



Planned Menu Nutrient Analysis

Paramount Unified School District

Detailed Nutrient Analysis (Actual) for 08/01/2025 to 08/31/2025

8/6/2025 3:04:17 PM

Main Menu

33 CDS-PAT

8/11/2025

Recipe	Portion Size	Added Sugar (g)	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Total Fat (g)	Cholesterol (mg)	Fiber (g)	Carb (g)
DONUT, SUPER CHOCOLATE	EA	25.333	406.667	310.000	9.350	5.600	26.333	20.167	0.000	2.667	52.000
DONUT, SUPER SPRINKLE	EA	20.667	366.667	310.000	7.917	5.000	21.667	17.833	0.000	2.000	47.000
JUICE, ORANGE 6OZ	EA	0.000	83.000	21.000	0.000	0.000	21.000	0.000	0.000	0.000	21.000
KETCHUP PACKET	1 EA	2.000	10.000	95.000	0.000	0.000	2.000	0.000	0.000	0.000	3.000
MILK, CHOCOLATE NONFAT 8 OZ	EA	7.000	120.000	210.000	0.000	8.000	19.000	0.000	5.000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	8.000	120.000	100.000	0.000	8.000	20.000	0.000	5.000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	0.000	120.000	150.000	1.500	11.000	14.000	2.500	15.000	0.000	14.000
ORANGE, TANGERINE FRESH	2 EA	0.000	40.280	1.520	0.030	0.616	8.041	0.236	0.000	1.368	10.138
PAN DULCE	EA	7.000	200.000	90.000	1.500	5.000	8.000	6.000	5.000	2.000	34.000
PEACHES, CANNED (17.5/0.5cup/Can)	0.5 Cup	0.259	60.087	10.102	0.000	0.000	13.119	0.000	0.000	0.000	14.133
TATER TOTS (190/0.5Cup/CS)	8 TATER TOTS	0.000	90.000	160.000	0.000	1.000	0.900	3.500	0.000	1.000	14.000
WATERMELON, FRESH (3/0.5Cup/#)	0.5 Cup	0.000	45.360	1.512	0.024	0.922	9.374	0.227	0.000	0.605	11.416

Added Sugars standard implementation date of July 1, 2027



Planned Menu Nutrient Analysis
Paramount Unified School District
Detailed Nutrient Analysis (Actual) for 08/01/2025 to 08/31/2025

Main Menu

33 CDS-PAT

8/12/2025

Recipe	Portion Size	Total Sugar (g)	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Total Fat (g)	Cholesterol (mg)	Fiber (g)	Carb (g)
CANTALOUPE MELON (3/0.5cup/#)	0.5 CUP	0.000	50.773	23.893	0.076	1.254	11.738	0.284	0.000	1.344	12.186
CINNAMON ROLL	EA	10.000	246.617	136.990	0.520	5.159	28.219	1.040	5.000	3.000	54.856
FRUIT COCKTAIL (17/0.5cup/Can)	0.5 CUP	0.000	60.000	10.000	0.000	0.000	14.000	0.000	0.000	0.000	17.000
HONEYDEW MELON (2/0.5cup/#)	0.5 CUP	0.000	68.040	34.020	0.072	1.021	15.347	0.265	0.000	1.512	17.180
JUICE, ORANGE 6OZ	EA	0.000	83.000	21.000	0.000	0.000	21.000	0.000	0.000	0.000	21.000
KETCHUP PACKET	1 EA	2.000	10.000	95.000	0.000	0.000	2.000	0.000	0.000	0.000	3.000
MILK, CHOCOLATE NONFAT 8 OZ	EA	7.000	120.000	210.000	0.000	8.000	19.000	0.000	5.000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	8.000	120.000	100.000	0.000	8.000	20.000	0.000	5.000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	0.000	120.000	150.000	1.500	11.000	14.000	2.500	15.000	0.000	14.000
MOCHA CRUMBLE COFFEE CAKE	EA	8.640	300.480	270.000	2.496	6.000	22.003	12.000	35.002	1.997	36.998
TATER TOTS (190/0.5Cup/CS)	8 TATER TOTS	0.000	90.000	160.000	0.000	1.000	0.900	3.500	0.000	1.000	14.000

Added Sugars standard implementation date of July 1, 2027



Planned Menu Nutrient Analysis
Paramount Unified School District
Detailed Nutrient Analysis (Actual) for 08/01/2025 to 08/31/2025

Main Menu

33 CDS-PAT

8/13/2025

Recipe	Portion Size	Added Sugar (g)	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Total Fat (g)	Cholesterol (mg)	Fiber (g)	Carb (g)
BANANAS, SLICES	EA BANANA	0.000	112.140	1.260	0.141	1.373	15.410	0.416	0.000	3.276	28.778
BLUEBERRIES, FRESH (5/0.5cup/#)	0.5 CUP	0.000	51.710	0.907	0.025	0.671	9.036	0.299	0.000	2.177	13.145
CEREAL, MIX	EACH BOX	1.960	110.040	140.000	0.000	1.000	7.000	1.501	0.000	1.000	23.999
CHEESE, STRING MOZZARELLA	EA 0.000	0.000	90.000	200.000	5.000	7.000	0.000	7.000	20.000	0.000	0.000
FRENCH TOAST STICKS	3 STICKS	1.899	209.962	299.945	2.500	7.999	7.999	6.999	104.981	2.000	27.995
JUICE, ORANGE 6OZ	EA 0.000	0.000	83.000	21.000	0.000	0.000	21.000	0.000	0.000	0.000	21.000
KETCHUP PACKET	1 EA	2.000	10.000	95.000	0.000	0.000	2.000	0.000	0.000	0.000	3.000
MILK, CHOCOLATE NONFAT 8 OZ	EA 7.000	7.000	120.000	210.000	0.000	8.000	19.000	0.000	5.000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA 8.000	8.000	120.000	100.000	0.000	8.000	20.000	0.000	5.000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA 0.000	0.000	120.000	150.000	1.500	11.000	14.000	2.500	15.000	0.000	14.000
SALSA (67SERV/Can)	1.5 CUPS	0.000	15.028	105.198	0.000	0.000	1.503	0.000	0.000	1.503	3.006
SCRAMBLED EGGS	1/4 CUP	0.000	39.912	43.065	0.988	3.398	1.183	2.807	94.754	0.000	1.261
STRAWBERRIES, FRESH (5/0.5cup/#)	0.5 CUP	0.000	27.648	0.864	0.013	0.579	4.225	0.259	0.000	1.728	6.636
SYRUP, MAPLE PACKET	PACKET	0.000	70.000	0.000	0.000	0.000	16.000	0.000	0.000	0.000	18.000
TATER TOTS (190/0.5Cup/CS)	8 TATER TOTS	0.000	90.000	160.000	0.000	1.000	0.900	3.500	0.000	1.000	14.000
TURKEY SAUSAGE LINKS	2 LINKS	0.000	120.000	180.000	2.000	12.000	0.000	8.000	60.000	0.000	0.000
WHIPPED CREAM (18 SERV/CAN)	SERVINGS (1/4C)	1.889	58.333	0.000	1.944	0.000	3.889	3.889	19.444	0.000	7.778

Added Sugars standard implementation date of July 1, 2027



Planned Menu Nutrient Analysis
Paramount Unified School District
Detailed Nutrient Analysis (Actual) for 08/01/2025 to 08/31/2025

Main Menu

33 CDS-PAT

8/14/2025

Recipe	Portion Size	Total Sugar (g)	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Total Fat (g)	Cholesterol (mg)	Fiber (g)	Carb (g)
COFFEE CAKE, CINNAMON CRUMB	Each	4.900	198.000	98.700	1.000	2.500	16.900	7.700	18.300	1.700	30.700
FRESH, ORANGE	EA	0.000	42.336	0.000	0.000	1.008	8.064	0.000	0.000	2.016	11.088
FRUIT COCKTAIL (17/0.5cup/Can)	0.5 Cup	0.000	60.000	10.000	0.000	0.000	14.000	0.000	0.000	0.000	17.000
JUICE, ORANGE 6OZ	EA	0.000	83.000	21.000	0.000	0.000	21.000	0.000	0.000	0.000	21.000
KETCHUP PACKET	1 EA	2.000	10.000	95.000	0.000	0.000	2.000	0.000	0.000	0.000	3.000
MILK, CHOCOLATE NONFAT 8 OZ	EA	7.000	120.000	210.000	0.000	8.000	19.000	0.000	5.000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	8.000	120.000	100.000	0.000	8.000	20.000	0.000	5.000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	0.000	120.000	150.000	1.500	11.000	14.000	2.500	15.000	0.000	14.000
PANCAKE, SAUSAGE WRAP	EA	3.000	200.000	310.000	2.500	7.000	4.000	10.000	25.000	3.000	17.000
PEACHES, FRESH	EA	*	60.270	0.000	0.000	1.000	12.995	0.500	0.000	1.999	14.994
TAJIN PACKET	EA	0.000	0.000	120.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
TATER TOTS (190/0.5Cup/CS)	8 TATER TOTS	0.000	90.000	160.000	0.000	1.000	0.900	3.500	0.000	1.000	14.000

Added Sugars standard implementation date of July 1, 2027



Planned Menu Nutrient Analysis
Paramount Unified School District
Detailed Nutrient Analysis (Actual) for 08/01/2025 to 08/31/2025

Main Menu

33 CDS-PAT

8/15/2025

Recipe	Portion Size	Added Sugar (g)	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Total Fat (g)	Cholesterol (mg)	Fiber (g)	Carb (g)
BANANAS, FRESH PETITE	BANANAS	0.000	112.140	1.260	0.141	1.373	15.410	0.416	0.000	3.276	28.778
CHORIZO BREAKFAST BURRIO	SERVINGS	0.000	375.164	654.703	3.629	17.007	1.800	13.833	141.852	4.435	45.558
FRUIT, MIXED VARIETY	0.5 CUPS	0.000	40.634	2.719	0.019	0.540	7.844	0.169	0.000	1.359	10.415
JUICE, ORANGE 6OZ	EA	0.000	83.000	21.000	0.000	0.000	21.000	0.000	0.000	0.000	21.000
KETCHUP PACKET	1 EA	2.000	10.000	95.000	0.000	0.000	2.000	0.000	0.000	0.000	3.000
MILK, CHOCOLATE NONFAT 8 OZ	EA	7.000	120.000	210.000	0.000	8.000	19.000	0.000	5.000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	8.000	120.000	100.000	0.000	8.000	20.000	0.000	5.000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	0.000	120.000	150.000	1.500	11.000	14.000	2.500	15.000	0.000	14.000
MINI BAGEL, STRAWBERRY EACH *			230.093	180.003	2.501	6.000	13.000	6.000	10.003	1.998	41.003
PEACHES, CANNED (17.5/0.5cup/Can)	0.5 CUPS	0.000	60.087	10.102	0.000	0.000	13.119	0.000	0.000	0.000	14.133
SALSA (67SERV/Can)	1.5 CUPS	0.000	15.028	105.198	0.000	0.000	1.503	0.000	0.000	1.503	3.006
TACO SAUCE PACKET	PACKET	0.000	3.835	56.564	0.005	0.100	0.368	0.025	0.000	0.115	0.763
TATER TOTS (190/0.5Cup/CS)	8 TATER TOTS	0.000	90.000	160.000	0.000	1.000	0.900	3.500	0.000	1.000	14.000

Added Sugars standard implementation date of July 1, 2027



Planned Menu Nutrient Analysis
Paramount Unified School District
Detailed Nutrient Analysis (Actual) for 08/01/2025 to 08/31/2025

Main Menu

33 CDS-PAT

8/18/2025

Recipe	Portion Size	Total Sugar (g)	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Total Fat (g)	Cholesterol (mg)	Fiber (g)	Carb (g)
DONUT, SUPER CHOCOLATE	EA 25.333		406.667	310.000	9.350	5.600	26.333	20.167	0.000	2.667	52.000
DONUT, SUPER SPRINKLE	EA 20.667		366.667	310.000	7.917	5.000	21.667	17.833	0.000	2.000	47.000
JUICE, APPLE 6OZ	EA 0.000		83.000	23.000	0.000	0.000	23.000	0.000	0.000	0.000	23.000
KETCHUP PACKET	1 EA2.000		10.000	95.000	0.000	0.000	2.000	0.000	0.000	0.000	3.000
MILK, CHOCOLATE NONFAT 8 OZ	EA 7.000		120.000	210.000	0.000	8.000	19.000	0.000	5.000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA 8.000		120.000	100.000	0.000	8.000	20.000	0.000	5.000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA 0.000		120.000	150.000	1.500	11.000	14.000	2.500	15.000	0.000	14.000
ORANGE, TANGERINE FRESH	2 EA0.000		40.280	1.520	0.030	0.616	8.041	0.236	0.000	1.368	10.138
PAN DULCE	EA 7.000		200.000	90.000	1.500	5.000	8.000	6.000	5.000	2.000	34.000
PEACHES, CANNED (17.5/0.5cup/Can)	0.5 CUP259		60.087	10.102	0.000	0.000	13.119	0.000	0.000	0.000	14.133
TATER TOTS (190/0.5Cup/CS)	8 TATER TOTS0.000		90.000	160.000	0.000	1.000	0.900	3.500	0.000	1.000	14.000
WATERMELON, FRESH (3/0.5Cup/#)	0.5 CUP000		45.360	1.512	0.024	0.922	9.374	0.227	0.000	0.605	11.416

Added Sugars standard implementation date of July 1, 2027



Planned Menu Nutrient Analysis
Paramount Unified School District
Detailed Nutrient Analysis (Actual) for 08/01/2025 to 08/31/2025

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Main Menu

33 CDS-PAT

8/19/2025

Recipe	Portion Size	Total Sugar (g)	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Total Fat (g)	Cholesterol (mg)	Fiber (g)	Carb (g)
CANTALOUPE MELON (3/0.5cup/#)	0.5 CUP	0.000	50.773	23.893	0.076	1.254	11.738	0.284	0.000	1.344	12.186
CINNAMON ROLL	EACH	0.000	246.617	136.990	0.520	5.159	28.219	1.040	5.000	3.000	54.856
FRUIT COCKTAIL (17/0.5cup/Can)	0.5 CUP	0.000	60.000	10.000	0.000	0.000	14.000	0.000	0.000	0.000	17.000
HONEYDEW MELON (2/0.5cup/#)	0.5 CUP	0.000	68.040	34.020	0.072	1.021	15.347	0.265	0.000	1.512	17.180
JUICE, APPLE 6OZ	EA	0.000	83.000	23.000	0.000	0.000	23.000	0.000	0.000	0.000	23.000
KETCHUP PACKET	1 EA	2.000	10.000	95.000	0.000	0.000	2.000	0.000	0.000	0.000	3.000
MILK, CHOCOLATE NONFAT 8 OZ	EA	7.000	120.000	210.000	0.000	8.000	19.000	0.000	5.000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	8.000	120.000	100.000	0.000	8.000	20.000	0.000	5.000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	0.000	120.000	150.000	1.500	11.000	14.000	2.500	15.000	0.000	14.000
PIZZA BAGEL	EACH	*	192.000	363.000	3.100	11.650	4.000	5.710	15.000	1.800	23.160
TATER TOTS (190/0.5Cup/CS)	8 TATER TOTS	0.000	90.000	160.000	0.000	1.000	0.900	3.500	0.000	1.000	14.000

Added Sugars standard implementation date of July 1, 2027



Planned Menu Nutrient Analysis
Paramount Unified School District
Detailed Nutrient Analysis (Actual) for 08/01/2025 to 08/31/2025

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Main Menu

33 CDS-PAT

8/20/2025

Recipe	Portion Size	Total Sugar (g)	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Total Fat (g)	Cholesterol (mg)	Fiber (g)	Carb (g)
BANANAS, FRESH PETITE	BANANAS	0.000	112.140	1.260	0.141	1.373	15.410	0.416	0.000	3.276	28.778
BLUEBERRIES, FRESH (5/0.5cup/#)	0.5 CUP	0.000	51.710	0.907	0.025	0.671	9.036	0.299	0.000	2.177	13.145
FUNNEL CAKE	EA	*	300.000	350.000	3.000	4.000	12.000	13.000	20.000	3.000	43.000
JUICE, APPLE 6OZ	EA	0.000	83.000	23.000	0.000	0.000	23.000	0.000	0.000	0.000	23.000
KETCHUP PACKET	1 EA	2.000	10.000	95.000	0.000	0.000	2.000	0.000	0.000	0.000	3.000
MILK, CHOCOLATE NONFAT 8 OZ	EA	7.000	120.000	210.000	0.000	8.000	19.000	0.000	5.000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	8.000	120.000	100.000	0.000	8.000	20.000	0.000	5.000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	0.000	120.000	150.000	1.500	11.000	14.000	2.500	15.000	0.000	14.000
POP-TART, STRAWBERRY (2CT)	EACH	*	339.840	229.997	1.498	4.003	29.002	5.002	0.000	6.000	72.998
SALSA (67SERV/Can)	1.5 CUPS	0.000	15.028	105.198	0.000	0.000	1.503	0.000	0.000	1.503	3.006
SCRAMBLED EGGS	1/4 CUP	0.000	39.912	43.065	0.988	3.398	1.183	2.807	94.754	0.000	1.261
STRAWBERRIES, FRESH (5/0.5cup/#)	0.5 CUP	0.000	27.648	0.864	0.013	0.579	4.225	0.259	0.000	1.728	6.636
SYRUP, MAPLE PACKET	PACKET	0.000	70.000	0.000	0.000	0.000	16.000	0.000	0.000	0.000	18.000
TATER TOTS (190/0.5Cup/CS)	8 TATER TOTS	0.000	90.000	160.000	0.000	1.000	0.900	3.500	0.000	1.000	14.000
TURKEY SAUSAGE LINKS	2 LINKS	0.000	120.000	180.000	2.000	12.000	0.000	8.000	60.000	0.000	0.000
WHIPPED CREAM (18 SERV/CAN)	SERVING (1/4C)	3.889	58.333	0.000	1.944	0.000	3.889	3.889	19.444	0.000	7.778

Added Sugars standard implementation date of July 1, 2027



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Detailed Nutrient Analysis (Actual) for 08/01/2025 to 08/31/2025

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Main Menu

33 CDS-PAT

8/21/2025

Recipe	Portion	Added Sugar (g)	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Total Fat (g)	Cholesterol (mg)	Fiber (g)	Carb (g)
BAGEL PLAIN	EACH	2.552	216.878	230.001	0.000	7.799	3.997	1.004	0.000	1.999	44.005
BAGEL, CINN RAISIN	Each	5.250	225.000	300.000	0.380	8.250	5.250	1.120	0.000	3.000	48.000
BREAD, LEMON BLUBERRY CAKE LG	SERVING	4.413	413.472	200.280	1.603	4.974	35.015	15.180	35.811	4.448	65.914
CREAM CHEESE 1OZ CUP	EA	0.000	60.000	95.000	3.500	2.000	0.900	4.500	15.000	0.000	1.000
FRESH, ORANGE	EA	0.000	42.336	0.000	0.000	1.008	8.064	0.000	0.000	2.016	11.088
FRUIT COCKTAIL (17/0.5cup/Can)	0.5 CUP	0.000	60.000	10.000	0.000	0.000	14.000	0.000	0.000	0.000	17.000
JUICE, APPLE 6OZ	EA	0.000	83.000	23.000	0.000	0.000	23.000	0.000	0.000	0.000	23.000
KETCHUP PACKET	1 EA	2.000	10.000	95.000	0.000	0.000	2.000	0.000	0.000	0.000	3.000
MILK, CHOCOLATE NONFAT 8 OZ	EA	7.000	120.000	210.000	0.000	8.000	19.000	0.000	5.000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	8.000	120.000	100.000	0.000	8.000	20.000	0.000	5.000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	0.000	120.000	150.000	1.500	11.000	14.000	2.500	15.000	0.000	14.000
PEACHES, FRESH	EA	*	60.270	0.000	0.000	1.000	12.995	0.500	0.000	1.999	14.994
TAJIN PACKET	EA	0.000	0.000	120.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
TATER TOTS (190/0.5Cup/CS)	8 TATER TOTS	0.000	90.000	160.000	0.000	1.000	0.900	3.500	0.000	1.000	14.000

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Planned Menu Nutrient Analysis
Paramount Unified School District
Detailed Nutrient Analysis (Actual) for 08/01/2025 to 08/31/2025

Main Menu

33 CDS-PAT

8/22/2025

Recipe	Portion Size	Total Sugar (g)	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Total Fat (g)	Cholesterol (mg)	Fiber (g)	Carb (g)
BANANAS, FRESH PETITE	BANANAS	0.000	112.140	1.260	0.141	1.373	15.410	0.416	0.000	3.276	28.778
BREAKFAST CROISSANT WICH (S/E/C)	EA	3.000	325.050	545.050	5.251	17.490	5.000	14.000	161.950	2.000	32.001
DONUT, MINI POWDERED	PACKET	0.000	270.000	290.000	4.500	4.000	19.000	11.000	0.000	2.000	41.000
FRUIT, MIXED VARIETY	0.5 CUP	0.000	40.634	2.719	0.019	0.540	7.844	0.169	0.000	1.359	10.415
JUICE, APPLE 6OZ	EA	0.000	83.000	23.000	0.000	0.000	23.000	0.000	0.000	0.000	23.000
KETCHUP PACKET	1 EA	2.000	10.000	95.000	0.000	0.000	2.000	0.000	0.000	0.000	3.000
MILK, CHOCOLATE NONFAT 8 OZ	EA	7.000	120.000	210.000	0.000	8.000	19.000	0.000	5.000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	8.000	120.000	100.000	0.000	8.000	20.000	0.000	5.000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	0.000	120.000	150.000	1.500	11.000	14.000	2.500	15.000	0.000	14.000
PEACHES, CANNED (17.5/0.5cup/Can)	0.5 CUP	0.000	60.087	10.102	0.000	0.000	13.119	0.000	0.000	0.000	14.133
SALSA (67SERV/Can)	1.5 CUPS	0.000	15.028	105.198	0.000	0.000	1.503	0.000	0.000	1.503	3.006
TACO SAUCE PACKET	PACKET	0.000	3.835	56.564	0.005	0.100	0.368	0.025	0.000	0.115	0.763
TATER TOTS (190/0.5Cup/CS)	8 TATER TOTS	0.000	90.000	160.000	0.000	1.000	0.900	3.500	0.000	1.000	14.000

Added Sugars standard implementation date of July 1, 2027



Planned Menu Nutrient Analysis
Paramount Unified School District
Detailed Nutrient Analysis (Actual) for 08/01/2025 to 08/31/2025

Main Menu

33 CDS-PAT

8/25/2025

Recipe	Portion Size	Total Sugar (g)	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Total Fat (g)	Cholesterol (mg)	Fiber (g)	Carb (g)
DONUT, SUPER CHOCOLATE	EA	25.333	406.667	310.000	9.350	5.600	26.333	20.167	0.000	2.667	52.000
DONUT, SUPER SPRINKLE	EA	20.667	366.667	310.000	7.917	5.000	21.667	17.833	0.000	2.000	47.000
JUICE, ORANGE 6OZ	EA	0.000	83.000	21.000	0.000	0.000	21.000	0.000	0.000	0.000	21.000
KETCHUP PACKET	1 EA	2.000	10.000	95.000	0.000	0.000	2.000	0.000	0.000	0.000	3.000
MILK, CHOCOLATE NONFAT 8 OZ	EA	7.000	120.000	210.000	0.000	8.000	19.000	0.000	5.000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	8.000	120.000	100.000	0.000	8.000	20.000	0.000	5.000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	0.000	120.000	150.000	1.500	11.000	14.000	2.500	15.000	0.000	14.000
ORANGE, TANGERINE FRESH	2 EA	0.000	40.280	1.520	0.030	0.616	8.041	0.236	0.000	1.368	10.138
PAN DULCE	EA	7.000	200.000	90.000	1.500	5.000	8.000	6.000	5.000	2.000	34.000
PEACHES, CANNED (17.5/0.5cup/Can)	0.5 Cup	0.259	60.087	10.102	0.000	0.000	13.119	0.000	0.000	0.000	14.133
TATER TOTS (190/0.5Cup/CS)	8 TATER TOTS	0.000	90.000	160.000	0.000	1.000	0.900	3.500	0.000	1.000	14.000
WATERMELON, FRESH (3/0.5Cup/#)	0.5 Cup	0.000	45.360	1.512	0.024	0.922	9.374	0.227	0.000	0.605	11.416

Added Sugars standard implementation date of July 1, 2027



Planned Menu Nutrient Analysis
Paramount Unified School District
Detailed Nutrient Analysis (Actual) for 08/01/2025 to 08/31/2025

Main Menu

33 CDS-PAT

8/26/2025

Recipe	Portion Size	Total Sugar (g)	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Total Fat (g)	Cholesterol (mg)	Fiber (g)	Carb (g)
CANTALOUPE MELON (3/0.5cup/#)	0.5 CUP	0.000	50.773	23.893	0.076	1.254	11.738	0.284	0.000	1.344	12.186
CINNAMON ROLL	EA	10.000	246.617	136.990	0.520	5.159	28.219	1.040	5.000	3.000	54.856
FRUIT COCKTAIL (17/0.5cup/Can)	0.5 CUP	0.000	60.000	10.000	0.000	0.000	14.000	0.000	0.000	0.000	17.000
HONEYDEW MELON (2/0.5cup/#)	0.5 CUP	0.000	68.040	34.020	0.072	1.021	15.347	0.265	0.000	1.512	17.180
JUICE, ORANGE 6OZ	EA	0.000	83.000	21.000	0.000	0.000	21.000	0.000	0.000	0.000	21.000
KETCHUP PACKET	1 EA	2.000	10.000	95.000	0.000	0.000	2.000	0.000	0.000	0.000	3.000
MILK, CHOCOLATE NONFAT 8 OZ	EA	7.000	120.000	210.000	0.000	8.000	19.000	0.000	5.000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	8.000	120.000	100.000	0.000	8.000	20.000	0.000	5.000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	0.000	120.000	150.000	1.500	11.000	14.000	2.500	15.000	0.000	14.000
MOCHA CRUMBLE COFFEE CAKE	EA	8.640	300.480	270.000	2.496	6.000	22.003	12.000	35.002	1.997	36.998
TATER TOTS (190/0.5Cup/CS)	8 TATER TOTS	0.000	90.000	160.000	0.000	1.000	0.900	3.500	0.000	1.000	14.000

Added Sugars standard implementation date of July 1, 2027



Planned Menu Nutrient Analysis

Paramount Unified School District

Detailed Nutrient Analysis (Actual) for 08/01/2025 to 08/31/2025

Main Menu

33 CDS-PAT

8/27/2025

Recipe	Portion Size	Total Sugar (g)	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Total Fat (g)	Cholesterol (mg)	Fiber (g)	Carb (g)
BANANAS, FRESH PETITE	BANANAS	0.000	112.140	1.260	0.141	1.373	15.410	0.416	0.000	3.276	28.778
BLUEBERRIES, FRESH (5/0.5cup/#)	0.5 CUP	0.000	51.710	0.907	0.025	0.671	9.036	0.299	0.000	2.177	13.145
CEREAL, MIX	EACH	1.960	110.040	140.000	0.000	1.000	7.000	1.501	0.000	1.000	23.999
CHEESE, STRING MOZZARELLA	EA	0.000	90.000	200.000	5.000	7.000	0.000	7.000	20.000	0.000	0.000
JUICE, ORANGE 6OZ	EA	0.000	83.000	21.000	0.000	0.000	21.000	0.000	0.000	0.000	21.000
KETCHUP PACKET	1 EA	2.000	10.000	95.000	0.000	0.000	2.000	0.000	0.000	0.000	3.000
MILK, CHOCOLATE NONFAT 8 OZ	EA	7.000	120.000	210.000	0.000	8.000	19.000	0.000	5.000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	8.000	120.000	100.000	0.000	8.000	20.000	0.000	5.000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	0.000	120.000	150.000	1.500	11.000	14.000	2.500	15.000	0.000	14.000
SALSA (67SERV/Can)	1.5 CUPS	0.000	15.028	105.198	0.000	0.000	1.503	0.000	0.000	1.503	3.006
SCRAMBLED EGGS	1/4 CUP	0.000	39.912	43.065	0.988	3.398	1.183	2.807	94.754	0.000	1.261
STRAWBERRIES, FRESH (5/0.5cup/#)	0.5 CUP	0.000	27.648	0.864	0.013	0.579	4.225	0.259	0.000	1.728	6.636
SYRUP, MAPLE PACKET	PACKET	0.000	70.000	0.000	0.000	0.000	16.000	0.000	0.000	0.000	18.000
TATER TOTS (190/0.5Cup/CS)	8 TATER TOTS	0.000	90.000	160.000	0.000	1.000	0.900	3.500	0.000	1.000	14.000
TURKEY SAUSAGE LINKS	2 LINKS	0.000	120.000	180.000	2.000	12.000	0.000	8.000	60.000	0.000	0.000
WAFFLE BLUEBERRY	EACH	0.000	240.000	290.000	4.000	6.000	13.000	10.000	20.000	3.000	36.000
WHIPPED CREAM (18 SERV/CAN)	SERVINGS (1/4C)	0.000	58.333	0.000	1.944	0.000	3.889	3.889	19.444	0.000	7.778

Added Sugars standard implementation date of July 1, 2027



Planned Menu Nutrient Analysis
Paramount Unified School District
Detailed Nutrient Analysis (Actual) for 08/01/2025 to 08/31/2025

Main Menu

33 CDS-PAT

8/28/2025

Recipe	Portion Size	Total Sugar (g)	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Total Fat (g)	Cholesterol (mg)	Fiber (g)	Carb (g)
COFFEE CAKE, CINNAMON CRUMB	Each	4.900	198.000	98.700	1.000	2.500	16.900	7.700	18.300	1.700	30.700
FRESH, ORANGE	EA	0.000	42.336	0.000	0.000	1.008	8.064	0.000	0.000	2.016	11.088
FRUIT COCKTAIL (17/0.5cup/Can)	0.5 Cup	0.000	60.000	10.000	0.000	0.000	14.000	0.000	0.000	0.000	17.000
JUICE, ORANGE 6OZ	EA	0.000	83.000	21.000	0.000	0.000	21.000	0.000	0.000	0.000	21.000
KETCHUP PACKET	1 EA	2.000	10.000	95.000	0.000	0.000	2.000	0.000	0.000	0.000	3.000
MILK, CHOCOLATE NONFAT 8 OZ	EA	7.000	120.000	210.000	0.000	8.000	19.000	0.000	5.000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	8.000	120.000	100.000	0.000	8.000	20.000	0.000	5.000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	0.000	120.000	150.000	1.500	11.000	14.000	2.500	15.000	0.000	14.000
PANCAKE, SAUSAGE WRAP	EA	3.000	200.000	310.000	2.500	7.000	4.000	10.000	25.000	3.000	17.000
PEACHES, FRESH	EA	*	60.270	0.000	0.000	1.000	12.995	0.500	0.000	1.999	14.994
TAJIN PACKET	EA	0.000	0.000	120.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
TATER TOTS (190/0.5Cup/CS)	8 TATER TOTS	0.000	90.000	160.000	0.000	1.000	0.900	3.500	0.000	1.000	14.000

Added Sugars standard implementation date of July 1, 2027



Planned Menu Nutrient Analysis
Paramount Unified School District
Detailed Nutrient Analysis (Actual) for 08/01/2025 to 08/31/2025

Main Menu

33 CDS-PAT

8/29/2025

Recipe	Portion Size	Added Sugar (g)	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Total Fat (g)	Cholesterol (mg)	Fiber (g)	Carb (g)
BANANAS, FRESH PETITE	BANANAS	0.000	112.140	1.260	0.141	1.373	15.410	0.416	0.000	3.276	28.778
CHORIZO BREAKFAST BURRIO	SERVINGS	0.000	375.164	654.703	3.629	17.007	1.800	13.833	141.852	4.435	45.558
FRUIT, MIXED VARIETY	0.5 CUP	0.000	40.634	2.719	0.019	0.540	7.844	0.169	0.000	1.359	10.415
JUICE, ORANGE 6OZ	EA	0.000	83.000	21.000	0.000	0.000	21.000	0.000	0.000	0.000	21.000
KETCHUP PACKET	1 EA	2.000	10.000	95.000	0.000	0.000	2.000	0.000	0.000	0.000	3.000
MILK, CHOCOLATE NONFAT 8 OZ	EA	7.000	120.000	210.000	0.000	8.000	19.000	0.000	5.000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	8.000	120.000	100.000	0.000	8.000	20.000	0.000	5.000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	0.000	120.000	150.000	1.500	11.000	14.000	2.500	15.000	0.000	14.000
MINI BAGEL, STRAWBERRY EACH	* *		230.093	180.003	2.501	6.000	13.000	6.000	10.003	1.998	41.003
PEACHES, CANNED (17.5/0.5cup/Can)	0.5 CUP	0.000	60.087	10.102	0.000	0.000	13.119	0.000	0.000	0.000	14.133
SALSA (67SERV/Can)	1.5 CUP	0.000	15.028	105.198	0.000	0.000	1.503	0.000	0.000	1.503	3.006
TACO SAUCE PACKET	PACKET	0.000	3.835	56.564	0.005	0.100	0.368	0.025	0.000	0.115	0.763
TATER TOTS (190/0.5Cup/CS)	8 TATER TOTS	0.000	90.000	160.000	0.000	1.000	0.900	3.500	0.000	1.000	14.000

Added Sugars standard implementation date of July 1, 2027

Show all data where Session equals Breakfast and where Menu Production Date Range is This Month and where the School Name matches one of the values in this list (33 CDS-PAT)