
000401	SALAD BAR-EL WK4/DAY 5	1 1/2 CUP	4.55
000402	SALAD BAR-EL WK5/DAY 1	1 CUP	51.11
000403	SALAD BAR-EL WK5/DAY 2	1 CUP	68.13
000405	SALAD BAR-EL WK5/DAY 4	1 CUP	0.00
000406	SALAD BAR-EL WK5/DAY 5	1 CUP	17.01
000441	SALAD BAR-MG WK1/DAY 4	1 CUP	20.60
000442	SALAD BAR-MG WK1/DAY 5	1 CUP	17.01
000443	SALAD BAR-MG WK2/DAY 1	1 CUP	68.78
000445	SALAD BAR-MG WK2/DAY 2	1 CUP	53.47
000446	SALAD BAR-MG WK2/DAY 3	1 CUP	58.93
000447	SALAD BAR-MG WK2/DAY 4	1 CUP	26.39
000448	SALAD BAR-MG WK2/DAY 5	1 CUP	41.50
000454	SALAD BAR-MG WK4/DAY 1	1 CUP	26.54
000455	SALAD BAR-MG WK4/DAY 2	1 CUP	26.54
000457	SALAD BAR-MG WK4/DAY 4	1 CUP	9.53
000458	SALAD BAR-MG WK4/DAY 5	1 CUP	51.11
000459	SALAD BAR-MG WK5/DAY 1	1 CUP	51.11
000460	SALAD BAR-MG WK5/DAY 2	1 CUP	68.13
000462	SALAD BAR-MG WK5/DAY 4	1 CUP	0.00
000463	SALAD BAR-MG WK5/DAY 5	1 CUP	17.01
000110	SALAD SHAKER - SMALL	1 EACH	5.28

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
002038	SALAD, SIDE (FRI)	EACH	2.00
001939	SALAD, SIDE (MON/THUR)	EACH	3.54
002036	SALAD, SIDE (TUE)	EACH	9.69
002037	SALAD, SIDE (WED)	EACH	6.26
002454	SALAD, SIDE (WED) Bean & Chips	EACH	17.28
002455	SALAD, SIDE (WED) Edamame	EACH	9.00
001487	SANTA FE CHICKEN SALAD (WED)	1 EACH	26.89
001873	SANTA FE CHICKEN SALAD (WED)	1 EACH	51.06

SC

000677	ALFREDO SAUCE	1/4 CUP	7.00
001572	AVOCADO SAUCE	1 OZ	2.00
001633	BUFFALO RANCH	1 OZ	1.78
001187	CATSUP 10/CAN	TSP	1.18
001188	CATSUP, INDIVIDUAL	1 EACH	2.00
002885	CATSUP, SRIRACHA INDIVIDUAL	EACH	2.00
001814	CHEESE, JALAPENO SAUCE	1 OZ	1.37
000144	CHEESE, SAUCE MUCHO QUESO JALA	1 OZ	1.37
001690	CHILAQUILES SAUCE	1 OZ	1.82
000651	DRESSING, ORIENTAL SALAD	OZ	5.32
001064	GRAVY, CHICKEN	1/4 CUP	0.40
000026	GRAVY, CHICKEN MIX	2 OZ	0.40
002007	GRAVY, COUNTRY WHITE MIX	OZ	2.36
002801	La Victoria Salsa Picante Mild	TBSP	1.00
002207	Low Sodium Teriyaki Sauce	each	5.64
002653	Maple Heat N Ice Icing	2 TBSP	40.22
000759	MAYONNAISE, LITE (CHEFS PRIDE)	TSP	0.33
001835	MEATSAUCE	3/4 CUP	8.06
001859	MEATSAUCE #107213	3/4 CUP	7.50
000905	MEATSAUCE #303801	3/4 CUP	10.46
001374	MEATSAUCE w/BEEF CRUMBLES	3/4 CUP	11.46
001918	MEATSAUCE w/BEEF CRUMBLES	3/4 CUP	11.47
002075	MEATSAUCE, SAUSAGE/BEEF	3/4 CUP	9.09
000784	MUSTARD	TSP	0.94
002440	MUSTARD PACKET	EACH	1.00
000680	RANCH DRESSING	1 OZ	1.56
000488	Salsa, YUMMY CHUNKY SALSA	1/2 oz	5.02
001370	SAUCE, BBQ #107200	OZ	5.67
001689	SAUCE, EL PATO (MEXICAN HOT ST	OZ	1.01
002634	SAUCE, EMBASA SALSA VERDE MEDI	SERVING	1.00
000764	SAUCE, ENCHILADA GREEN	1 OZ	1.42
000765	SAUCE, HOT WING FRANK'S REDHOT	OZ	1.89
001433	SAUCE, SPAGHETTI	1/2 CUP	10.88
000968	STRAWBERRY TOPPING	1/4 CUP	8.68
000121	SYRUP, MAPLE	OZ	9.09
000181	TOMATO PASTE, CANNED #304000 6	2 TBSP	5.95

SIDE

001804	BK BAR 4-12 BYO BK BURRITO	1 CUP	14.34
001282	BROCCOLI WITH CHEESE SAUCE	1/4 CUP	4.47
000673	CHEESE, PARMESAN GRATED	TSP	0.00
000596	CHICKEN BRKFST SAUSAGE PATTY	EACH	0.50
002551	Chocolate Heat N Ice Icing	Serving (2TBSP)	27.00
001153	CHOW MEIN NOODLES	3/4	41.87
001202	CROUTONS, SEASONED	1/4 CUP	7.14
000241	CROUTONS, WONTON CHIPS	1 OZ	15.00
000817	HAM, WATER ADDED	OZ	0.29
002136	Sprinkles Light Rainbow	TSP	3.00
000019	TUNA SALAD	1/4 CUP	0.64

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
SOUP			
500310	CONFETTI SOUP	1 CUP	10.40
500314	HARVEST STEW	3/4 CUP	18.20
500308	SMOKED TURKEY & BEAN SOUP	1 CUP	13.63
000127	SOUP, CHICKEN NOODLE CAMPBELL	1/2 CUP	7.84
000624	SOUP, HOMESTYLE CHICKEN NOODLE	1/2 CUP	10.00
000066	SOUP, TOMATO CONDENSED	CUP	20.00
001780	SOUP, TORTILLA MEXICALLI	1 CUP	38.00
500316	SPANISH CHICKPEA STEW	CUP	37.92
500307	SWEET POTATO & BLACK BEAN STEW	1 CUP	43.49
VEG			
000207	AVOCADO, SLICED	1/4 CUP	2.70
001285	BAKED BEANS	1/4 CUP	13.48
002370	BEANS, BAJA (New Recipe)	1/2 CUP	7.78
002054	BEANS, BAJA BLACK BEANS	1/4 CUP	6.26
001581	BEANS, BAJA PINTO	1/2 CUP	14.35
001588	BEANS, BAJA REFRIED	1/4 CUP	2.37
002055	BEANS, BAKED	SERVINGS	3.53
001176	BEANS, REFRIED,CANNED/VEGETARI	1/4 CUP	11.39
000602	CARROT BITES	1/4 CUP	4.46
001955	CARROTS & CELERY STICKS	1/2 CUP	7.87
001191	CELERY, STIX	1/4 CUP	3.62
500302	CENTRAL VALLEY HARVEST BAKE	1/2 CUP	20.26
000473	CHINESE STYLE VEGETABLES	1/2 CUP	10.80
001678	CILANTRO	1 TSP	0.04
001369	COLESLAW SALAD	1/4 CUP	6.99
000270	CORN	1/4 cup	7.62
000197	CUCUMBER, SLICES	1/2 CUP	2.00
000377	CUCUMBER,RAW	1 OZ	1.09
002430	CURTIDO PUPUSA SALAD	1/4 CUP	5.25
000871	EDAMAME	1/2 Cup	9.00
000206	GUACAMOLE	2 TBSP	5.22
500321	HARVEST DELIGHT	1/2 CUP	16.16
001951	JICAMA & CUCUMBER	1/2 CUP	3.00
000555	JICAMA STIX	1/2 CUP	6.00
001228	JICAMA STIX & LEMON	1/2 CUP	5.27
500309	LENTILS OF THE SOUTHWEST	1/4 CUP	10.96
001908	LETTUCE, 5 WAY GREEN SALAD	1/4 CUP	1.28
000297	LETTUCE, 50/50 MIX ROM/ICE	1/4 CUP	0.46
001408	LETTUCE, CHOPPED	1/4 CUP	0.43
000674	LETTUCE, ROMAINE	1 CUP	1.55
002016	LETTUCE, ROMAINE-SHRED	CUP	1.68
001348	LETTUCE, SHREDDDED	1/4 CUP	0.43
002740	McCain Regular Potato Skins	Serving	19.00
001241	OLIVES, SLICED	OZ	1.77
001472	ONION, GREEN	OZ	2.00
001243	ONIONS, FRESH, RED	OZ	2.45
000042	PICKLES, DILL	1/4 CUP	1.60
000369	POTATO, HASH BROWN#501002	EACH	15.00
002077	POTATO, HASH BROWN#501003	EACH	14.95
001577	POTATO, ROUNDS/BREAKFAST	1/4 CUP	9.00
000242	POTATO, SALAD	1/2 CUP	16.60
001149	POTATO, WEDGES	1/2 CUP	15.96
000016	POTATOES, MASHED NATURE'S OWN	1/2 CUP	15.05
000498	POTATOES, OVEN FRIES	1/2 CUP	12.00
001259	SALSA, COMMODITY	1 OZ	1.98
002800	Sauteed Spinach & Mushrooms	1/2 Cup	6.01

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
500301	TASTY TOTS	Serv. 6 Tots	31.66
001144	TOMATO, DICED	1/4 CUP	2.09
001142	TOMATO, SLICED	1 CUP	8.35
000613	ZUCCHINI STIX	1/4 CUP	1.99
ZZZZZ			
001318	"FRENCH TOAST"	EACH	30.00
001448	"MUFFIN DE BLUEBERRY"	EACH	40.00
001440	"MUFFIN" DE PLATANO Y NUEZ	EACH	33.20
001441	"PIZZA BAGEL"	EACH	22.27
000603	"TUESDAY APRIL 9"	SERVING	116.99
001308	"WAFFLES"	EACH	16.61
000000	*****	0	0.00
008028	Alfredo Pasta Salad	servings	38.03
990000	ALMOND BROCCOLI SALAD W/TURKEY	1/2 CUP	24.22
990001	ALMOND CHERRY BREAD PUDDING	1 SQUARE	26.35
990002	ALMOND CHICKEN FAJITAS	EACH	37.69
990003	ALMOND CHICKEN PASTA	Serving	26.25
990004	ALMOND CHICKEN PILAF	CUP	15.66
990005	ALMOND DATE BARS	EACH	6.85
990006	ALMOND DELICIOUS BAR	EACH	41.64
990007	ALMOND FUDGE SQUARES	EACH	29.06
990008	ALMOND PEACH MUFFIN	EACH	34.63
990009	ALMOND SNACK MIX	1/3 CUP	28.13
990010	ALMONDS, YOGURT, FRUIT LUNCH	SERVING	31.88
001273	AMERICAN CHEESE	1 OZ	1.36
001314	APPLE CHURROS	EACH	22.00
500047	APPLE COBBLER	SERVINGS	47.46
500001	APPLE CRISP	SERVINGS	31.75
001310	APPLE FRUIT A ROOS	EACH	56.09
001168	APPLE FRUIT A ROOS	EACH	56.09
000063	APPLE JUICE	4 fl.oz.	14.01
000122	APPLE JUICE 4 oz.	1 EACH	14.00
000593	APPLE JUICE 4oz.	EACH	15.00
000575	APPLE JUICE/MCCAIN/6oz	EACH	22.50
000553	APPLE SLICES/BKST/SP	EACH	21.04
001321	APPLE WEDGES/BKST/SP	EACH	21.04
000833	APPLE, CINNAMON	SERVINGS	29.58
001207	APPLE, FUJI WEDGES	CUP	32.40
500002	APPLE-HONEY CRISP	SERVINGS	30.48
001555	APPLES WEDGES	CUP	16.77
001562	APPLES WEDGES/SKIP	1 CUP	16.77
001166	APPLES, CND,H2O PK, SLCD,DRN	1/4 CUPS	6.81
001165	APPLES, FRESH, EACH/LUNCH	EACH	19.06
000823	APPLES, GALA WHOLE	EACH	19.06
001563	APPLES, GRANNY SMITH SLICES	1/4 CUP	4.23
001597	APPLES, GRANNY SMITH/BRKST/sp	EACH	16.48
000064	APPLES,Fresh	EACH	19.06
001342	APPLES,FRESH:	EACH	19.06
001556	APPLESAUCE	CUP	6.89
001320	APPLESAUCE CAKE	SERVINGS	31.78
500003	APPLESAUCE CAKE	SERVINGS	33.18
000356	APPLESAUCE,SWEETENED	1 CUP	43.03
000382	APPLESAUCE,W/CINNAMON	1 CUP	51.29
001561	APPLESAUCE/SPANISH	CUP	27.54
000247	APPLESAUCE:cnnd,unswtnd,+vit C	CUP	27.50
001352	APRICOT SWIRL/SPANISH	EACH	35.88
000248	APRICOTS: canned,light syrup	CUP	41.72
500004	ARROZ CON QUESO	SERVINGS	32.12
000250	ASPARAGUS: fresh,boiled	CUP	7.40

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
001170	AVOCADOS, RAW, ALL VARIETIES	EACH	33.52
001566	BABY CARROTS	PACK	8.00
000714	BAGEL POCKET	EACH	27.00
001430	BAGEL, PLAIN 3.25 OZ.	EACH	52.50
001438	BAGEL, PLAIN 3.25 OZ./SPANISH	EACH	52.50
500394	BAGEL, STUFFD w/STRAW CRM CHSE	EACH	50.00
001984	BAGEL-BREAKFAST	1 SERVING	54.25
000321	BAGELS,CINNAMON-RAISIN	1 EACH	39.19
000347	BAGELS,PLAIN,ENRICHED	1 EACH	35.86
008026	Baja Bean Tacos	2 each	61.71
000710	BAJA BEANS,PINTO Carolyn	1/4 CUP	14.34
000715	BAJA BEANS,REFRIED Carolyn	1/4 CUP	2.03
001425	BAKED BEANS	1/2 CUP	2.48
000057	BAKED BEANS	1/2 CUP	37.04
500005	BAKED BEANS (VEGETARIAN)	SERVINGS	35.98
500006	BAKED CAJUN FISH	1 PIECE	0.42
000781	BAKED CHEETOS - CRUNCHY	EACH	29.00
001214	BAKED CHICKEN OR	SERVING	0.00
000528	BAKED CHICKEN/purchased	SERVING	3.74
001382	BAKED CHICKEN/spanish	SERVING	0.00
001580	BAKED CHICKEN/spanish/or	SERVING	0.00
500007	BAKED FISH SCANDIA	1 PIECE	4.67
000044	BAKED POTATO	EACH	47.19
000509	BAKED POTATO w/CHILI/SPANISH	EACH	49.06
001394	BAKED POTATO/STUFFED POTATO	EACH	42.72
001288	BAKED POTATO/STUFFED POTATO	EACH	42.72
500009	BAKED SWEET POTATOES & APPLES	1/4 CUP	16.56
500010	BAKING POWDER BISCUITS	1 EACH	22.09
001172	BAKING SODA	1/4 TSP	0.00
500011	BANANA BREAD SQUARES	SERVING	25.56
990011	BANANA CRANBERRY ALMOND MUFFIN	EACH	35.54
000068	BANANAS	EACH	23.07
000477	BANANAS & YOGURT	1/2 CUP	4.12
001315	BANANAS, RAW PETITE	1/2 CUP	0.06
001174	BANANAS, RAW PETITE 40#	EACH	12.72
001442	BANANAS, RAW PETITE 40# SPANIS	EACH	12.72
001173	BANANAS, RAW PETITE/cup	1/2 CUP	0.06
500014	BARBECUE SAUCE	2 TBSP	12.48
500012	BARBECUED BEEF ON A ROLL:(CAN)	SERVINGS	35.73
500015	BARBECUED CHICKEN	SERVINGS	15.82
000854	BARS, APPLE (LINDA'S)	EACH	30.84
000263	BBQ - CHICKEN FILLET K-5	1 EACH	30.00
000108	BBQ - HOT DOG	1 EACH	5.00
001929	BBQ - HOT DOG	EACH	27.00
001927	BBQ - RIB SANDWICH #701496	EACH	42.00
001397	BBQ BEEF SANDWICH	EACH	31.89
001120	BBQ BEEF SANDWICH or	EACH	31.89
001346	BBQ BEEF SANDWICH**	EACH	31.89
001364	BBQ BEEF SANDWICH**/spanish	EACH	31.89
001365	BBQ BEEF SANDWICH/spanish	EACH	31.89
001551	BBQ BEEF SANDWICH/spanish OR	EACH	31.89
000093	BBQ HOT DOG	EACH	28.40
001907	BBQ PORK RIB SANDWICH #701496	1 EACH	40.00
000786	BBQ PORK SANDWICH	EACH	39.52
000466	BBQ SALAD BAR / THURSDAY	SERVING	6.83
000464	BBQ SALAD BAR / WEDNESDAY	SERVING	15.11
000467	BBQ SALAD BAR /FRIDAY	SERVING	26.30
001333	BBQ SAUCE	1 OZ	5.67
500016	BEAN BURRITO	SERVINGS	40.01
500017	BEAN SOUP	SERVINGS	29.36
001175	BEAN SPROUTS, RAW	1/4 CUP	0.80

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
500018	BEAN TACO	2 EACH	32.12
002052	BEANS, BAJA BLACK BEANS#990179	SERVING	10.48
000516	BEANS, PINTO, COOKED	CUP	51.26
001796	BEANS, REFRIED POUCH #100804	1/2 CUP	3.47
001298	BEANS, REFRIED, CANNED:SKIP	1/4 CUP	0.00
001136	BEANS, REFRIED, CANNED	CUP	19.63
000815	Bear Claw, Whole Grain Apple 3	EACH	40.30
500019	BEEF & BEAN TAMALE PIE	SERVINGS	31.51
500020	BEEF BURRITO	EACH	21.33
500028	BEEF BURRITO: CANNED MEATS	EACH	21.45
001133	BEEF CHEESEBURGER, MINIS	EACH	0.00
000609	BEEF ENCHILADAS	SERVING	20.42
001159	BEEF GROUND	1 OZ	0.00
000625	BEEF MEATBALL, FULLY COOKED	EACH	1.59
000150	BEEF PATTY Flame Broiled (Pier	EACH	2.00
001123	BEEF PATTY/CHEESEBURGER	EACH	1.00
001376	BEEF PATTY/CHEESEBURGER/spanis	EACH	0.00
001328	BEEF PATTY/SAUSAGE MCMUFFIN	EACH	0.50
001329	BEEF PATTY:SAUSAGE MCMUFFIN	EACH	0.50
001479	BEEF PATTY:SAUSAGE MCMUFFIN	EACH	0.50
500022	BEEF SHEPHARD'S PIE	SERVINGS	23.75
500023	BEEF STEW	SERVINGS	16.47
500024	BEEF STIR-FRY	3/4 CUP	11.11
500030	BEEF TACO	2 EACH	20.35
000766	BEEF TACO FILLING, FULLY COOKE	OZ	8.00
500032	BEEF TACO PIE	SERVINGS	26.42
500034	BEEF TACO: CANNED MEATS	2 EACH	20.35
500033	BEEF TAMALE PIE	SERVINGS	23.39
001293	BEEF TAQUITOS	EACH	9.50
500036	BEEF VEGETABLE SOUP	CUP	8.97
001456	BEEF, CHEESEBURGER, MINIS/SP	EACH	0.00
001377	BEEF, FRANKFURTER/spanish	EACH	1.40
000219	BEEF, GROUND BEEF	1 OZ	0.00
001386	BEEF, TAQUITOS/spanish	EACH	9.50
001100	Beef,ckd sausage patty,Don Lee	EACH	0.50
001000	BEEF,PATTY, DIPPERS	EACH	0.85
001291	BEEF/PORK FRANKFURTER	EACH	1.40
000252	BEET GREENS: boiled	CUP	7.86
000253	BEETS: canned	CUP	12.26
000529	BIRTHDAY CUPCAKE	EACH	28.00
001383	BIRTHDAY CUPCAKE/spanish	EACH	28.00
000087	BISCUIT, BREAKFAST - CHICKEN	1 EACH	29.03
000128	BISCUIT, OMELET & SAUSAG PATTY	1 EACH	21.50
000355	BISCUITS: PLAIN.PURCHASED	1 OZ	13.75
001880	BK BAR 4-12 BISCUIT & GRAVY	1 CUP	24.15
001896	BK BAR 4-12 BISCUIT & GRAVY	1 CUP	12.66
001830	BK BAR 4-12 BISCUIT & GRAVY	1 CUP	16.09
001768	BK BAR 4-12 BREAKFAST BOWL	1 CUP	19.12
001067	BK BAR 4-12 BYO BK BURRITO	1 CUP	1.44
001903	BK BAR 4-12 BYO BK BURRITO	1 CUP	23.61
001378	BK BAR 4-12 BYO BK BURRITO	1 CUP	3.44
001798	BK BAR 4-12 BYO BK BURRITO	1 CUP	9.50
001630	BK BAR 4-12 BYO BK BURRITO	1 CUP	4.01
001715	BK BAR 4-12 BYO BK BURRITO	1 CUP	19.15
001721	BK BAR 4-12 BYO BK BURRITO	1 CUP	14.65
000328	BK BAR 4-12 BYO BK BURRITO	1 CUP	3.20
001692	BK BAR 4-12 BYO BK NACHOS	1 CUP	9.09
001688	BK BAR 4-12 BYO BK NACHOS	1 CUP	3.81
001801	BK BAR 4-12 BYO BK NACHOS	1 CUP	7.17
001680	BK BAR 4-12 BYO BK NACHOS	1 CUP	3.23
001068	BK BAR 4-12 CHOCO MUFFIN	1 CUP	3.49

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
000470	BK BAR 4-12 CINNAMON ROLL	1 CUP	15.60
001716	BK BAR 4-12 CINNAMON ROLL	1 CUP	5.22
000985	BK BAR 4-12 CINNAMON ROLL	1 CUP	17.05
001725	BK BAR 4-12 CINNAMON ROLL	1 CUP	4.13
000327	BK BAR 4-12 CINNAMON ROLL	1 CUP	11.25
001722	BK BAR 4-12 CINNAMON ROLL	1 CUP	4.13
001724	BK BAR 4-12 CINNAMON ROLL	1 CUP	12.76
001753	BK BAR 4-12 CINNAMON ROLL	1 CUP	18.33
001649	BK BAR 4-12 CINNAMON ROLL	1 CUP	10.88
000906	BK BAR 4-12 CINNAMON ROLL	1 CUP	17.04
001727	BK BAR 4-12 EGG AND TATORS	1 CUP	19.12
000973	BK BAR 4-12 FRENCH TOAST	1 CUP	3.49
000330	BK BAR 4-12 FRENCH TOAST	1 CUP	4.93
001650	BK BAR 4-12 FRENCH TOAST	1 CUP	3.76
001403	BK BAR 4-12 FRENCH TOAST	1 CUP	3.69
001404	BK BAR 4-12 FRENCH TOAST	1 CUP	2.19
000689	BK BAR 4-12 FRENCH TOAST	1 CUP	6.19
000653	BK BAR 4-12 FRENCH TOAST	1 CUP	7.53
001661	BK BAR 4-12 FRENCH TOAST	1 CUP	3.17
001665	BK BAR 4-12 FRENCH TOAST	1 CUP	2.94
001095	BK BAR 4-12 FRENCH TOAST	1 CUP	3.43
001660	BK BAR 4-12 FUNNEL CAKE	1 CUP	3.17
001001	BK BAR 4-12 FUNNEL CAKE	1 CUP	7.26
001087	BK BAR 4-12 FUNNEL CAKE	1 CUP	4.30
000329	BK BAR 4-12 FUNNEL CAKE	1 CUP	31.77
000922	BK BAR 4-12 FUNNEL CAKE	1 CUP	4.46
001775	BK BAR 4-12 FUNNEL CAKE	1 CUP	3.33
001016	BK BAR 4-12 FUNNEL CAKE	1 CUP	8.14
000986	BK BAR 4-12 HAM&CHEESE BISCUIT	1 CUP	4.70
001007	BK BAR 4-12 HAM&CHEESE BISCUIT	1 CUP	3.27
001671	BK BAR 4-12 HAM&CHEESE BISCUIT	1 CUP	4.69
000333	BK BAR 4-12 HAM&CHEESE BISCUIT	1 CUP	3.34
001714	BK BAR 4-12 HAM&CHEESE BISCUIT	1 CUP	8.81
001792	BK BAR 4-12 HAM&CHEESE BISCUIT	1 CUP	13.92
001723	BK BAR 4-12 HAM&CHEESE BISCUIT	1 CUP	5.56
000933	BK BAR 4-12 HAM&CHEESE BISCUIT	1 CUP	5.79
001631	BK BAR 4-12 HAM&CHEESE BISCUIT	1 CUP	6.47
001015	BK BAR 4-12 PANCAKE BAR	1 CUP	10.12
001639	BK BAR 4-12 PANCAKE BAR	1 CUP	1.11
000920	BK BAR 4-12 PANCAKE BAR	1 CUP	7.95
001666	BK BAR 4-12 PANCAKE BAR	1 CUP	3.18
001086	BK BAR 4-12 PANCAKE BAR	1 CUP	4.32
000320	BK BAR 4-12 PANCAKE BAR	1 CUP	21.11
001831	BK BAR 4-12 PANCAKE BAR	1 CUP	5.01
000999	BK BAR 4-12 PANCAKE BAR	1 CUP	10.79
000688	BK BAR 4-12 PANCAKE BAR. B&Y	1 CUP	16.11
000691	BK BAR 4-12 PANCAKE BAR.FRZ S	1 CUP	13.03
000984	BK BAR 4-12 QUESAD & HASHBROWN	1 CUP	6.47
000932	BK BAR 4-12 QUESAD & HASHBROWN	1 CUP	6.99
001066	BK BAR 4-12 QUESAD & HASHBROWN	1 CUP	6.99
001079	BK BAR ELEM - FUNNEL CAKE	1 CUP	5.25
001686	BK BAR ELEM FRIDAY BYO BURRITO	1 CUP	14.59
001670	BK BAR ELEM FRIDAYS	1 CUP	8.81
000387	BK BAR ELEM MONDAYS	1 CUP	7.55
000954	BK BAR ELEM MOTHER'S BRUNCH	1 CUP	7.70
001097	BK BAR ELEM PANCAKE BAR	1 CUP	4.03
000978	BK BAR ELEM PANCAKE BAR. B&Y	1 CUP	8.37
000692	BK BAR ELEM PANCAKE BAR. B&Y	1 CUP	6.96
000885	BK BAR ELEM PANCAKE BAR. B&Y	1 CUP	7.51
001058	BK BAR ELEM WK1/FRI	1 CUP	6.81
000391	BK BAR ELEM WK1/FRI	1 CUP	6.79

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
000390	BK BAR ELEM WK1/THU	1 CUP	19.05
000992	BK BAR ELEM WK1/THU	1 CUP	5.15
001091	BK BAR ELEM WK1/TUE	1 CUP	12.99
000991	BK BAR ELEM WK1/TUE	1 CUP	9.08
000388	BK BAR ELEM WK1/TUE	1 CUP	15.11
000876	BK BAR ELEM WK1/WED	1 CUP	6.66
001385	BK BAR ELEM WK1/WED	1 CUP	5.46
000926	BK BAR ELEM WK1/WED	1 CUP	5.97
000389	BK BAR ELEM WK1/WED	1 CUP	5.64
001816	BK BAR ELEM WK2/FRI BYO BRRTO	1 CUP	12.44
000305	BK BAR ELEM WK2/FRI BYO BRRTO	1 CUP	13.99
001685	BK BAR ELEM WK2/TUE	1 CUP	9.62
000303	BK BAR ELEM WK2/WED	1 CUP	5.64
000996	BK BAR ELEM WK3/FRI	1 1/2 CUP	9.64
000411	BK BAR ELEM WK3/FRI	1 1/2 CUP	5.33
000410	BK BAR ELEM WK3/THU	1 1/2 CUP	9.14
001624	BK BAR ELEM WK3/TUE	1 1/2 CUP	17.52
001699	BK BAR ELEM WK3/TUE	1 1/2 CUP	6.28
000408	BK BAR ELEM WK3/TUE	1 1/2 CUP	16.48
000942	BK BAR ELEM WK3/WED	1 1/2 CUP	5.51
000995	BK BAR ELEM WK3/WED	1 1/2 CUP	8.51
000409	BK BAR ELEM WK3/WED	1 1/2 CUP	3.87
000341	BK BAR ELEM WK3/WED. TANGERINE	1 1/2 CUP	6.28
000421	BK BAR ELEM WK4/FRI	1 CUP	13.16
000998	BK BAR ELEM WK4/FRI	1 CUP	7.36
000704	BK BAR ELEM WK4/FRI	1 CUP	5.70
000900	BK BAR ELEM WK4/FRI	1 CUP	8.81
001711	BK BAR ELEM WK4/FRI	1 CUP	12.50
001452	BK BAR ELEM WK4/FRI	1 CUP	15.83
000899	BK BAR ELEM WK4/THU	1 CUP	5.50
000420	BK BAR ELEM WK4/THU	1 CUP	3.28
000294	BK BAR ELEM WK4/THU FRZ STRBWY	1 CUP	6.96
000897	BK BAR ELEM WK4/TUE	1 CUP	5.94
000418	BK BAR ELEM WK4/TUE	1 CUP	8.36
000952	BK BAR ELEM WK4/TUE	1 CUP	5.82
000419	BK BAR ELEM WK4/WED	1 CUP	4.82
000311	BK BAR ELEM WK4/WED.KIWI	1 CUP	5.24
000898	BK BAR ELEM WK4/WED.KIWI	1 CUP	5.28
000431	BK BAR ELEM WK5/FRI	1 CUP	5.96
001463	BK BAR ELEM WK5/FRI	1 CUP	6.50
001658	BK BAR ELEM WK5/FRI	1 CUP	22.90
000427	BK BAR ELEM WK5/MON	1 CUP	6.38
001014	BK BAR ELEM WK5/THU	1 CUP	8.60
000912	BK BAR ELEM WK5/THU	1 CUP	6.27
000430	BK BAR ELEM WK5/THU	1 CUP	4.10
000428	BK BAR ELEM WK5/TUE	1 CUP	6.08
000911	BK BAR ELEM WK5/TUE	1 CUP	13.19
001010	BK BAR ELEM WK5/TUE	1 CUP	6.77
001011	BK BAR ELEM WK5/WED	1 CUP	8.18
000429	BK BAR ELEM WK5/WED	1 CUP	12.19
000254	BLACK-EYED PEAS:from dry,boil	CUP	35.50
000255	BLUEBERRIES,Fresh	CUP	21.45
000831	BLUEBERRY MIX	OZ	34.83
001436	BLUEBERRY MUFFIN	EACH	40.00
001439	BLUEBERRY MUFFIN	EACH	40.00
008039	Blueberry Oat Bars	1 bar	41.20
000079	BLUEBERRY PANCAKE TOPPING	1/3 CUP	18.92
100950	BLUEBERRY PRESERVE:PIE FILLING	.33 CUP	21.00
500025	BOTTOM PASTRY CRUST (SHEET)	PIECES	12.11
000610	BREAD	SLICE	20.00
000031	BREAD STUFFING	1/3 CUP	22.90

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
500037	BREAD STUFFING	SERVINGS	22.64
001178	BREAD, BUNS HAMBURGER 4"	EACH	28.00
001158	BREAD, BUNS HAMBURGER 4"	EACH	28.00
001179	BREAD, BUNS HOT DOG 6"	EACH	27.00
000138	BREAD, FRENCH ROLLS 4"	EACH	27.00
001180	BREAD, FRENCH ROLLS 6"	EACH	34.00
000611	BREAD, SEVEN GRAIN	SLICE	20.00
000886	BREAD, STICK CRAZY #700302	EACH	14.35
001122	BREAD, TEA BISCUITS	EACH	11.00
000709	BREAD, TEA BISCUITS Carolyn	EACH	11.00
000027	BREAD, TEA-BISCUITS (#001036)	EACH	11.00
000562	BREAD, TOASTED	SLICE	11.97
001177	BREAD, WHITE	EACH	1.19
000244	BREAKFAS FRUIT BAR WK#1 6-8	1 1/2 CUP	2.26
001042	BREAKFAST BAR - FRIDAY	CUP	28.49
001038	BREAKFAST BAR - MONDAY	CUP	19.20
001041	BREAKFAST BAR - THURSDAY	CUP	23.14
001039	BREAKFAST BAR - TUESDAY	CUP	20.26
001040	BREAKFAST BAR - WEDNESDAY	CUP	16.11
001025	BREAKFAST BAR - FRIDAY	1 CUP	14.25
001077	BREAKFAST BAR - FUNNEL CAKE	1 CUP	7.10
001022	BREAKFAST BAR - MONDAY	1 CUP	9.06
001024	BREAKFAST BAR - THURSDAY	1 CUP	13.88
001021	BREAKFAST BAR - TUESDAY	1 CUP	10.39
001023	BREAKFAST BAR - WEDNESDAY	1 CUP	5.05
000788	BREAKFAST BEAN & CHEESE BURRIT	EACH	31.60
001411	BREAKFAST BURRITO	EACH	3.82
500038	BREAKFAST BURRITO W/ SALSA	EACH	31.32
000837	BREAKFAST BURRITO w/ SALSA	EACH	18.53
001330	BREAKFAST BURRITO, EGG	EACH	0.00
001544	BREAKFAST BURRITO/SPANISH'	EACH	5.82
001679	BREAKFAST NACHOS	1 SERVING	41.97
000547	BREAKFAST POCKET	EACH	36.00
000550	BREAKFAST POCKET/spanish	EACH	36.00
001409	BREAKFAST QUESADILLA	EACH	5.82
000535	BREAKFAST QUESADILLA	EACH	5.82
000375	BREAKFAST QUESADILLA/spanish	EACH	6.27
000592	BREAKFAST WRAP	EACH	7.30
500026	BROC CHEESE & RICE CASSEROLE	SERVINGS	19.90
001281	BROCCOLI	CUP	3.72
500039	BROCCOLI SALAD	1/2 CUP	31.05
001181	BROCCOLI,FRESH, RAW	1/4 CUP	2.43
000256	BROCCOLI,raw: fresh	CUP	6.04
000257	BROCCOLI: fresh, boiled	CUP	11.20
000258	BROCCOLI: frozen, boiled	CUP	9.84
500040	BROWN BREAD	EACH	19.27
500041	BROWN GRAVY	2 TBSP	1.97
500027	BROWN RICE PILAF	1/2 CUP	30.36
000075	BROWNIE ICING	1 TBSP	10.19
000346	BROWNIE ICING	1 TBSP	10.23
001470	BROWNIE ROUNDS	EACH	19.00
500043	BROWNIES	SERVINGS	23.22
001141	BUILD YOUR OWN BURRITO	SERVING	7.25
000373	BUILD YOUR OWN NACHOS BAR	SERVING	109.23
001379	BUILD YOUR OWN SANDWICH/spanis	EACH	27.00
001124	BUILD YOUR OWN TACO	1 EACH	10.23
000279	BUILD YOUR OWN TACO BAR	SERVING	30.33
001372	BUILD YOUR OWN TACO/spanish	1 EACH	10.23
001345	BUNS, MINI	EACH	18.00
001533	BURRITO DE POLLO Y QUESO	EACH	0.00
001550	BURRITO DE POLLO Y QUESO/O	EACH	0.00

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
001101	BURRITO, BEAN & CHEESE	EACH	59.92
001548	BURRITO, CHICK& CHS/OR	EACH	34.59
001532	BURRITO, CHICKEN & CHEESE	EACH	34.59
000522	BURRITO,TACO BELL CHILI CHSE	EACH	41.82
000540	BURRITO,TACO BELL CHILI CHSE O	EACH	41.82
000514	BURRITO,TACO BELL CHILI CHSE/S	EACH	41.82
000543	BURRITO,TACO BL CHILI CHSE/SOR	EACH	41.82
000474	BUTTER, WHIPPED	OZ	0.02
000221	BUTTER: individual	PAT	0.00
000076	BYO BREAKFAST BURRITO	EACH	16.57
000594	BYO BURGER/6-8	EACH	33.30
000595	BYO BURGER/K-5	EACH	29.00
000585	BYO BURRITO	EACH	21.45
000658	BYO BURRITO - CHICKEN FAJITAS	SERVING	19.30
000768	BYO BURRITO/BEEF TACO FILLING	EACH	23.27
000797	BYO BURRITO/TURKE TACO FILLING	EACH	22.31
000802	BYO FRENCH BRD CH PIZZA - WRAP	EACH	31.95
000589	BYO PIZZA -ARDELLA'S PIZZA	EACH	30.03
000519	BYO SANDWICH-6-8	EACH	34.58
001217	BYO SANDWICH-K-5	EACH	27.58
000785	BYO SANDWICH/HAM	EACH	27.58
000366	BYO SUB - STEAK	SERVING	0.00
000365	BYO SUB - TURKEY	OZ	0.50
000160	BYO TACO, BEEF/USDA D-13	EACH	11.44
001156	BYO TOSTADA	1 EACH	2.33
000834	BYO TOSTADA - CHICKEN FAJITAS	SERVING	14.30
000767	BYO TOSTADA/BEEF TACO FILLING	EACH	18.27
000798	BYO TOSTADA/TURKEY TACO FILLIN	EACH	17.31
000747	BYO TURKEY SANDWICH K-5	EACH	28.77
000746	BYO TURKEY SANDWICH 6-8	EACH	35.77
001707	BYO WRAP - POP CORN CHICKEN	SERVING	15.00
000030	BYO YOGURT BAR	CUP	47.00
001182	CABAGGE,FRESH,RAW	1/4 CUP	2.90
001183	CABBAGE,RED,FRESH,RAW	1/4 CUP	1.72
000259	CABBAGE: boiled	CUP	8.27
500405	CAJUN SAUSAGE/TURKEY JAMBALAYA	3/4 CUP	23.74
000795	CANNED FRUIT	CUP	44.04
000679	CARNE ASADA	OZ	0.00
500044	CARROT CAKE	SERVINGS	33.02
000022	CARROT STIX	1 CUP	17.01
500045	CARROT-RAISIN SALAD	1/4 CUP	15.92
001184	CARROTS,FRESH,RAW	1/4 CUP	0.33
001185	CARROTS,FRESH,RAW SHREDDED	1/4 CUP	2.26
001186	CARROTS,FRESH,STICKS/POUND	1/4 CUP	4.26
000260	CARROTS: canned, cooked	CUP	8.09
000262	CARROTS: fresh, boiled	CUP	12.82
000261	CARROTS:frozen, boiled	CUP	11.29
000264	CAULIFLOWER,raw: fresh	CUP	4.97
000265	CAULIFLOWER: frozen,boiled	1/2 CUP	3.38
000025	CAULIFLOWER:fresh boiled	1/4 CUP	1.27
000267	CELERY STICKS	CUP	4.41
001189	CELERY,FRESH,RAW DICED	1/4 CUP	44.36
001190	CELERY,FRESH,RAW,STALK	1/4 CUP	2.66
000065	CEREAL CUP	CUP	13.50
000073	CEREAL LUCKY CHARMS BOWLPK	EACH	23.00
001192	CEREAL MIX	EACH	19.96
001305	CEREAL MIX	EACH	19.96
001399	CEREAL MIX/ONLY	EACH	19.97
001398	CEREAL MIX/ONLY	EACH	19.97
000070	CEREAL, LUCKY CHARMS (BULK)	CUP	25.00
000567	CHALUPA	EACH	15.99

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
001269	CHEESE AMERICAN SLICED	SLICE	0.45
000648	CHEESE MILD CHEDDAR WEDGES	1 OZ	0.00
000372	CHEESE MONTEREY JACK, SLICED	OZ	6.80
001606	CHEESE OMELLETE	EACH	1.00
000660	CHEESE OMELLETE W/CHILI	EACH	1.00
000853	CHEESE QUESADILLA	ROLL	18.00
001193	CHEESE RAVIOLI WITH SAUCE	SERVING	32.51
001113	CHEESE RAVIOLI WITH SAUCE	EACH	5.42
001387	CHEESE RAVIOLI WITH SAUCE/span	9 OZ.	32.51
500046	CHEESE SAUCE	2 TBSP	3.30
000112	CHEESE SLICED AMER & SKIM MLK	SLICE	3.01
001536	CHEESE SLICED REDUCED FAT	SLICE	1.00
001508	CHEESE, AMERICAN-SLICE (FS)	CASE	145.15
001289	CHEESE, CHEDDAR LOW FAT	1 OZ	1.01
001274	CHEESE, COTTAGE	1/2 CUP	5.00
001194	CHEESE, SAUCE	OZ	3.00
001117	CHEESE, CREAM	EACH	0.56
001390	CHEESEBURGER MINIS/SPANISH	EACH	50.80
000149	CHEESEBURGER ON A BUN	EACH	22.42
001602	CHEESEBURGER/HS	EACH	30.00
000033	CHEETOS CRACKER TRAX - BAKED S	EACH	15.00
000061	CHEETOS FANTASTIX FLAMIN'HOT -	1 EACH	20.00
001571	CHERRIES	1 CUP	23.21
000268	CHERRIES, Fresh	CUP	23.21
001578	CHERRIES/BRKST/SPANISH	1 CUP	23.21
500048	CHERRY COBBLER	SERVINGS	51.27
500049	CHERRY CRISP	SERVINGS	31.57
001443	CHERRY DANISH SPANISH	EACH	28.36
008031	CHERRY DELIGHT	1/2 CUP	19.94*
008032	CHERRY FILLING AND TOPPING	CUP	105.49
008033	CHERRY OATMEAL COOKIES	EACH	13.30*
008034	CHERRY SQUARES	EACH	18.12
001322	CHERRY SWIRL	EACH	27.57
001152	CHERRY SWIRL	EACH	28.36
001601	CHICKEN (CANNED)	1 OZ.	0.25
500050	CHICKEN A LA KING	3/4 CUP	14.56
001157	Chicken and Broccoli & Zucchini	servings	8.65
500054	CHICKEN AND NOODLES	CUP	21.31
000635	CHICKEN ASIAN SESAME BREADED	3.75 OZ.	13.80
000633	CHICKEN BASE	1 TSP	0.01
000717	CHICKEN BOWL	1/2 CUP	24.29
000143	CHICKEN BREAST Boneless Skinle	EACH	0.00
000360	CHICKEN BREAST(HI SCH BBQ)	EACH	28.00
001547	CHICKEN BURGER OR	EACH	45.00
001549	CHICKEN BURGER OR/SPANISH	EACH	45.00
001357	CHICKEN BURGER/spanish	EACH	45.00
000204	CHICKEN CAESAR SALAD-CROUTONS	EACH	15.07
500056	CHICKEN CHOP SUEY	3/4 CUP	7.92
001199	CHICKEN EGG ROLL	EACH	24.02
000500	CHICKEN EGG ROLL/SPANISH	EACH	18.00
000597	CHICKEN FAJITA WRAP	EACH	3.12
500058	CHICKEN FAJITAS	EACH	23.37
000563	CHICKEN FAJITAS & TORTILLA	EACH	3.12
000636	CHICKEN FLAME BROILED WONDER	SERVING	3.20
001206	CHICKEN FLAUTAS	EACH	16.70
001359	CHICKEN FLAUTAS/spanish	EACH	16.41
000810	CHICKEN FRIES	SERVING	9.00
500059	CHICKEN GRAVY	2 TBSP	1.99
000738	CHICKEN LEG QUARTERS	EACH	0.00
500052	CHICKEN NOODLE SOUP	CUP	12.19
001546	CHICKEN NUGGETS	EACH	5.42

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
001121	CHICKEN NUGGETS	EACH	4.00
001197	CHICKEN NUGGETS	EACH	0.00
000169	CHICKEN NUGGETS HEART SHAPE	SERVING	7.00
001368	CHICKEN NUGGETS/spanish	EACH	4.00
001367	CHICKEN NUGGETS/spanish	EACH	0.00
001579	CHICKEN NUGGETS/spanish/or	EACH	4.00
000737	CHICKEN ORANGE BOWL	SERVING	41.16
001198	CHICKEN PATTIES	EACH	26.61
500061	CHICKEN POT PIE	CUP	22.97
500063	CHICKEN RICE SOUP	CUP	16.77
500066	CHICKEN SALAD	1/2 CUP	7.38
001600	CHICKEN SALAD	1/2 CUP	2.73
990012	CHICKEN SALAD W/ALMONDS	3/4 CUP	25.40
500068	CHICKEN STIR-FRY	3/4 CUP	11.12
000510	CHICKEN STRIPS	SERVING	12.00
500069	CHICKEN TACO	2 EACH	20.35
500071	CHICKEN TAMALE PIE	SERVINGS	23.28
001344	CHICKEN TENDERS	SERVING	12.00
000471	CHICKEN TENDERS	SERVING	12.00
001803	CHICKEN TENDERS, HOT & SPICY W	SERVING	0.00
000731	CHICKEN TERIYAKI BOWL	1/2 CUP	30.05
500073	CHICKEN TETRAZZINI	SERVINGS	24.27
500065	CHICKEN TOMATO BAKE	SERVINGS	28.03
500074	CHICKEN VEGETABLE SOUP	CUP	8.99
000722	CHICKEN WING SAUCE, HOT	1 OZ	1.67
001103	CHICKEN, EGG ROLL	EACH	18.00
000364	CHILI H/S	1/2 CUP	12.68
001343	CHILI BOWL	1/2 CUP	12.30
000859	CHILI CHEESE MAXWRAP	EACH	36.00
001134	CHILI CON CARNE & BEANS	1/2 CUP	9.33
500076	CHILI CON CARNE W/ BEANS	1/2 CUP	10.67
001283	CHILI con CARNE&BEANS - ENTREE	1/2 CUP	12.33
000572	CHILI DOGS	EACH	31.48
500077	CHINESE STYLE VEGETABLES	1/4 CUP	3.76
001292	CHIPS, YELLOW RNDS	1 OZ	19.00
500079	CHOCOLATE CAKE	SERVINGS	30.47
001471	CHOCOLATE CHIP COOKIE	EACH	20.00
000209	CHOCOLATE CHIP COOKIES	EACH	15.60
500080	CHOCOLATE CHIP COOKIES	EACH	16.10
001317	CHOCOLATE CHIP MUFFIN	EACH	35.69
001271	CHOCOLATE CHIP MUFFIN	EACH	35.69
001474	CHOCOLATE CHIPS	1 CUP	109.16
001012	CHOCOLATE GLAZE	1 TBSP	12.68
500081	CHOCOLATE GLAZE	TBSP	12.70
001434	CHOCOLATE PUDDING	1/4 CUP	13.31
001457	CHOCOLATE PUDDING/SPANISH	1/4 CUP	13.31
500082	CHOCOLEANA CAKE	SERVINGS	34.07
001013	CHOCOLEANA CAKE	1 PIECE	46.06
000706	CHOW MEIN NOODLES Carolyn	1/4 CUP	19.02
000189	CHURRITO, CHEESE HOT	1 EACH	18.00
001110	CHURRO, APPLE	EACH	22.00
000819	CINNAMON BAKES - STRAWBERRY	EACH	40.00
000358	CINNAMON FRENCH TOAST/SPANISH	EACH	30.00
990013	CINNAMON GLAZED ALMONDS	1/4 CUP	13.73
000858	CINNAMON POPPERS - FIESTA	SERVING	45.00
500083	CINNAMON ROLLS	EACH	37.69
001481	CINNAMON ROLLS = K-5 GRADES	EACH	20.00
000760	CINNAMON ROLLS 1.50 oz #500415	1 EACH	18.00
000792	CINNAMON SWIRL BREAD (ICED)	EACH	41.00
000700	CINNAMON, MINIS	1 EACH	40.00
008037	Cinnamon-Apple Wrap	each	35.62

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
500084	CLEAR DRESSING	2 TBSP	6.98
000067	CLODHOPPERS, VANILLA	EACH	27.00
001475	COCONUT FLAKES	CUP	44.07
001017	COLE SLAW	1/4 CUP	3.58
000468	COLE SLAW	1/2 CUP	6.52
001093	COLESLAW SALAD	1 CUP	5.00
500404	CONFETTI VEGGIE SPAG SALAD	3/4 CUP	18.85
001530	COOKIE, BANANA ROUNDS	EACH	18.00
001542	COOKIE, BOYSENBERRY SHORBREAD	EACH	12.00
001540	COOKIE, CHOCOLATE CHIP ROUNDS	EACH	20.00
001497	COOKIE, CHOCOLATE CHIP/FROZEN	EACH	16.44
001268	COOKIE, DEVILS FOOD	EACH	14.00
001392	COOKIE, DEVILS FOOD/SKIP	EACH	14.00
001358	COOKIE, DEVILS FOOD/spanish	EACH	14.00
001611	COOKIE, FOOTBALL & HELMET	EACH	20.92
000600	COOKIE, ICEE	EACH	19.00
000531	COOKIE, LIND DBL. CHOC. CHUNK	EACH	17.25
000779	COOKIE, LINDA'S RED FAT CHOC.	EACH	16.20
000778	COOKIE, LINDA'S RED FAT OAT/RA	EACH	32.23
000502	COOKIE, LINDAS CHOC. CHIP	EACH	17.25
000503	COOKIE, LINDAS LEMON DOUGH	EACH	16.96
000505	COOKIE, LINDAS OATMEAL RAISIN	EACH	17.85
000506	COOKIE, LINDAS PEANUT BUTTER	EACH	18.00
000507	COOKIE, LINDAS SNICKERDOODLE	EACH	16.96
000504	COOKIE, LINDAS SUGAR DOUGH	EACH	0.00
000376	COOKIE, MICKEY MOUSE	EACH	19.00
000177	COOKIE, OATMEAL CREME	1 EACH	26.00
001595	COOKIE, OATMEAL ROUNDS	EACH	20.00
001607	COOKIE, PEANUT BUTTER RNDS	EACH	18.00
000350	COOKIE, RAISIN CAKE	EACH	18.00
001543	COOKIE, RASPBERRY SHORTBREAD	1 EACH	11.00
001511	COOL COLE SLAW	SERVINGS	13.09
500086	CORN AND GREEN BEAN CASSEROLE	1/2 CUP	18.80
000860	CORN DOG FRITTER (CHICKEN)	SERVING	21.00
001200	CORN DOGGIES	SERVING	21.68
001119	CORN DOGGIES	EACH	4.34
000565	CORN DOGGIES/or	EACH	4.34
001366	CORN DOGGIES/spanish	EACH	4.34
000032	CORN ON THE COB: frozen,boiled	EACH	14.07
500087	CORN PUDDING	SERVINGS	18.46
000271	CORN: FROZEN, YELLOW	CUP	32.08
500088	CORNBREAD	SERVINGS	18.03
500089	CORNBREAD STUFFING	SERVINGS	21.19
500090	COUNTRY FRIED STEAK	SERVINGS	7.36
000210	COWBOY COOKIES: 1 each	COOKIES	26.32
000743	CRABBY PATTIE-KRABBYCAKES	EACH	46.00
000789	CRACKERS, ANIMAL SNACKERS	EACH	20.00
001145	CRACKERS, GRAHAM	EACH	11.02
000232	CRACKERS, SALTINE	4 EACH	8.92
000843	CRACKERS, SALTINE:ZESTA	PACKET	4.00
000233	CRACKERS, GRAHAM	4 EACH	43.55
001300	CRACKERS, GRAHAM	EACH	11.03
001201	CRACKERS, GRAHAM	EACH	11.02
990014	CRANBERRY ALMOND COOKIE	COOKIE	14.33
000272	CRANBERRY SAUCE: canned,swtnd	CUP	107.75
001195	CREAM CHEESE	3/4 EACH	0.56
000322	CREAM CHEESE	1 TBSP	0.59
500092	CREAM GRAVY	2 TBSP	2.80
500091	CREAM OF CHICKEN SOUP	CUP	13.95
500093	CREAM OF VEGETABLE SOUP	CUP	15.41
000273	CREAMED CORN: canned	CUP	46.41

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
500094	CREAMY COLE SLAW	1/4 CUP	4.52
500095	CREAMY DIP FOR FRESH VEGETABLE	2 TBSP	4.76
500411	CRISPY CHICKEN SALAD	SERVINGS	7.16
000741	CROISSANT, TURKEY HAM & CHEESE	EACH	32.28
000654	CROUTONS, ASIAN	1/2 CUP	19.00
000708	CROUTONS, GARLIC BUTTER W/WHEA	1/2 OZ	9.72
000783	CROUTONS, SEASONED - DUP	TBSP	1.79
000662	CRUSTLESS GRILLED CHEESE SANDW	EACH	33.96
001203	CUCUMBER	CUP	2.57
500096	CUCUMBER SAUCE	2 TBSP	2.19
000601	CUCUMBER, DICED	CUP	3.07
000813	Danish, Whole Grain Apple 3.0	EACH	40.30
000533	DELI BUDDIES	EACH	54.61
001209	DELI BUDDIES/OR	EACH	54.61
001309	DICED PEACHES	1/4 CUP	8.94
001574	DICED PEACHES/SKIP	1/4 CUP	8.94
001340	DICED PEACHES/SKIP	1/4 CUP	8.98
001560	DICED PEACHES/SKIP	CUP	36.52
001301	DICED PEARS	1/2 CUPS	0.00
001525	DICED PEARS AND KIWI	1/4 CUP	0.39
001161	DICED PEARS W/ KIWI	CUP	1.60
001341	DICED PEARS/SKIP	CUP	37.77
000616	DIET SNAPPLE	EACH	1.00
000570	DINO COOKIE	EACH	16.96
000569	DINO NUGGETS	EACH	4.00
500407	DIRTY POTATOES	1/2 CUP	16.74
000495	DOMINOS PIZZA/FIESTA	1 SLICE	32.00
001521	DOMINOS PIZZA/SPANISH	SLICE	0.00
000782	DORITOS - REDUCED FAT NACHO CH	EACH	19.00
000678	DRESSING, CAESAR	TBSP	0.50
000725	DRESSING, CAESAR FAT FREE	OZ	11.00
000728	DRESSING, CAESAR LITE	OZ	3.00
000109	DRINK MIX (SUMMER)	EACH	14.40
001205	EDIBLE BOWL 6 1/4	EACH	25.00
001204	EDIBOWLS 4 1/2"	EACH	14.00
001529	EGG MCMUFFIN/SPANISH	EACH	21.45
000623	EGG ROLL - BEEF	EACH	21.00
000622	EGG ROLL - CHICKEN	EACH	18.00
500097	EGG SALAD SANDWICH	SERVINGS	30.05
000370	EGG, HARD-BOILED	1 EACH	0.56
000274	EGGPLANT: boiled	CUP	8.64
001331	EGGS, BREAKFAST BURRITO	EACH	0.00
001279	EGGS, FROZEN	EACH	0.00
001327	EGGS, FROZEN & FRESH	SERVING	0.97
001326	EGGS, FROZEN & FRESH	SERVING	0.97
001218	EGGS, WHOLE, FRESH & FROZEN	EACH	0.00
001335	ELF GRAHAMS, CHOCOLATE CHIP	EACH	20.00
001400	ELF GRAHAMS, CHOCOLATE CHIP/SP	EACH	20.00
000856	EMPANADA, GRILLED CHEESE	EACH	0.00
000803	EMPANADA, PICADILLO	EACH	26.00
000787	empty recipe	cup	0.00
000009	ENCHILADA PIE	PIECE	23.58
000763	ENCHILADA SAUCE, RED	CUP	8.00
000612	ENCHILADA, BEEF	2 EACH	23.59
000353	ENGLISH MUFFINS, PLAIN, TOASTED	1/2 EACH	13.69
000840	FAJITA CHICKEN SALAD - CDS	SERVING	19.71
000203	FAJITA CHICKEN SALAD-CROUTON	EACH	9.71
001354	FIESTA BEAN BURRITO/spanish	EACH	59.92
001137	FISH & CHIP W/ROLL	EACH	33.96
000749	FISH & CHIPS	SERVING	33.96
001287	FISH SALSA	OZ	6.25

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
000126	FISH SALSA	OZ.	11.36
001208	FISH TACO	EACH	21.64
000742	FISH TACO	SERVING	44.00
001363	FISH TACO/spanish	EACH	22.54
001104	FISH, PATTY W/CHEESE	EACH	29.36
001373	FISH, PATTY W/CHEESE/spanish	EACH	29.36
001534	FLAUTA, BEEF	EACH	47.94
001558	FLAUTA, BEEF/SPANISH	EACH	47.94
001219	FLOUR TORTILLAS LARGE	EACH	35.00
000590	FLOUR TORTILLAS, SMALL	EACH	2.82
001220	FLOUR TORTILLAS, SMALL	EACH	2.82
000135	FRANKS, TURKEY 8/1 6" (Valchri	EACH	1.00
001751	FRENCH DIP SANDWICH 4" 6-8	1 EACH	30.51
001731	FRENCH DIP SANDWICH 4" 6-8	1 EACH	30.71
001697	FRENCH DIP SANDWICH 6" 9-12	1 EACH	37.69
001752	FRENCH DIP SANDWICH 6" 9-12	1 EACH	37.49
001750	FRENCH DIP SANDWICH 6" 9-12	1 EACH	35.99
500098	FRENCH DRESSING	2 TBSP	2.84
000484	FRENCH FRIES: deep fry	1 OZ	11.22
000487	FRENCH FRIES: oven heat	1 OZ	8.84
001294	FRENCH TOAST BAGEL	EACH	21.00
001593	FRENCH TOAST BAGEL/spanish	EACH	21.00
000368	FRENCH TOAST STICKS	EACH	30.00
001351	FRENCH TOAST/SPANISH	EACH	30.00
000018	FRIED RICE	1/3 CUP	27.08
500099	FRIED RICE	3/4 CUP	29.37
001031	FRIED RICE	2/3 CUP	29.05
000289	FRIED RICE/fs	1/3 CUP	27.27
000475	FRIED RICE/fs	1/3 CUP	27.27
001592	FRIJOLE CHARROS	1 CUP	0.00
000670	FRUIT & GRAIN BAR - STRAWBERRY	EACH	27.00
001221	FRUIT A'ROOS	EACH	56.09
001526	FRUIT A'ROOS (APPLE)	EACH	56.09
001528	FRUIT A'ROOS (STRABERRY)/SPAN	EACH	56.09
001568	FRUIT A'ROOS (STRAWBERRY)	EACH	54.64
990015	FRUIT AND ALMOND CRUMBLE	EACH	50.47
000266	FRUIT BOWL	1 EACH	13.07
000796	FRUIT BOWL "FOR GARNISH ONLY"	0	0.00
000220	FRUIT BOWL (DICED & MIXED)	1/4 CUP	3.80
001223	FRUIT COCKTAIL	CUP	36.13
001222	FRUIT COCKTAIL, LT SYRUP	1/2 CUP	22.00
001169	FRUIT DANISH/Apricot	EACH	35.88
001589	FRUIT FILLING, CHERRY	1/4 CUP	29.71
000246	FRUIT JUICE, ASSORTED	4 fl.oz.	15.62
000574	FRUIT JUICE/MCCAIN/4oz	EACH	15.00
000200	FRUIT MIX, TROPICAL	1/2 CUP	13.00
500401	FRUIT PAN DOWDY	SERVING	44.22
000579	FRUIT PUNCH/4oz.	EACH	15.00
000580	FRUIT PUNCH/6oz.	EACH	22.50
000584	FRUIT PUNCH/8oz.	EACH	22.50
000794	FRUIT SNACKS, CITRUS CYCLONE	POUCH	17.97
000647	FRUIT SNACKS, HARMONY	1 EACH	19.00
008038	Fruits of the Forest Crisp	1 each	42.21
001414	GARBANZO BEAN	1/2 CUP	22.00
001215	GARDEN SALAD	CUP	5.87
500402	GARDEN SALAD	1/2 CUP	3.74
001502	GELATINE	EACH 4 OZ	32.50
000211	GINGER COOKIES	EACH	28.88
500102	GINGERBREAD	SERVINGS	41.79
500403	GOLDEN CORN AND CARROTS	1/2 CUP	13.24
001466	GORDITA	EACH	0.00

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
001510	GORDITA	1 EACH	39.26
001468	GORDITA/SPANISH	EACH	0.00
500100	GRANOLA	1/4 CUP	24.85
001473	GRANOLA	2/3 CUP	44.00
000077	GRAPE JUICE: canned,unswtnd	4 fl.oz.	18.67
000080	GRAPEFRUIT HALVES	1/2 EACH	26.83
000078	GRAPEFRUIT JUICE: canned,unswt	4 fl.oz.	11.07
000175	GRAPEFRUIT, SECTIONS	1/2 CUP	14.00
000855	GRAPES - DOD	1/2 CUP	3.40
001312	GRAPES, FRESH	EACH	9.72
000481	GRAPES, FRESH	SERVING	3.40
001396	GRAPES,FRESH:SKIP	1/4 CUP	1.81
000657	GRAVY,BROWN: scratch	FL OZ	1.85
500101	GREEN BEANS IN CHEESE SAUCE	1/4 CUP	3.40
001541	GRILLED CHEESE SANDWICH	EACH	3.75
001225	GRILLED CHEESE SANDWICH	EACH	29.43
000644	GRILLED CHEESE SANDWICH USDA	EACH	26.12
001545	GRILLED CHEESE SANDWICH/SPAN	EACH	3.75
000062	GRILLED CHEESE SPICY SANDWICH	EACH	30.80
000711	GRILLED CHIX PIZZA QUESADILLA	Wedge	35.00
001584	GRILLED HAM & CHEESE SAND	EACH	34.90
001412	GRILLED HAM & CHEESE SAND. OR	EACH	31.00
001594	GRILLED HAM & CHEESE SANDWICH	EACH	34.90
000331	GRITS, PLAIN	1 CUP	37.79
500103	GROUND BEEF & MACARONI (MEX)	3/4 CUP	26.14
500104	GROUND BEEF AND SPANISH RICE	2/3 CUP	27.04
500105	GROUND BEEF STROGANOFF	3/4 CUP	9.63
000661	GUACAMOLE	1 OZ SERVING	7.36
000524	HAM & CHEESE DELI DBL/SPAN or	EACH	54.61
001389	HAM & CHEESE DELI DOUBLE/SPAN	EACH	54.61
000541	HAM & CHEESE SAND/SPANISH or	EACH	31.00
001459	HAM & CHEESE SANDWICH/SPANISH	EACH	31.00
000548	HAM MCMUFFIN	EACH	19.63
000549	HAM MCMUFFIN/SPANISH	EACH	19.63
000161	HAMBURGER ON A BUN- BBQ	SERVING	33.30
001226	HAMBURGERS MINI BUNS	EACH	18.00
001569	HARVEST SWIRL	EACH	35.69
001591	HARVEST SWIRL/spansih	EACH	35.69
000492	HASH BROWN POTATOES/SPANISH	1/2 CUP	21.92
990016	HAWAIIAN ALMOND HAYSTACKS	EACH	54.90
500106	HERBED BROCCOLI & CAULIFLOWER	1/2 CUP	9.56
000374	HI-C FRUIT DRINK	EACH	33.00
000383	HI-C FRUIT DRINK/spanish	EACH	33.00
000153	HOLIDAY	SERVING	0.00
001337	HOLIDAY CUPCAKE	EACH	28.00
001535	HOLIDAY COOKIE (500322)	EACH	19.00
990017	HONEY ALMOND GRANOLA	1/4 CUP	26.05
500107	HONEY BARBECUE SAUCE	2 TBSP	20.91
001154	HONEY DEW MELON	1/4 CUP	17.46
500108	HONEY DRESSING	2 TBSP	8.93
990018	HONEY-ALMOND GRANOLA BARS	EACH	19.31
500109	HONEY-LEMON CHICKEN	SERVINGS	1.05
000809	HOOK'S YOGURT CUPS	EACH	79.90
000879	HOOK'S YOGURT CUPS	EACH	63.26
001587	HOT COCOA/HS	1 CUP	26.85
000162	HOT DOG ON A BUN:turkey hot	SERVING	22.47
000652	HOT DOG, ALL BEEF-GOLD MEDAL F	FRANK(S)	27.00
000627	HOTDOG,BEEF & PORK	FRANK(S)	0.77
000172	HUEVOS RANCHEROS	SERVING	18.01
500110	HUMMUS	1/2 CUP	22.38
001155	ICY JUICEY	EACH	16.00

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
000850	ICY JUICEY - SOUR CHERRY	EACH	16.00
001453	ICY JUICEY/SPANISH	EACH	16.00
500156	INSTANT MASHED POTATOES: FLAKE	1/2 CUP	16.76
500157	INSTANT MASHED POTATOES: GRANU	1/2 CUP	17.18
500111	ITALIAN BREAD	EACH	28.23
500112	ITALIAN DRESSING	2 TBSP	1.47
001590	ITALIAN DRESSING	TBSP	0.74
500128	ITALIAN DRESSING(NEW)	2 TBSP	0.95
000136	ITALIAN DRESSING:scratch	TBSP	0.61
001051	ITALIAN DRESSING:scratch	2 TBSP	1.02
500113	ITALIAN SEASONING MIX	2 TBSP	3.21
001524	JALAPENO	1/4 CUP	4.00
000857	JALAPENO POPPERS:BOSCO'S PIZZA	SERVING	32.00
000559	JELL-O CHERRY	1/2 CUP	17.00
001503	JELL-O STRAWBERRY	1/2 CUP	17.00
000345	JELLY	1 TBSP	13.29
001227	JELLY, MIXED FRUIT	EACH	6.77
000649	JICMA STX.MNDRN ORNG & CILANTR	1/2 CUP	12.00
000638	JUICE, VERY BERRY FROM CONCEN	EACH 4 OZ.	0.00
000881	JUMPIN JUICE	EACH	74.60
000222	KETCHUP: individual	PC packet	1.57
000852	KIWI & HONEYDEW - BKFT	SERVING	24.75
000525	KIWI/STRAWBERRY/bkst	CUP	16.81
001229	KIWIFRUIT, FRESH	CUP	15.20
000508	KIWIFRUIT, FRESH/bkst/SPANISH	CUP	15.20
500400	KUNG FU SWEET SOUR BEEF STEW	SERVING	55.48
500115	LASAGNA W/ GRND PORK & BEEF	SERVINGS	28.34
000163	LASAGNA WITH GROUND BEEF	SERVINGS	22.90
500114	LASAGNA WITH GROUND BEEF	SERVINGS	28.34
001230	LEMON JUICE,CANNED/BOTTLED	EACH	15.81
000034	LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	1.11
001231	LETTUCE, ICEBERG,FRESH CHOPPED	CUP	12.98
001232	LETTUCE,ICEBERG,FRESH HEAD	EACH	11.27
000751	LIME WEDGES	OZ	2.99
000976	LOADED PTATO STIPS	STRIP	20.00
000733	LUCKY TRAY DAY	EACH	0.00
000316	LUNCH BAR 4-12 ASIAN XPRS BAR	1 CUP	47.39
001418	LUNCH BAR 4-12 ASIAN XPRS BAR	1 CUP	48.30
001085	LUNCH BAR 4-12 ASIAN XPRS BAR	1 CUP	31.37
001794	LUNCH BAR 4-12 ASIAN XPRS BAR	1 CUP	31.52
000863	LUNCH BAR 4-12 BBQ CHIX BURGER	1 CUP	14.86
001909	LUNCH BAR 4-12 BBQ CHIX BURGER	1 CUP	24.18
001672	LUNCH BAR 4-12 BBQ HAMB&FRIES	1 CUP	5.19
001734	LUNCH BAR 4-12 BBQ HAMB&FRIES	1 CUP	4.69
000339	LUNCH BAR 4-12 BBQ HAMB&FRIES	1 CUP	4.45
000946	LUNCH BAR 4-12 BBQ HAMB&FRIES	1 CUP	6.92
000989	LUNCH BAR 4-12 BBQ HAMB&FRIES	1 CUP	18.04
000936	LUNCH BAR 4-12 BBQ HAMB&FRIES	1 CUP	10.02
001718	LUNCH BAR 4-12 BBQ HAMB&FRIES	1 CUP	8.62
000699	LUNCH BAR 4-12 BBQ HAMB&FRIES	1 CUP	4.53
001777	LUNCH BAR 4-12 BBQ HAMB&FRIES	1 CUP	19.02
001793	LUNCH BAR 4-12 BBQ HAMB&FRIES	1 CUP	10.02
001729	LUNCH BAR 4-12 BBQ HAMB.	1 CUP	18.93
001869	LUNCH BAR 4-12 BBQ HAMB.	1 CUP	15.46
000315	LUNCH BAR 4-12 BBQ HAMB.	1 CUP	15.46
001900	LUNCH BAR 4-12 BBQ HAMB.	1 CUP	22.65
000960	LUNCH BAR 4-12 BBQ HAMB.	1 CUP	18.06
000883	LUNCH BAR 4-12 BBQ HOT DOG	1 CUP	19.42
001779	LUNCH BAR 4-12 BBQ HOT DOG	1 CUP	20.40
000318	LUNCH BAR 4-12 BBQ HOT DOG	1 CUP	6.87
001683	LUNCH BAR 4-12 BBQ HOT DOG	1 CUP	7.68

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
000961	LUNCH BAR 4-12 BBQ HOT DOG	1 CUP	20.41
001778	LUNCH BAR 4-12 BBQ HOT DOG	1 CUP	21.41
000690	LUNCH BAR 4-12 BBQ RIB SAND	1 CUP	8.39
000990	LUNCH BAR 4-12 BBQ RIB SAND	1 CUP	14.01
000337	LUNCH BAR 4-12 BBQ RIB SAND	1 CUP	3.14
000987	LUNCH BAR 4-12 BBQ RIB SAND	1 CUP	18.76
001877	LUNCH BAR 4-12 BBQ RIB SAND	1 CUP	8.67
001755	LUNCH BAR 4-12 BBQ RIB SAND	1 CUP	8.39
001910	LUNCH BAR 4-12 BBQ RIB SAND	1 CUP	10.63
001720	LUNCH BAR 4-12 BBQ RIB SAND	1 CUP	3.14
000866	LUNCH BAR 4-12 BBQ RIB SAND	1 CUP	9.36
001954	LUNCH BAR 4-12 BYO BURRTO	1 CUP	29.21
000864	LUNCH BAR 4-12 BYO BURRTO	1 CUP	42.66
001073	LUNCH BAR 4-12 BYO BURRTO	1 CUP	42.96
000934	LUNCH BAR 4-12 BYO BURRTO	1 CUP	14.70
000966	LUNCH BAR 4-12 BYO BURRTO	1 CUP	19.70
001913	LUNCH BAR 4-12 BYO BURRTO	1 CUP	49.06
001857	LUNCH BAR 4-12 BYO BURRTO	1 CUP	28.51
001806	LUNCH BAR 4-12 BYO BURRTO	1 CUP	34.53
001924	LUNCH BAR 4-12 BYO BURRTO	1 CUP	41.50
000334	LUNCH BAR 4-12 BYO BURRTO	1 CUP	35.40
001033	LUNCH BAR 4-12 BYO BURRTO	1 CUP	14.60
001940	LUNCH BAR 4-12 BYO SUB	1 CUP	4.82
000379	LUNCH BAR 4-12 BYO SUB	1 CUP	2.62
001921	LUNCH BAR 4-12 BYO SUB	1 CUP	7.87
001002	LUNCH BAR 4-12 BYO SUB	1 CUP	3.34
000964	LUNCH BAR 4-12 BYO SUB	1 CUP	4.94
001904	LUNCH BAR 4-12 BYO SUB	1 CUP	6.70
000975	LUNCH BAR 4-12 CHILI FRIES	1 CUP	4.41
000698	LUNCH BAR 4-12 CHILI FRIES	1 CUP	2.61
001719	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	23.06
001772	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	20.92
001674	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	20.84
000378	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	38.76
001065	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	24.70
000965	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	28.84
001698	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	27.20
001811	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	43.08
001807	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	38.71
001842	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	31.71
001893	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	20.01
001773	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	43.03
001911	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	29.68
001922	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	37.70
000924	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	42.86
001785	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	23.06
000869	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	42.91
001730	LUNCH BAR 4-12 DOMINOS	1 CUP	30.80
000867	LUNCH BAR 4-12 DOMINOS	1 CUP	36.82
001901	LUNCH BAR 4-12 DOMINOS	1 CUP	39.27
001684	LUNCH BAR 4-12 DOMINOS	1 CUP	35.12
001717	LUNCH BAR 4-12 DOMINOS	1 CUP	31.46
000889	LUNCH BAR 4-12 DOMINOS	1 CUP	34.97
000882	LUNCH BAR 4-12 DOMINOS	1 CUP	34.73
001866	LUNCH BAR 4-12 DOMINOS	1 CUP	38.63
001915	LUNCH BAR 4-12 DOMINOS	1 CUP	44.62
001858	LUNCH BAR 4-12 DOMINOS	1 CUP	45.22
001776	LUNCH BAR 4-12 DOMINOS	1 CUP	29.41
001744	LUNCH BAR 4-12 DOMINOS	1 CUP	29.15
001820	LUNCH BAR 4-12 DOMINOS	1 CUP	36.80
000319	LUNCH BAR 4-12 DOMINOS	1 CUP	41.21

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
001786	LUNCH BAR 4-12 DOMINOS	1 CUP	36.95
001746	LUNCH BAR 4-12 DOMINOS	1 CUP	32.34
000977	LUNCH BAR 4-12 DOMINOS	1 CUP	37.08
001881	LUNCH BAR 4-12 DOMINOS - DOD	1 CUP	45.27
001840	LUNCH BAR 4-12 DOMINOS - DOD	1 CUP	43.48
001832	LUNCH BAR 4-12 DOMINOS - DOD	1 CUP	37.73
001905	LUNCH BAR 4-12 HAMB & HOT DOG	1 CUP	27.67
000696	LUNCH BAR 4-12 HAMB & HOT DOG	1 CUP	11.51
001758	LUNCH BAR 4-12 HAMB & HOT DOG	1 CUP	22.54
001745	LUNCH BAR 4-12 HAMB & HOT DOG	1 CUP	27.05
001861	LUNCH BAR 4-12 HAMB & HOT DOG	1 CUP	28.66
001898	LUNCH BAR 4-12 HAMB & HOT DOG	1 CUP	31.48
001912	LUNCH BAR 4-12 HAMB & HOT DOG	1 CUP	31.10
001974	LUNCH BAR 4-12 MONDAY/APPLES	1 CUP	35.15
001402	LUNCH BAR 4-12 NACHO DAY	1 CUP	55.03
001416	LUNCH BAR 4-12 NACHO DAY	1 CUP	67.86
001805	LUNCH BAR 4-12 NACHO DAY	1 CUP	38.38
000923	LUNCH BAR 4-12 NACHO DAY	1 CUP	61.36
001957	LUNCH BAR 4-12 NACHO DAY	1 CUP	33.80
001920	LUNCH BAR 4-12 NACHO DAY	1 CUP	23.43
001888	LUNCH BAR 4-12 NACHO DAY	1 CUP	33.21
001879	LUNCH BAR 4-12 NACHO DAY	1 CUP	28.18
001868	LUNCH BAR 4-12 NACHO DAY	1 CUP	31.10
001851	LUNCH BAR 4-12 NACHO DAY	1 CUP	27.43
001781	LUNCH BAR 4-12 NACHO DAY	1 CUP	35.46
001808	LUNCH BAR 4-12 NACHO DAY	1 CUP	37.45
000962	LUNCH BAR 4-12 NACHO DAY	1 CUP	27.91
001784	LUNCH BAR 4-12 NACHO DAY	1 CUP	35.00
001617	LUNCH BAR 4-12 NACHO DAY	1 CUP	57.08
001782	LUNCH BAR 4-12 NACHO DAY	1 CUP	38.16
000317	LUNCH BAR 4-12 NACHO DAY	1 CUP	32.18
001741	LUNCH BAR 4-12 NACHO DAY	1 CUP	36.46
001662	LUNCH BAR 4-12 NACHO DAY	1 CUP	59.36
001622	LUNCH BAR 4-12 NACHO DAY	1 CUP	55.58
001848	LUNCH BAR 4-12 NACHO DAY	1 CUP	30.81
000988	LUNCH BAR 4-12 POTATO BAR	1 CUP	6.35
001933	LUNCH BAR 4-12 POTATO BAR	1 CUP	16.63
000948	LUNCH BAR 4-12 POTATO BAR	1 CUP	12.75
001916	LUNCH BAR 4-12 POTATO BAR	1 CUP	7.49
000697	LUNCH BAR 4-12 POTATO BAR	1 CUP	10.47
001914	LUNCH BAR 4-12 SPAGHETTI	1 CUP	15.92
000947	LUNCH BAR 4-12 SPAGHETTI	1 CUP	20.64
001860	LUNCH BAR 4-12 SPAGHETTI	1 CUP	20.85
001771	LUNCH BAR 4-12 SPAGHETTI	1 CUP	15.34
000343	LUNCH BAR 4-12 SPAGHETTI	1 CUP	9.94
001733	LUNCH BAR 4-12 SPAGHETTI	1 CUP	31.72
001673	LUNCH BAR 4-12 SPAGHETTI	1 CUP	15.13
000868	LUNCH BAR 4-12 SPAGHETTI	1 CUP	15.13
000959	LUNCH BAR 4-12 TACO BAR	1 CUP	20.58
000684	LUNCH BAR 4-12 TACO BAR	1 CUP	36.34
001865	LUNCH BAR 4-12 TACO BAR	1 CUP	33.54
001919	LUNCH BAR 4-12 TACO BAR	1 CUP	40.52
000314	LUNCH BAR 4-12 TACO BAR	1 CUP	32.86
000865	LUNCH BAR 4-12 TURKEY & GRAVY	1 CUP	13.80
000870	LUNCH BAR 4-12 TURKEY & GRAVY	1 CUP	9.15
001732	LUNCH BAR 4-12 TURKEY & GRAVY	1 CUP	10.38
000336	LUNCH BAR 4-12 TURKEY & GRAVY	1 CUP	14.06
001092	LUNCH BAR ELEM BBQ DAY	1 1/2 CUP	11.96
000945	LUNCH BAR ELEM BBQ DAY	1 1/2 CUP	11.68
000313	LUNCH BAR ELEM PIZZA DAY	1 1/2 CUP	22.33
001655	LUNCH BAR ELEM PIZZA DAY	1 1/2 CUP	6.81

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
001019	LUNCH BAR ELEM PIZZA DAY	1 1/2 CUP	12.92
000396	LUNCH BAR ELEM WK1/FRI	1 1/2 CUP	17.15
000875	LUNCH BAR ELEM WK1/FRI	1 1/2 CUP	12.46
000929	LUNCH BAR ELEM WK1/MON	1 1/2 CUP	14.71
001089	LUNCH BAR ELEM WK1/MON	1 1/2 CUP	15.17
001003	LUNCH BAR ELEM WK1/MON	1 1/2 CUP	20.62
000392	LUNCH BAR ELEM WK1/MON	1 1/2 CUP	11.21
001636	LUNCH BAR ELEM WK1/THU	1 1/2 CUP	13.56
001004	LUNCH BAR ELEM WK1/THU	1 1/2 CUP	14.63
000874	LUNCH BAR ELEM WK1/THU	1 1/2 CUP	45.45
001062	LUNCH BAR ELEM WK1/THU	1 1/2 CUP	15.18
000931	LUNCH BAR ELEM WK1/THU	1 1/2 CUP	26.09
000395	LUNCH BAR ELEM WK1/THU	1 1/2 CUP	17.54
000873	LUNCH BAR ELEM WK1/TUE	1 1/2 CUP	8.38
001675	LUNCH BAR ELEM WK1/WED	1 1/2 CUP	13.15
001090	LUNCH BAR ELEM WK1/WED	1 1/2 CUP	13.86
000930	LUNCH BAR ELEM WK1/WED	1 1/2 CUP	9.26
001360	LUNCH BAR ELEM WK2/MON	1 1/2 CUP	20.52
000306	LUNCH BAR ELEM WK2/MON	1 1/2 CUP	14.06
000980	LUNCH BAR ELEM WK2/MON	1 1/2 CUP	19.44
000695	LUNCH BAR ELEM WK2/THU	1 1/2 CUP	23.28
000309	LUNCH BAR ELEM WK2/THU	1 1/2 CUP	14.23
000981	LUNCH BAR ELEM WK2/TUE	1 1/2 CUP	8.90
000982	LUNCH BAR ELEM WK2/WED	1 1/2 CUP	6.29
000308	LUNCH BAR ELEM WK2/WED	1 1/2 CUP	11.81
000416	LUNCH BAR ELEM WK3/FRI	1 1/2 CUP	11.33
001703	LUNCH BAR ELEM WK3/FRI	1 1/2 CUP	17.99
000412	LUNCH BAR ELEM WK3/MON	1 1/2 CUP	11.69
000414	LUNCH BAR ELEM WK3/WED	1 1/2 CUP	10.21
000342	LUNCH BAR ELEM WK3/WED.TANGERI	1 1/2 CUP	14.25
000599	LUNCH BAR ELEM WK4/FRI	1 1/2 CUP	10.38
000426	LUNCH BAR ELEM WK4/FRI	1 1/2 CUP	12.65
001082	LUNCH BAR ELEM WK4/FRI	1 1/2 CUP	12.52
000958	LUNCH BAR ELEM WK4/FRI	1 1/2 CUP	13.07
001009	LUNCH BAR ELEM WK4/FRI	1 1/2 CUP	17.76
001813	LUNCH BAR ELEM WK4/FRI	1 1/2 CUP	13.65
001462	LUNCH BAR ELEM WK4/FRI	1 1/2 CUP	18.53
000901	LUNCH BAR ELEM WK4/MON	1 1/2 CUP	18.86
000422	LUNCH BAR ELEM WK4/MON	1 1/2 CUP	16.97
001008	LUNCH BAR ELEM WK4/THU	1 1/2 CUP	7.94
000425	LUNCH BAR ELEM WK4/THU	1 1/2 CUP	8.57
000957	LUNCH BAR ELEM WK4/THU	1 1/2 CUP	8.16
000902	LUNCH BAR ELEM WK4/TUE	1 1/2 CUP	12.46
000423	LUNCH BAR ELEM WK4/TUE	1 1/2 CUP	11.82
000903	LUNCH BAR ELEM WK4/WED	1 1/2 CUP	19.47
001712	LUNCH BAR ELEM WK4/WED	1 1/2 CUP	14.51
000955	LUNCH BAR ELEM WK4/WED	1 1/2 CUP	16.37
001080	LUNCH BAR ELEM WK4/WED	1 1/2 CUP	15.55
000295	LUNCH BAR ELEM WK4/WED.ORANGES	1 1/2 CUP	14.39
000312	LUNCH BAR ELEM WK4/WED.TANGRNS	1 1/2 CUP	20.06
000918	LUNCH BAR ELEM WK5/FRI	1 1/2 CUP	9.85
001384	LUNCH BAR ELEM WK5/FRI	1 1/2 CUP	12.23
000436	LUNCH BAR ELEM WK5/FRI	1 1/2 CUP	11.61
000300	LUNCH BAR ELEM WK5/FRI.BBQ DAY	1 1/2 CUP	9.80
001656	LUNCH BAR ELEM WK5/FRI.BBQ DAY	1 1/2 CUP	10.21
001522	LUNCH BAR ELEM WK5/FRI.BBQ DAY	1 1/2 CUP	15.26
000914	LUNCH BAR ELEM WK5/MON	1 1/2 CUP	14.40
000432	LUNCH BAR ELEM WK5/MON	1 1/2 CUP	16.36
000435	LUNCH BAR ELEM WK5/THU	1 1/2 CUP	9.92
000705	LUNCH BAR ELEM WK5/THU	1 1/2 CUP	16.26
001380	LUNCH BAR ELEM WK5/TUE	1 1/2 CUP	18.49

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
000719	LUNCH BAR ELEM WK5/TUE	1 1/2 CUP	12.28
000433	LUNCH BAR ELEM WK5/TUE	1 1/2 CUP	6.00
000434	LUNCH BAR ELEM WK5/WED	1 1/2 CUP	17.60
001018	LUNCH BAR ELEM WK5/WED	1 1/2 CUP	23.06
000861	LUNCH BAR ELEM WK5/WED	1 1/2 CUP	17.60
000702	LUNCH BAR HS-CHILI FRIES	1 CUP	3.70
005034	MACARONI AND CHEESE	1 CUP	27.66
001464	MACARONI AND CHEESE	1 CUP	33.54
500116	MACARONI AND CHEESE	2/3 CUP	27.44
000286	MACARONI AND CHEESE CASSEROLE	1 CUP	25.67
500129	MACARONI AND CHEESE(NEW)	2/3 CUP	32.70
000656	MACARONI AND CHICKEN SALAD	1/4 CUP	9.88
000701	MACARONI AND CHICKEN SALADCaro	1/4 CUP	9.88
000694	MACARONI AND CHICKEN SALADCaro	1/4 CUP	9.88
000564	MACARONI AND HAM SALAD	2/3 CUP	22.57
500408	MACARONI CARBONARA	CUP	39.23
500117	MACARONI SALAD	1/2 CUP	25.03
001037	MANGO IN LIGHT SYRUP	1/2 CUP	26.00
500118	MARINATED BLACK BEAN SALAD	1/2 CUP	16.72
001060	MASHED POTATOES	1/2 CUP	16.65
001135	MASHED POTATOES	1/2 CUP	15.77
001538	MASHED POTATOES/POTATO PEARL	CUP	30.00
500119	MASTER MIX	1/2 CUP	40.68
001349	MAYONNAISE LOW FAT	1 OZ	3.67
001234	MAYONNAISE	2 OZ	0.00
000512	MAYONNAISE,fat free/IND	EACH	1.19
001290	MCDONALD CHEESEBURGER	EACH	35.00
001491	MCDONALD CHEESEBURGER/HS	EACH	35.00
001520	MCDONALD CHEESEBURGER/SPANISH	EACH	35.00
500120	MEAT BALLS	2 EACH	7.90
500121	MEAT LOAF	3/4" SLICE	8.00
000165	MEATLOAF	1/2" SLICE	5.60
000634	MEATLOAF WITH KETCHUP	3.00 OZ.	37.20
000659	MEATLOAF, MASHED POTATO/GRAVY	SERVING	26.90
001445	MELON, CANTALOUPE	1/2 CUP	14.27
001235	MELON, CANTALOUPE	1/2 CUP	5.61
000734	MELONS,CASABA,RAW	CUP	11.19
001236	MELONS,HONEYDEW,RAW	CUP	32.06
001583	MELONS,HONEYDEW,RAW/LUNCH	CUP	32.06
500122	MEXICALI CORN	1/4 CUP	7.72
000478	MEXICALI CORN	CUP	33.50
008027	Mexican Pizza	slice	41.00
500123	MEXICAN SEASONING MIX	2 TBSP	7.99
000489	MILK - Variety	HALF PINT	25.58
001237	MILK 1% LOWFAT	EACH	13.00
001280	MILK 1% LOWFAT	each	0.00
001302	MILK 1% LOWFAT	EACH	0.00
000757	MILK 1% LOWFAT - STRAWBERRY	EACH	33.00
000639	MILK 1% LOWFAT-STRAWBERRY SPLA	EACH	33.00
000827	MILK DRINK MIX (PHS)	EACH	18.00
000845	MILK DRINK MIX (WEST)	EACH	18.00
001160	MILK MIX	1	13.00
000640	MILK MIX	EACH	24.08
000826	MILK MIX (HS)	EACH	24.00
001238	MILK, NONFAT CHOCOLATE	EACH	26.00
000228	MILK,1% Chocolate	HALF PINT	31.50
000230	MILK,1% Lowfat	HALF PINT	12.18
000227	MILK,2% Chocolate	HALF PINT	30.33
000229	MILK,2% Lowfat	HALF PINT	11.71
000231	MILK,Skim	HALF PINT	12.15
000226	MILK,Whole	HALF PINT	11.71

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
500124	MINISTRONE	1 CUP	18.12
000814	Mini Bites, Whole Grain Apple	EACH	20.10
001102	Mini Corn Dogs, Original - All	EACH	26.02
000791	MINI POUND BREAKFAST LOAF	EACH	33.00
001278	MIXED FRUIT	1/4 CUP	9.57
001316	MIXED FRUIT	CUP	36.13
001506	MIXED FRUIT/SKIP	CUP	36.13
001432	MOZZARELLA STIX	SERVING	4.52
000668	MOZZARELLA STIX OR	SERVING	36.52
000842	MOZZARELLA STIX - BOSCO STICKS	SERVING	26.00
001455	MOZZARELLA STIX/SPANISH	EACH	0.00
500125	MUFFIN SQUARES	SERVINGS	16.87
000811	MUFFIN, APPLE CINNAMON 1.50 oz	EACH	17.20
001431	MUFFIN, BANANA NUT	EACH	25.00
000035	MUSTARD GREENS: frozen,boiled	CUP	4.67
001239	MUSTARD YELLOW PREPARED	OZ	1.81
000223	MUSTARD: individual PC	PC packet	0.27
500126	NACHO CHEESE SAUCE	3 TBSP	4.95
000582	NACHO PRETZEL	EACH	18.00
000571	NACHO STIX	EACH	16.00
001049	NACHOS BAR - TURKEY TACO FIL	SERVING	43.74
000134	NACHOS BEEF GAIN,K-5,HOLLY,OLR	1/4 CUP	2.45
001070	NACHOS WITH GROUND BEEF	SERVINGS	21.78
500127	NACHOS WITH GROUND BEEF	SERVINGS	19.28
000083	NECTARINES,FRESH	EACH	14.35
000557	NECTARINES,Fresh, breakfast	EACH	14.35
000167	NO BREAKFAST	SERVING	0.00
000156	NO LUNCH	SERVING	0.00
000145	NO SCHOOL TODAY	SERVING	0.00
500409	NOT FRIED RICE	CUP	28.97
001240	NUTMEG	1 TSP	1.08
990019	NUTTY QUESADILLA ROLL-UP	EACH	29.72
000323	OATMEAL	1 CUP	24.05
500132	OATMEAL COOKIES	EACH	19.35
500133	OATMEAL MUFFIN SQUARES	SERVINGS	34.51
005006	OATMEAL RAISIN COOKIES (NEW)	1 COOKIE	33.24
001074	OATMEAL RAISIN COOKIES (NEW)	1 COOKIE	32.96
500130	OATMEAL RAISIN COOKIES(NEW)	EACH	33.34
001242	ONION POWDER	TSP	1.69
000626	ONIONS,FRESH,CHOPPED	OZ	2.45
500410	ORANGE CREAM DRESSING	2 TBSP	8.29
500134	ORANGE GLAZE	2 TSP	8.24
500135	ORANGE GLAZED CARROTS	1/3 CUP	7.65
500136	ORANGE GLAZED SWEET POTATOES	1/4 CUP	22.86
001336	ORANGE JUICE 4 oz.	1 EACH	13.00
000754	ORANGE JUICE 8 oz.	1 EACH	27.00
000723	ORANGE JUICE,FRESH	EACH, 4 OZ	11.79
000577	ORANGE JUICE/10oz	EACH	9.06
000578	ORANGE JUICE/32oz.	EACH	29.00
000576	ORANGE JUICE/6oz	EACH	5.44
001406	ORANGE JUICE/spanish	1 CUP	25.79
001461	ORANGE JUICE/SPANISH	4 OZ	11.79
000084	ORANGE JUICE: canned,unswtnd	CUP	27.41
500137	ORANGE RICE PILAF	1/2 CUP	27.85
500138	ORANGE RICE PUDDING	1/3 CUP	24.53
001347	ORANGE WEDGES/LUNCH	CUP	21.15
001307	ORANGE WEDGES/SPANISH	1/4 CUP	14.97
001460	ORANGE WEDGES/SPANISH/BKST	1/4 CUP	2.66
500139	ORANGE-PINEAPPLE GELATIN	SERVINGS	22.84
000086	ORANGES	EACH	11.28
000085	ORANGES HALVES	1/2 EACH	5.64

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
001245	ORANGES, FRESH	CUP	21.15
000537	ORANGES, FRESH/BKST	EACH	30.27
000532	ORANGES, FRESH/SPANISH/BKST	EACH	30.27
000011	ORIENTAL VEGETABLE MIX	.5 CUP	2.27
500140	OVEN FRIED CHICKEN	SERVINGS	9.66
001515	PAN DULCE - SIMPLY BLUE	1 EACH	41.00
001467	PANCAKE AND SAUSAGE/spanish	EACH	14.51
500704	PANCAKE PODS - CREME FILLED	PACKAGE	27.00
000029	PANCAKE PODS - CREME FILLED	PACKAGE	27.00
001299	PANCAKE SAUSAGE WRAP	EACH	23.40
001465	PANCAKES	EACH	13.01
500141	PANCAKES	EACH	16.26
001605	PANCAKES SPANISH	EACH	13.01
000739	PASTA CHICKEN SALAD	1/4	8.40
000735	PASTA CHICKEN SALAD	1/2 CUP	16.37
500142	PASTA SALAD	3/8 CUP	16.83
000744	PASTA SALAD - TURKEY SMOKED	1/2 CUP	18.05
000718	PASTA SALAD w/HAM Carolyn	1/4 CUP	8.78
000198	PASTA SALAD w/TUNA	1/2 CUP	17.57
000683	PASTA SALAD-Carolyn	1/2 CUP	17.57
001422	PASTA SALAD-FS	3/8 CUP	14.48
001501	PASTA SALAD/FS/GAL	1/2 CUP	6.60
001564	PASTA SALAD/FS/REVISED	1/2 CUP	18.89
500143	PEACH COBBLER	SERVINGS	46.41
001332	PEACH FRUIT A'ROOS	EACH	58.26
001295	PEACH FRUIT A'ROOS	EACH	58.26
000530	PEACHES CUP FROZEN	EACH	29.00
001512	PEACHES, FROZEN	CUP	59.95
001127	PEACHES,CANNED,LIGHT SYRUP	1/4 CUP	9.25
001609	PEACHES,FRESH SPANISH	EACH	8.30
000437	PEACHES: canned,light syrup	CUP	36.52
500144	PEANUT BUTTER BARS	EACH	18.91
500145	PEANUT BUTTER COOKIES	EACH	16.27
500146	PEANUT BUTTER GLAZE	TBSP	8.54
001537	PEANUTS, ROASTED	1 OZ	5.37
001435	PEARS, SLICED	CUP	37.77
001429	PEARS, SLICED	CUP	37.77
000115	PEARS, SLICED CANNED BARTLETT	CUP	32.10
000480	PEARS,FRESH/LUNCH	EACH	25.28
000384	PEARS,FRESH/spanish	EACH	25.28
000438	PEARS: canned,light syrup	CUP	38.08
000439	PEAS & CARROTS: frozen,boiled	CUP	16.19
000038	PEAS & ONIONS: frozen,boiled	CUP	15.53
000040	PEAS: frozen,boiled	CUP	22.82
001247	PEPPERS,SWT,GREEN,RAW	EACH	15.74
001248	PEPPERS,SWT,RED,RAW	EACH	11.28
000643	PHILLY STEAK SANDWICH/6-8 & HS	EACH	36.98
000642	PHILLY STEAK SANDWICH/K-5	EACH	29.98
000591	PHILLY STEAK WRAP	EACH	19.00
000494	PICKLES,relish/fs	OZ	9.77
000041	PICKLES,SWEET	EACH	7.40
001728	PIE, CHERRY TURNOVER	1 EACH	27.00
001489	PILLSBURY CINNAMON ROLL	EACH	45.00
000092	PINEAPPLE CHUNKS:canned,lt syr	CUP	33.89
000091	PINEAPPLE JUICE: canned,unswtn	CUP	32.18
001567	PINEAPPLE SPEARS	SPEAR	17.00
000536	PINEAPPLE SPEARS/bkst	SPEAR	17.00
001162	PINEAPPLE TIDBITS	CUP	33.72
001447	PINEAPPLE TIDBITS/BKFST	1/2 CUP	0.00
000972	PINEAPPLE, CHUNK IN GRAPE JUIC	1/2 CUP	15.00
001250	PINEAPPLE,RAW	1/2 CUP	15.64

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
000007	PINTO BEANS: cooked	CUP	44.84
000808	PIRATES JUMPIN JUICE	EACH	69.55
000465	PIZZA & SALAD BAR	EACH	29.44
000891	PIZZA 7" FRENCH BREAD 100% MOZ	EACH	28.30
001449	PIZZA BAGEL	EACH	22.27
000727	PIZZA CHEESE 4X6 ARDELLA'S	EACH	47.84
001107	PIZZA CHEESE, 3X5	EACH	31.36
500147	PIZZA CRUST	SERVINGS	26.11
001088	Pizza Crust (scratch)	SERVING	26.13
001517	PIZZA DE DOMINOS	SLICE	0.00
000240	PIZZA PARTY	1 SLICE	32.00
001128	PIZZA PEPPERONI 3x5 BULK	SLICE	31.82
000726	PIZZA PEPPERONI 4x6 ARDELLA'S	EACH	40.88
001375	PIZZA POCKET - BULK/spanish	EACH	28.70
000772	PIZZA PONTOON CHEESE 3.2X5 "B	SLICE	31.61
000773	PIZZA PONTOON CHEESE 3.2X5 "W	SLICE	31.61
000770	PIZZA PONTOON PEPP 3X5 - BULK	SLICE	35.20
000771	PIZZA PONTOON PEPP 3X5 - WRAP	SLICE	35.20
000486	PIZZA QUESADILLA/spanish	EACH	41.66
500148	PIZZA WITH CHEESE TOPPING	SERVINGS	33.25
500149	PIZZA WITH GROUND BEEF TOPPING	SERVINGS	30.98
500150	PIZZA WITH GROUND PORK TOPPING	SERVINGS	30.77
001251	PIZZA, BAGEL	EACH	22.27
000269	PIZZA, CHEESE 5" RND DEEP DISH	1 EACH	42.93
000249	PIZZA, CIABATTA CHEESE BREAD	EACH	34.00
000170	PIZZA, DBLE CRUST CHEESE	EACH	44.77
000021	PIZZA, DBLE CRUST PEPP (Wrap)	EACH	43.89
000017	PIZZA, DBLE CRUST PEPPERONI (B	EACH	43.89
000799	PIZZA, FRENCH BREAD 7" - BULK	EACH	31.93
000800	PIZZA, FRENCH BREAD 7" - WRAP	EACH	31.93
001109	PIZZA, PEPPERONI, 4x6 BULK	SLICE	31.82
001362	PIZZA, PEPPERONI, 4x6 Bulk/spa	SLICE	31.82
001361	PIZZA, PEPPERONI, 4x6 BULK/spa	SLICE	31.82
001108	PIZZA, PEPPERONI, 4x6 indiv. w	SLICE	46.10
001494	PIZZA, PEPPERONI/HS	SLICE	31.82
000105	PIZZA, PERSONAL PAN 5" CHEESE	EACH	30.05
001252	PIZZA, POCKET - BULK	EACH	28.70
001573	PIZZA, POCKET - BULK	EACH	40.80
001253	PIZZA, POCKET - WRAPPED	EACH	28.70
000482	PIZZA, QUESADILLA	EACH	41.66
000824	PIZZA, SOUTHWEST REAL SLICE WH	SLICE	33.00
001105	PIZZA,CHEESE, thick crust (4X6	SLICE	26.66
001106	PIZZA,CHEESE, thick crust (4X6	SLICE	26.66
500151	PIZZABURGER ON ROLL	SERVINGS	30.69
000517	PIZZADILLA	EACH	0.00
000354	PLUMS,FRESH/spanish	EACH	5.76
000444	PLUMS: canned,light syrup	CUP	41.03
000790	POP-TARTS FROSTED STRAWBERRY	EACH	75.99
000352	PORK DUNKERS	SERVING	7.70
000359	PORK DUNKERS /spanish	SERVING	7.70
001213	PORK DUNKERS or	SERVING	7.70
001353	PORK DUNKERS or/spanish	SERVING	7.70
001211	PORK HAM & CHEESE DELI STICKS	EACH	34.20
001371	PORK HAM & CHEESE DELI STICKS	EACH	34.20
500152	PORK STIR-FRY	3/4 CUP	11.12
001112	Pork,ckd,BBQ patty,Don Lee, Q5	EACH	4.00
001254	POTATO DEHYDRATED, SLICES	1/2 CUP	19.53
000043	POTATO PUFFS: frozen,cooked	CUP	35.52
001255	POTATO RAW, PEELED	EACH	4.05
001306	POTATO ROUND	1/4 CUP	9.00
001256	POTATO ROUNDS	1/4 CUP	9.00

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
500153	POTATO SALAD	2/3 CUP	17.89
001415	POTATO SALAD	1/2 CUP	19.41
001495	POTATO WEDGES/HS	1/2 CUP	17.97
001388	POTATO WEDGES/SPANISH	1/2 CUPS	17.97
000501	POTATO, BAKED with CHILI (1)	1EACH	56.78
001147	POTATOE ROUNDS	1/4 CUPS	8.59
500154	POTATOES AU GRATIN	1/2 CUP	22.47
001096	POTATOES AU GRATIN	1/2 cup	22.13
500155	POURABLE PIZZA CRUST	SERVINGS	26.02
000096	PRUNES: canned hvy syr	CUP	65.05
000667	PUDDING, CHOCOLATE (SURPLUS BO	1 CUP	35.00
000836	PUDDING, CRAZY CHOCOLATE	EACH	23.00
000666	PUDDING, VANILLA (SURPLUS BON	1 CUP	30.00
500413	PUMPKIN CAKE	SERVING	29.70
001565	PUMPKIN COOKIE	EACH	18.65
000703	QUAKER - TOASTABLES	EACH	36.00
500158	QUICHE W/ SELF FORMING CRUST	SERVINGS	11.35
500159	QUICK BAKED POTATOES	1/2 EACH	24.72
000608	RAINBOW SPRINKLES	1/4 CUP	20.25
000097	RAISINS	CUP	113.78
000940	RAISINS - CHAMPION	1 EACH	31.00
000849	RAISINS, CHOCO FLAVORED YOGURT	1 PACKET	13.00
000646	RAISINS, CRAZY (YOGURT COVERED	26 GRAMS	17.00
001677	RAISINS, REGENT 1OZ	PACKAGE	15.50
000844	RAISINS, VANILLA FLAVRD YOGURT	PACKAGE	14.00
000740	RANCH DRESSING	1 OZ	1.81
005037	RANCH DRESSING	OZ	0.00
500160	RANCH DRESSING	2 TBSP	3.50
008005	RANCH DRESSING(106803)	2 TBSP	2.74
000526	RANCH DRESSING,LITE IND./FS	EACH	1.87
001413	RANCH DRESSING/FS	OZ	2.02
000762	RANCH LITE INDIVIDUAL SALAD DR	PORTION CUP	7.01
000542	RAVIOLI SPANISH	1 CUP	109.65
001610	RAVIOLI SPANISH/OR	1 CUP	109.65
000538	RAVIOLI/or	CUP	30.00
000132	RBQ PATTY	EACH	4.00
001446	REBANADAS DE PERA	CUP	37.77
001424	REFRIED BEANS	1/4 CUP	0.64
500161	REFRIED BEANS	1/3 CUP	12.19
000008	REFRIED BEANS: canned	CUP	36.32
000224	RELISH: individual PC	PC packet	2.63
001131	RIB B QUE SANDWICH OR	EACH	32.00
001381	RIB B QUE SANDWICH/spanish	EACH	31.00
001552	RIB B QUE SANDWICH/spanish/OR	EACH	31.00
990020	RICE BOWL W/TOASTED ALMONDS	CUP	33.38
001599	RICE PILAF	1/2 CUP	21.07
500162	RICE PUDDING	1/4 CUP	17.49
008010	RICE,Cooked White	servings	27.81
001257	RICE,WHITE, UNCOOKED	CUP	96.00
500163	RICE-VEGETABLE CASSEROLE	2/3 CUP	19.62
500164	ROLLS (YEAST)	EACH	29.80
500165	ROYAL BROWNIES	SERVINGS	25.48
008016	ROYAL BROWNIES/fs	1 PIECE	34.69
001267	SALAD	1/2 CUP	5.97
001451	SALAD 4 WAY/SPANISH	1 CUP	11.93
000404	SALAD BAR-EL WK5/DAY 3	1 CUP	26.54
000440	SALAD BAR-MG WK1/DAY 3	1 CUP	26.54
000456	SALAD BAR-MG WK4/DAY 3	1 CUP	36.52
000461	SALAD BAR-MG WK5/DAY 3	1 CUP	26.54
001258	SALAD DRESSING, CREAMY ITALIAN	2 OZ	12.00
000225	SALAD DRESSING, Assorted	TBSP	1.83

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
000139	SALAD,TOSSED: no dressing	CUP	7.13
001355	SALAD/spanish	CUP	2.52
500166	SALISBURY STEAK	SERVINGS	5.95
000839	SANTA FE CHICKEN SALAD - CDS	SERVING	30.08
000049	SAUERKRAUT:canned	CUP	6.08
001265	SAUSAGE MCMUFFIN	EACH	37.85
001437	SAUSAGE MCMUFFIN/SP	EACH	18.95
000587	SAUSAGE PATTY LINK	EACH	0.63
001477	SAUSAGE/EGG MCMUFFIN/HS	EACH	24.14
500167	SCALLOPED POTATOES (DEHYD)	1/2 CUP	24.68
500168	SCALLOPED POTATOES:(FRESH)	1/2 CUP	18.73
008020	SCALLOPED POTATOES:dehy.slices	1/2 cup	24.43
001539	scramble eggs/carolyn	1 1/2 each	0.89
008021	SCRAMBLED EGGS	SERVING	1.57
001304	SCRAMBLED EGGS	SERVING	0.97
500169	SCRAMBLED EGGS	1/4 CUP	1.64
000588	SCRAMBLED EGGS	SERVING	1.57
001324	SCRAMBLED EGGS/EGG MCMUFFIN	SERVING	0.97
001325	SCRAMBLED EGGS/HUEVOS RANCHERO	SERVING	0.97
001417	SHAPE UPS	EACH	16.00
000750	SHREDDED CABBAGE	CUP	3.96
001143	SHREDDED LETTUCE	1/4 CUP	0.43
001393	SHREDDED LETTUCE/spanish	1/4 CUP	0.43
000534	SHRIMP GORDITA	SERVINGS	55.93
000518	SHRIMP TACO	SERVINGS	21.82
000520	SHRIMP TACO/SPANISH	EACH	0.00
001500	SLICED APPLES-COMMODITY	CUP	23.26
001519	SLICED APPLES/SPANISH	CUP	23.26
001514	SLICED PEACHES/SKIP	1 CUP	34.00
000114	SLOPPY JOE ON A BUN	SERVINGS	34.73
008024	SLOPPY JOE ON A BUN	SERVINGS	37.79
500170	SLOPPY JOE ON A ROLL	SERVINGS	35.93
001115	SOFT BREAD STICKS	EACH	13.00
001116	SOFT BREAD STICKS	EACH	13.00
001129	SOFT BREAD STICKS	EACH	13.00
001260	SOFT BREAD STICKS	EACH	13.00
000558	SOFT YEAST ROLLS/fs	1 1/4 OZ	19.29
001261	SOUP, CREAM OF MUSHROOM	CUP	19.99
001262	SOUR CREAM	1 OZ	2.83
000629	SOY SAUCE	OZ	1.77
001356	SPAGETTI WITH MEAT SAUCE/spani	3/4 CUP	36.19
000546	SPAGHETTI - Carolyn	1 CUP	70.14
500172	SPAGHETTI : BEEF & PORK SAUCE	1 CUP	34.23
500171	SPAGHETTI AND MEAT SAUCE	1 CUP	34.22
000539	SPAGHETTI W/GROUND BEEF - COMM	1 CUP	70.14
000671	SPAGHETTI, MEATLESS	1/4 CUP	28.61
001735	SPAGHETTI, ROTINI (ONLY)	1/4 CUP	10.07
000472	SPAGHETTI-ROTINI MEATLESS	1/2 CUP	30.88
000544	SPAGHETTI-ROTINI, BEEF & SAUCE	3/4 CUP	31.31
000119	SPAGHETTI-ROTINI, MEATLESS	1/2 CUP	23.73
000351	SPANISH OMELETTE	EACH	1.33
000357	SPANISH OMELETTE/SPANISH	EACH	1.00
001817	SPANISH RICE	1/4 CUP	11.57
001138	SPANISH RICE	1/4 CUP	8.77
500173	SPANISH RICE	1/3 CUP	13.69
001405	SPANISH RICE	1/2 CUP	25.59
001420	SPANISH RICE /USDA B-17	1/4 CUP	20.60
001507	SPICE CAKE	1 PIECE	38.68
500174	SPICE CAKE	SERVINGS	36.91
500131	SPICE CAKE(NEW)	SERVINGS	29.24
000005	SPICE CAKE:(NEW-ICED)	1 PIECE	38.68

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
500175	SPICE ICING	2 TSP	9.40
000288	SPICE ICING	2 TSP	9.42
500176	SPICED APPLE TOPPING	1/3 CUP	21.70
500412	SPICY ITALIAN POTATO CHUNKS	1/2 CUP	31.05
990021	SPICY SEASONED ALMONDS	1/4 CUP	8.63
001263	SPINACH	CUP	26.81
000051	SPINACH: frozen,boiled	CUP	9.12
000050	SPINACH:canned	CUP	7.28
000052	SQUASH,SUMMER: boiled	CUP	7.76
000054	SQUASH,WINTER: baked	CUP	18.14
000055	SQUASH,WINTER: boiled	CUP	21.54
500406	STAGECOACH SPAGHETTI	2/3 CUP	21.92
500177	STIR-FRY SAUCE	3 TBSP	3.12
000212	STRAWBERRIES, FRESH - DOD	1 CUP	12.75
001319	STRAWBERRIES,FRESH	CUP	11.06
001339	STRAWBERRIES,FRESH	CUP	18.42
001576	STRAWBERRIES,FRESH/W WHIPCRM	CUP	11.06
001338	STRAWBERRIES,FRESH:SKIP	CUP	18.42
000614	STRAWBERRIES/KIWI	CUP	16.81
000158	STRAWBERRY CUP	EACH	33.05
008040	Strawberry Shortcake	1 each	43.60
000682	STREUSEL COFFEE CAKE-Carolyn	SERVING	59.90
001350	STREUSEL COFFEE CAKE/Spanish	SERVING	59.72
500178	STROMBOLI	SERVINGS	21.31
500179	STROMBOLI WITH TOMATO SAUCE	SERVINGS	23.01
000155	STUFFED POTATO	1/2 CUP	36.19
000217	SUGAR COOKIES	EACH	21.42
000344	SUGAR PACKET	1 TSP	4.20
000828	SUNFLOWER HONEY-ROASTED KERNEL	EACH	8.00
000761	SUNFLOWER KERNEL ROASTED LIGHT	OZ	4.99
000606	SUPER DONUT	EACH	32.54
000095	SUPER DUPER DONUT	1 EACH	29.00
500213	SWEET AND SOUR PORK	3/4 CUP	19.31
500180	SWEET AND SOUR SAUCE	2 TBSP	5.18
000641	SWEET AND SOUR SAUCE: scratch	TBSP	2.95
000125	SWEET AND SOUR SAUCE: scratch	TBSP	2.76
008030	SWEET AND SOUR SAUCE: scratch	2 TBSP	4.90
001527	SWEET BREAD "PAN DULCE"/SPAN	EACH	41.51
001313	SWEET POTATO EMPANADA	EACH	37.00
001151	SWEET POTATO EMPANADA	EACH	37.00
500182	SWEET POTATO PIE	SERVINGS	37.13
000056	SWEET POTATO, BAKED	EACH	23.61
500181	SWEET POTATO- PLUM BREAD SQUAR	SERVING	46.48
001297	SWEET RELISH	1 OZ	9.94
000832	SYRUP, MAPLE	OZ	18.00
000349	SYRUP,PANCAKE	OZ	21.46
500183	TABOULEH (tah-BUHL-lee)	3/4 CUP	26.96
000362	TACO BEEF	SERVING	2.45
000774	TACO BEEF, W/BEEF TACO FILLING	EACH	11.93
000496	TACO BEEF/ HS/west	SERVING	2.45
000513	TACO BEEF/FS/ USDA D-13	EACH	11.44
000164	TACO BEEF:Jackson & 6-12 Gr.	1/4 CUP	1.92
001114	TACO CHALUPA,(80/20 MOZZ/CHEDD	EACH	19.30
500184	TACO PIE WITH BEANS	SERVINGS	38.21
500185	TACO PIE WITH SALAD TOPPING	SERVINGS	27.23
001132	TACO POCKET	EACH	36.99
000386	TACO POCKET OR	EACH	36.99
000385	TACO POCKET or/spanish	EACH	38.70
001505	TACO POCKET/spanish	EACH	38.70
001140	TACO SALAD	EACH	25.44
000140	TACO SALAD	SERVING	18.22

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
500186	TACO SALAD	SERVINGS	20.11
000583	TACO SALAD	EACH	4.21
001485	TACO SALAD	EACH	50.51
000775	TACO SALAD W/BEEF TACO FILLING	EACH	18.39
001490	TACO SALAD/HS/MT	SERVING	1.27
001499	TACO SNACK OR	EACH	36.99
001559	TACO SNACK OR /SPANISH	EACH	38.00
001504	TACO SNACK/spanish	EACH	38.00
001582	TANGERINES,FRESH	CUP	26.01
001575	TANGERINES,FRESH/SPANISH	EACH	11.21
500187	TARTAR SAUCE	2 TBSP	7.94
000755	TERIYAKI SAUCE - DIAMOND CRYSTALS	OZ	4.00
000521	TERIYAKI BEEF DUNKERS/OR	SERVING	10.40
000523	TERIYAKI BEEF DUNKERS/SPANISH/OR	SERVING	10.40
000493	TERIYAKI BEEF DUNKERS/SPANISH	SERVING	10.40
500188	TERIYAKI SAUCE	2 TBSP	9.58
000732	TERIYAKI SAUCE	SERVING	30.70
000348	testing again	each	0.00
000604	testing recipe	SERVING	53.25
000615	TEXAS TOAST	EACH	46.00
500189	THICK VEGETABLE SOUP	CUP	34.71
500190	THOUSAND ISLAND DRESSING	2 TBSP	7.02
000141	THREE BEAN SALAD	1/2 CUP	13.82
500191	THREE BEAN SALAD	1/4 CUP	4.56
000326	TOAST, MIXED GRAIN BREAD	1 SLICE	11.31
000324	TOAST, WHITE BREAD	1 SLICE	11.97
000367	TOAST,RAISIN	1 SLICE	13.66
000325	TOAST,WHOLE-WHEAT BREAD	1 SLICE	12.79
500192	TOASTED CHEESE SANDWICH	SERVINGS	16.00
000116	TOASTED HAM & CHEESE SANDWICH	EACH	25.52
500193	TOASTED TURKEY HAM & CHEESE	SERVINGS	34.42
500194	TOMATO SAUCE (MEATLESS)	2 TBSP	3.01
000058	TOMATOES: canned	CUP	20.64
500195	TOP PASTRY CRUST-STEAMTABLE PAN	PIECES	7.79
000037	TORTILLA, SCOOPS BAKED (TOSTITOS)	EACH	22.00
000908	TOSTADA BYO TURKEY	EACH	15.00
000818	Totally Taco - MaxSnax	SERVING	28.00
001276	TRAIL MIX - COMMODITY 1-1/3CUP	1/3 CUP	0.00
001421	TRAIL MIX - COMMODITY 40-1/3CU	1/3 CUP	0.00
000527	TRAIL MIX - I	CUP	101.82
000745	TRAIL MIX - II	OZ	15.11
000769	TRAIL MIX - III	OZ	15.01
000793	TRAIL MIX - WITH CHOCO CHIPS	1/3 CUP	33.76
000180	TRAIL MIX, PRESIDENT'S CHOICE	EACH	21.00
000178	TROPICAL FRUIT BAR	1 EACH	16.00
001598	TUNA	OZ	0.00
500196	TUNA AND NOODLES	CUP	33.15
500197	TUNA SALAD SANDWICH	SERVINGS	34.41
000681	TURKEY & GRAVY - Carolyn	1/2 CUP	6.68
000380	TURKEY & GRAVY/22	1/2 CUP	6.68
001458	TURKEY & GRAVY/SPANISH	1/2 CUP	6.68
000381	TURKEY & GRAVY/SPANISH/22	1/2 CUP	6.68
500051	TURKEY A LA KING	3/4 CUP	16.34
500198	TURKEY AND DRESSING SUPREME	SERVINGS	18.31
000179	TURKEY AND NOODLES	1 CUP	23.58
001498	TURKEY AND NOODLES/fs	1 CUP	23.02
000669	TURKEY BREAST,DELI MEAT	OZ	1.19
008029	Turkey Pasta Salad	1 cup	50.08
001272	TURKEY ROAST	1 OZ	0.00
001486	TURKEY SALAD (THURSDAY)	EACH	27.29
000838	TURKEY SALAD - CDS	SERVING	16.53

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Paramount Unified School District

Recipe Carbohydrates List Between 0 and 150 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
001959	TURKEY SLIDERS	SERVING	37.86
001427	TURKEY WHOLE	CUP	0.00
000059	TURNIP GREENS: boiled	CUP	6.28
000060	TURNIPS: boiled	1/4 CUP	1.97
000234	VACATION	EACH	0.00
500199	VANILLA CREAM FROSTING	1 1/4 TBSP	17.11
000566	VANILLA PUDDING	1/4 CUP	13.31
001509	VANILLA PUDDING	1/4 CUP	13.31
500200	VEGETABLE CHILI	3/4 CUP	27.01
500201	VEGETABLE LASAGNA	SERVINGS	31.15
500202	VEGETABLE PIZZA	SERVINGS	34.07
500203	VEGETABLE QUESADILLA	SERVINGS	25.77
500204	VEGETABLE SOUP	CUP	11.52
500205	VEGETABLE STROMBOLI	SERVINGS	22.28
500220	VEGETABLE WRAPS	SERVINGS	33.78
000631	VERY BERRY JUICE 4 oz.	1 EACH	16.00
000281	VERY BERRY JUICE 8 oz.	1 EACH	30.00
001266	WAFFLE	EACH	16.61
000157	WAFFLE, BELGIAN CHEF LARGE	EACH	39.00
000830	WAFFLE, BELGIAN KRUSTEAZ	EACH	51.91
000238	WAFFLE, GOLDEN	2 EACH	32.00
000188	WAFFLE, KRUSTEAZ GOLDEN (1.4 o	EACH	16.00
008036	Waffles with Sunshine Sauce	each	35.91
000707	WAFFLES, CHOCOLATE CHIP SNACK'	1 EACH	36.00
001111	WAFFLES,JUMBO:AUNT JEMIMA #435	EACH	16.61
001391	WAFFLES/SPANISH	EACH	16.61
500207	WALDORF FRUIT SALAD	1/3 CUP	9.08
000551	WATERMELON/breakfast	WEDGES	5.53
000552	WATERMELON/breakfast/SPANISH	WEDGES	5.53
000511	WELCH'S DRINK MIX	EACH	33.15
500208	WHIPPED TOPPING	2 TBSP	3.90
500209	WHITE BREAD	EACH	17.11
500219	WHITE SAUCE: THICK	2 TBSP	3.89
500210	WHITE SAUCE: THIN	2 TBSP	2.38
500211	WHOLE WHEAT SUGAR COOKIES	EACH	28.22
000243	WK#3 MONDAY SALAD BAR K-5	1 1/2 CUP	16.38
000573	X-MAS COOKIE	EACH	21.59
000012	YELLOW BEANS: canned,cooked	CUP	6.89
500212	YELLOW CAKE	SERVINGS	31.66
001277	YOGURT	CUP	52.00
000001	YOGURT CUP	CUP	37.00
001053	YOGURT PARFAIT - GRANOLA 6-12	EACH	129.31
000950	YOGURT PARFAIT - GRANOLA 6-12	1 EACH	119.66
000880	YOGURT PARFAIT - GRANOLA K-5	EACH	86.53
001059	YOGURT PARFAIT -1/4 GRAN 6-12	1 EACH	64.88
000724	YOGURT, CHOCOLATE/VANILLA FROZ	SERVING	20.00
000720	YOGURT, COOKIES & CREAM FROZEN	SERVING	25.00
000721	YOGURT, MUD PIE FROZEN	SERVING	25.00
000664	YOGURT, SPRINKL'INS (DANNON)	EACH	22.00
000729	YOGURT, STRAWBERRY FROZEN	SERVING	20.00
000807	YOGURT, VAN W/CHOC CHIP FROZE	SERVING	25.00
000806	YOGURT, VAN W/RAINBOW SPR FRZ	SERVING	25.00
001270	YOGURT,DANNON DANIMALS(r)	EACH	19.07
001311	YOGURT,DANNON DANIMALS(r)	EACH	19.07
001480	YOGURT/HS	CUP	17.25
001264	ZUCCHINI	OZ.	2.00
000053	ZUCCHINI SQUASH: boiled	CUP	6.46

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