



Planned Menu Nutrient Analysis

8/6/2025 3:04:28 PM

Paramount Unified School District

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

Main Menu

33 CDS-PAT

8/11/2025

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)
APPLES, FRESH SLICED (6/0.5cups/#)	EA	0.000	39.312	0.756	0.021	0.197	7.855	0.129	0.000	1.814	10.440
CARROTS, BABY (12/0.25Cup/#)	EA	0.000	12.950	28.860	0.009	0.237	1.761	0.048	0.000	1.073	3.049
CELERY STICKS (12/0.25Cup/#)	EA	0.000	5.292	30.240	0.016	0.261	0.507	0.064	0.000	0.605	1.123
CHEESE, PARMESAN PACKET	EA	0.000	15.000	55.000	1.000	1.000	0.000	1.000	5.000	0.000	0.000
COOKIE, CHOCOLATE CHIP RF	EA	6.000	160.000	90.000	1.500	2.000	15.000	6.000	10.000	1.000	27.000
CROUTON, WG (16oz/#)	OZ	0.000	141.750	222.750	0.000	0.000	0.000	6.075	0.000	0.000	20.250
DRESSING, RANCH PACKET	EA	0.600	49.200	105.960	0.720	0.120	0.600	4.920	3.600	0.037	1.020
JALAPENOS (92/2tbsp/Can) 2 TBSP	EA	0.000	7.980	1.176	0.042	0.294	0.420	0.168	0.000	*	0.798
JUICE, ORANGE 6OZ	EA	0.000	83.000	21.000	0.000	0.000	21.000	0.000	0.000	0.000	21.000
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
PEANUT BUTTER & GRAPE JELLY SANDWICH 2.6OZ	EA	12.000	300.000	280.000	3.000	9.000	14.000	17.000	0.000	4.000	32.000
PEANUT BUTTER & JELLY SANDWICH 5.3OZ	EACH	*	300.200	279.999	3.002	8.998	13.999	17.001	0.000	3.998	32.004
PIZZA, DOMINO'S CHEESE	SLIC	B.000	310.000	620.000	4.000	21.000	5.000	10.000	20.000	4.000	37.000
PIZZA, DOMINO'S PEPPERONI	SLIC	B.000	350.000	750.000	5.000	21.000	5.000	14.000	30.000	4.000	37.000
ROMAINE LETTUCE CHOPPED (10/0.5cup/#)	EA	0.000	3.995	1.880	0.009	0.289	0.280	0.071	0.000	0.494	0.773
SPAGHETTI & SAUCE	1/2 CUP	*	201.475	235.290	0.000	7.184	8.509	1.203	0.000	5.370	42.808

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

8/6/2025 3:04:28 PM

Main Menu

33 CDS-PAT

8/12/2025

Recipe	Portion Size	Total Added Sugar (g)	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Total Fat (g)	Cholesterol (mg)	Fiber (g)	Carb (g)
BEANS, BAJA (NEW RECIPE)	0.5 CUP	0.000	121.842	357.702	2.497	6.423	0.029	4.569	9.863	4.956	13.476
BEEF, GROUND TACO MEAT 40#	2.680Z	0.000	175.737	293.837	3.979	13.926	0.000	11.937	51.726	0.840	2.520
BURRITO, XTREME BEAN & CHEESE	EA 0.000	0.000	320.000	480.000	3.500	17.000	2.000	9.000	15.000	8.000	44.000
CHEESE, NACHO JALAPENO SAUCE	3OZ 0.000	0.000	130.000	400.000	6.000	7.000	0.000	9.000	30.000	0.000	4.000
CUCUMBER SLICED (12/0.25cup/#)	0.25CUP	0.000	2.975	0.595	0.023	0.176	0.411	0.048	0.000	0.208	0.643
DRESSING, RANCH PACKET	EA 0.600	0.600	49.200	105.960	0.720	0.120	0.600	4.920	3.600	0.037	1.020
ESQUITES	0.5 CUP	0.000	47.400	203.727	0.668	1.047	0.774	3.830	0.400	0.307	3.519
FRESH, ORANGE	EA 0.000	0.000	42.336	0.000	0.000	1.008	8.064	0.000	0.000	2.016	11.088
GUACAMOLE (200/2OZ/recipe)	2OZ 0.000	0.000	140.596	6.548	1.810	1.837	0.641	12.467	0.000	5.893	8.360
ICEBERG LETTUCE SHREDDED (11/0.5cup/#)	0.5 CUP	0.000	5.040	3.600	0.006	0.324	0.709	0.050	0.000	0.432	1.069
JALAPENOS (92/2tbsp/Can)	2 TBSP	0.000	7.980	1.176	0.042	0.294	0.420	0.168	0.000	*	0.798
JICAMA STICKS (11/0.25cup/#)	0.25CUP	0.000	15.670	1.649	0.009	0.297	0.742	0.037	0.000	2.021	3.637
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
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
RICE, MEXICAN	0.5 CUP	0.000	56.523	231.888	0.000	1.238	0.520	0.359	0.000	0.359	12.255
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
TAJIN PACKET	EA 0.000	0.000	0.000	120.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
TOMATO, DICED (14/2tbsp/#)	2 TBSP	0.000	13.608	5.832	0.032	0.551	0.000	0.214	0.000	0.713	3.007
TORTILLA CHIPS BULK	2 OUNCE*	0.000	280.000	200.000	2.000	4.000	0.000	100.000	0.000	6.000	38.000

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Planned Menu Nutrient Analysis

8/6/2025 3:04:28 PM

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)
CARROTS, SHREDED (19/0.25cup/#)	0.25	0.000	13.120	22.080	0.010	0.298	1.517	0.077	0.000	0.896	3.066
CHEESEBURGER SLIDERS	EA	*	316.390	536.770	4.500	18.800	4.160	14.260	43.330	2.210	27.760
CHICKEN ROASTED SEASONED	SERVING*		164.997	253.509	3.002	16.500	0.000	8.998	76.502	0.000	1.497
CROUTON, WG (16oz/#)	OZ	0.000	141.750	222.750	0.000	0.000	0.000	6.075	0.000	0.000	20.250
CUCUMBER SLICED (12/0.25cup/#)	0.25	0.000	2.975	0.595	0.023	0.176	0.411	0.048	0.000	0.208	0.643
DINNER ROLL	EACH	2.000	90.000	150.000	0.000	3.000	2.000	1.000	0.000	2.000	17.000
DRESSING, RANCH PACKET	EA	0.600	49.200	105.960	0.720	0.120	0.600	4.920	3.600	0.037	1.020
GRAVY, CHICKEN	0.25	0.000	19.174	250.907	0.000	0.000	0.000	0.479	0.000	0.000	3.835
HOT SAUCE PACKET	PACKET	0.000	2.145	135.843	0.010	0.066	0.084	0.048	0.001	0.047	0.287
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
MASHED POTATOES	0.5	0.000	70.875	291.613	0.000	1.575	0.000	0.788	0.000	0.788	13.388
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
MIXED VEGETABLE, FROZEN (23/0.5cup/#)	0.5	0.000	59.150	31.850	0.028	2.603	2.839	0.137	0.000	4.004	11.912
ROMAINE LETTUCE CHOPPED (10/0.5cup/#)	0.5	0.000	3.995	1.880	0.009	0.289	0.280	0.071	0.000	0.494	0.773
SAUCE, BBQ 1OZ CUP	1OZ	0.593	50.572	243.917	0.007	0.280	10.349	0.023	0.000	0.360	11.988
TAJIN PACKET	EA	0.000	0.000	120.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
TOMATO GRAPE (9/0.25cup/#)	0.25	0.000	8.446	1.689	0.000	0.169	1.014	0.169	0.000	0.676	1.689
WATERMELON, FRESH (3/0.5Cup/#)	0.5	0.000	45.360	1.512	0.024	0.922	9.374	0.227	0.000	0.605	11.416

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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	Total Added Sugar (g)	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Total Fat (g)	Cholesterol (mg)	Fiber (g)	Carb (g)
BEANS, BAJA (NEW RECIPE)	0.5 CUP	0.000	121.842	357.702	2.497	6.423	0.029	4.569	9.863	4.956	13.476
CARROTS, SHREDDED (19/0.25cup/#)	0.25 CUP	0.000	13.120	22.080	0.010	0.298	1.517	0.077	0.000	0.896	3.066
CURTIDO PUPUSA SALAD (11/0.25cup/#)	0.25 CUP	0.000	11.563	16.321	0.001	0.543	0.004	0.004	0.000	1.104	2.412
DRESSING, RANCH PACKET	EA 0.600		49.200	105.960	0.720	0.120	0.600	4.920	3.600	0.037	1.020
GRILLED CHEESE SANDWICH	1 EACH *		309.190	558.960	5.540	18.880	5.950	11.180	31.850	2.600	32.860
JICAMA STICKS (11/0.25cup/#)	0.25 CUP	0.000	15.670	1.649	0.009	0.297	0.742	0.037	0.000	2.021	3.637
JUICE, ORANGE 6OZ	EA 0.000		83.000	21.000	0.000	0.000	21.000	0.000	0.000	0.000	21.000
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
NECTARINES, FRESH	EA 0.000		62.480	0.000	0.036	1.505	11.204	0.454	0.000	2.414	14.981
PUPUSA, BIRRIA & CHEESE	EA *		240.003	699.984	2.501	10.005	0.998	10.005	19.995	0.000	29.003
RICE, MEXICAN	0.5 CUP	0.000	56.523	231.888	0.000	1.238	0.520	0.359	0.000	0.359	12.255
ROMAINE LETTUCE CHOPPED (10/0.5cup/#)	0.5 CUP	0.000	3.995	1.880	0.009	0.289	0.280	0.071	0.000	0.494	0.773
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
TAJIN PACKET	EA 0.000		0.000	120.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
TOMATO, DICED (14/2tbsp/#)	2 TBSP	0.000	13.608	5.832	0.032	0.551	0.000	0.214	0.000	0.713	3.007

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	Total Sugar (g)	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Total Fat (g)	Cholesterol (mg)	Fiber (g)	Carb (g)
BROCCOLI (28/0.25cup/#)	0.25 CUP*		5.500	5.357	0.006	0.457	*	0.060	0.000	0.421	1.076
CARROTS, SHREDDED (19/0.25cup/#)	0.25 CUP	0.000	13.120	22.080	0.010	0.298	1.517	0.077	0.000	0.896	3.066
CHICKEN BURGER	EA 3.000		390.000	990.000	3.000	20.000	4.000	16.500	55.000	4.000	42.000
CHICKEN, MANDARIN ORANGE	3.6 OUNCE		150.000	280.000	0.500	11.000	10.000	3.000	40.000	0.000	19.000
COOKIE, FORTUNE	EA 0.500		35.000	5.000	0.000	0.500	3.000	0.500	0.000	0.000	7.000
DRESSING, RANCH PACKET	EA 0.600		49.200	105.960	0.720	0.120	0.600	4.920	3.600	0.037	1.020
DUMPLING, CHICKEN & VEGETABLE	3 EA0.500		120.000	275.000	0.250	8.500	1.500	3.500	17.500	1.000	15.500
FRIED RICE, VEGETABLE	0.5 CUP	0.000	74.210	21.681	0.211	2.317	0.721	1.351	25.000	1.431	13.157
FRIED RICE, VEGETABLE 1	1 CUP	0.000	69.661	221.823	0.236	2.258	0.418	1.759	25.000	0.455	11.228
GARBANZO BEANS (45/0.25 CUP/#10 CAN)	0.25 CUPS	0.000	52.440	80.560	0.081	2.675	1.520	0.939	0.000	2.394	8.691
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 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
ORIENTAL MIX VEGETABLES (168/0.5cup/bag)	0.5 CUP *		4.536	6.668	0.000	0.190	0.000	0.000	0.000	0.380	0.953
ROMAINE LETTUCE CHOPPED (10/0.5cup/#)	0.5 CUP	0.000	3.995	1.880	0.009	0.289	0.280	0.071	0.000	0.494	0.773
SESAME SALAD DRESSING (256tbsp/gallon)	TBSP *		128.905	446.484	1.984	0.000	5.953	11.906	0.000	0.000	5.953
TERIYAKI SAUCE (256tbsp/Gallon)	TBSP *		14.361	291.895	0.000	0.453	2.872	0.016	0.156	0.078	3.106
WONTON STRIPS (36serv/#)	SERVINGS		67.950	58.500	0.000	1.350	0.405	3.780	0.000	0.405	7.200

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Paramount Unified School District

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

8/6/2025 3:04:28 PM

Main Menu

33 CDS-PAT

8/18/2025

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)
APPLES, FRESH SLICED (6/0.5cups/#)	0.5 CUP	0.000	39.312	0.756	0.021	0.197	7.855	0.129	0.000	1.814	10.440
CARROTS, BABY (12/0.25Cup/#)	0.25 CUP	0.000	12.950	28.860	0.009	0.237	1.761	0.048	0.000	1.073	3.049
CELERY STICKS (12/0.25Cup/#)	0.25 CUP	0.000	5.292	30.240	0.016	0.261	0.507	0.064	0.000	0.605	1.123
CHEESE, PARMESAN PACKET	PACKET	0.000	15.000	55.000	1.000	1.000	0.000	1.000	5.000	0.000	0.000
CROUTON, WG (16oz/#)	OZ	0.000	141.750	222.750	0.000	0.000	0.000	6.075	0.000	0.000	20.250
DRESSING, RANCH PACKET	EA	0.600	49.200	105.960	0.720	0.120	0.600	4.920	3.600	0.037	1.020
JUICE, APPLE 6OZ	EA	0.000	83.000	23.000	0.000	0.000	23.000	0.000	0.000	0.000	23.000
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
MOZZARELLA SHREDDED CHEESE (16oz/#)	OZ	*	60.750	172.125	2.025	7.088	0.000	3.037	10.125	0.000	1.013
PEANUT BUTTER & JELLY SANDWICH 5.3OZ	EACH	*	300.200	279.999	3.002	8.998	13.999	17.001	0.000	3.998	32.004
PIZZA, DOMINO'S CHEESE	SLICB	0.000	310.000	620.000	4.000	21.000	5.000	10.000	20.000	4.000	37.000
PIZZA, DOMINO'S PEPPERONI	SLICB	0.000	350.000	750.000	5.000	21.000	5.000	14.000	30.000	4.000	37.000
ROMAINE LETTUCE CHOPPED (10/0.5cup/#)	0.5 CUP	0.000	3.995	1.880	0.009	0.289	0.280	0.071	0.000	0.494	0.773
SPAGHETTI & SAUCE	1/2 CUP	*	201.475	235.290	0.000	7.184	8.509	1.203	0.000	5.370	42.808

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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

8/19/2025

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)
BEANS, BAJA (NEW RECIPE)	0.5 CUP	0.000	121.842	357.702	2.497	6.423	0.029	4.569	9.863	4.956	13.476
BEEF SOFT TACO - 2 SERV	SERVING	0.000	546.944	796.132	7.992	31.970	0.000	27.974	103.886	5.688	35.062
BURRITO, XTREME BEAN & CHEESE	EA	0.000	320.000	480.000	3.500	17.000	2.000	9.000	15.000	8.000	44.000
CUCUMBER SLICED (12/0.25cup/#)	0.25 CUP	0.000	2.975	0.595	0.023	0.176	0.411	0.048	0.000	0.208	0.643
DRESSING, RANCH PACKET	EA	0.600	49.200	105.960	0.720	0.120	0.600	4.920	3.600	0.037	1.020
ESQUITES	0.5 CUP	0.000	47.400	203.727	0.668	1.047	0.774	3.830	0.400	0.307	3.519
FRESH, ORANGE	EA	0.000	42.336	0.000	0.000	1.008	8.064	0.000	0.000	2.016	11.088
GUACAMOLE (200/2OZ/recipe)	2OZ	0.000	140.596	6.548	1.810	1.837	0.641	12.467	0.000	5.893	8.360
ICEBERG LETTUCE SHREDDED (11/0.5cup/#)	0.5 CUP	0.000	5.040	3.600	0.006	0.324	0.709	0.050	0.000	0.432	1.069
JALAPENOS (92/2tbsp/Can)	2 TBSP	0.000	7.980	1.176	0.042	0.294	0.420	0.168	0.000	*	0.798
JICAMA STICKS (11/0.25cup/#)	0.25 CUP	0.000	15.670	1.649	0.009	0.297	0.742	0.037	0.000	2.021	3.637
JUICE, APPLE 6OZ	EA	0.000	83.000	23.000	0.000	0.000	23.000	0.000	0.000	0.000	23.000
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
RICE, MEXICAN	0.5 CUP	0.000	56.523	231.888	0.000	1.238	0.520	0.359	0.000	0.359	12.255
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
TAJIN PACKET	EA	0.000	0.000	120.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
TOMATO, DICED (14/2tbsp/#)	2 TBSP	0.000	13.608	5.832	0.032	0.551	0.000	0.214	0.000	0.713	3.007

Added Sugars standard implementation date of July 1, 2027



Planned Menu Nutrient Analysis

8/6/2025 3:04:28 PM

Paramount Unified School District

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

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)
CARROTS, SHREDDED (19/0.25cup/#)	0.25CUP	0.000	13.120	22.080	0.010	0.298	1.517	0.077	0.000	0.896	3.066
CHEESEBURGER SLIDERS	EA *		316.390	536.770	4.500	18.800	4.160	14.260	43.330	2.210	27.760
CHICKEN, TENDER KK	3 PIECES	0.000	250.000	730.000	3.000	15.000	1.000	15.000	55.000	1.000	13.000
CROUTON, WG (16oz/#)	OZ	0.000	141.750	222.750	0.000	0.000	0.000	6.075	0.000	0.000	20.250
CUCUMBER SLICED (12/0.25cup/#)	0.25CUP	0.000	2.975	0.595	0.023	0.176	0.411	0.048	0.000	0.208	0.643
DRESSING, RANCH PACKET	EA	0.600	49.200	105.960	0.720	0.120	0.600	4.920	3.600	0.037	1.020
GARLIC KNOT	EA *		169.860	189.998	1.499	4.999	2.998	6.002	0.000	2.998	27.001
HOT SAUCE PACKET	PACKET	0.000	2.145	135.843	0.010	0.066	0.084	0.048	0.001	0.047	0.287
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
MACARONI & CHEESE Updated	2/3 CUP	0.000	289.460	688.156	3.493	27.758	13.822	6.263	19.551	4.034	51.578
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
POTATO, WAFFLE	SERVING	0.000	170.000	340.000	1.500	2.000	0.000	10.000	0.000	1.000	20.000
ROMAINE LETTUCE CHOPPED (10/0.5cup/#)	0.5 CUP	0.000	3.995	1.880	0.009	0.289	0.280	0.071	0.000	0.494	0.773
SAUCE, BBQ 1OZ CUP	1OZ CUP	0.000	50.572	243.917	0.007	0.280	10.349	0.023	0.000	0.360	11.988
TAJIN PACKET	EA	0.000	0.000	120.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
TOMATO GRAPE (9/0.25cup/#)	0.25CUP	0.000	8.446	1.689	0.000	0.169	1.014	0.169	0.000	0.676	1.689
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

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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)
BEANS, BAJA (NEW RECIPE)	0.5 CUP	0.000	121.842	357.702	2.497	6.423	0.029	4.569	9.863	4.956	13.476
CHICKEN TAMALES 6OZ	EACH *		330.000	510.000	2.000	18.000	1.000	17.000	40.000	3.000	28.000
CUCUMBER SLICED (12/0.25cup/#)	0.25 CUP	0.000	2.975	0.595	0.023	0.176	0.411	0.048	0.000	0.208	0.643
DRESSING, RANCH PACKET	EA	0.600	49.200	105.960	0.720	0.120	0.600	4.920	3.600	0.037	1.020
GRILLED CHEESE SANDWICH	1 EACH *		309.190	558.960	5.540	18.880	5.950	11.180	31.850	2.600	32.860
JICAMA STICKS (11/0.25cup/#)	0.25 CUP	0.000	15.670	1.649	0.009	0.297	0.742	0.037	0.000	2.021	3.637
JUICE, APPLE 6OZ	EA	0.000	83.000	23.000	0.000	0.000	23.000	0.000	0.000	0.000	23.000
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
MOZZARELLA SHREDDED CHEESE (16oz/#)	OZ *		60.750	172.125	2.025	7.088	0.000	3.037	10.125	0.000	1.013
NECTARINES, FRESH	EA	0.000	62.480	0.000	0.036	1.505	11.204	0.454	0.000	2.414	14.981
RICE, MEXICAN	0.5 CUP	0.000	56.523	231.888	0.000	1.238	0.520	0.359	0.000	0.359	12.255
ROMAINE LETTUCE CHOPPED (10/0.5cup/#)	0.5 CUP	0.000	3.995	1.880	0.009	0.289	0.280	0.071	0.000	0.494	0.773
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
TAJIN PACKET	EA	0.000	0.000	120.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
TOMATO, DICED (14/2tbsp/#)	2 TBSP	0.000	13.608	5.832	0.032	0.551	0.000	0.214	0.000	0.713	3.007

Added Sugars standard implementation date of July 1, 2027



Planned Menu Nutrient Analysis

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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 Added Sugar (g)	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Total Fat (g)	Cholesterol (mg)	Fiber (g)	Carb (g)
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
CARROTS, SHREDDED (19/0.25cup/#)	0.25 CUP	0.000	13.120	22.080	0.010	0.298	1.517	0.077	0.000	0.896	3.066
CHICKEN BURGER	EA 3.000	0.000	390.000	990.000	3.000	20.000	4.000	16.500	55.000	4.000	42.000
CHICKEN, DRUMSTICK	EA 0.000	0.000	220.000	530.000	3.000	19.000	0.000	13.000	60.000	1.000	6.000
COMPOTE, BERRY	1/4 CUP *	0.000	15.210	2.375	0.000	0.131	1.015	0.000	0.000	0.406	3.803
CORN, CANNED (19/0.5Cup/Can)	0.5 CUP *	0.000	8.488	1.592	0.000	0.212	0.743	0.106	0.000	0.212	1.804
CROUTON, WG (16oz/#)	OZ 0.000	0.000	141.750	222.750	0.000	0.000	0.000	6.075	0.000	0.000	20.250
CUCUMBER SLICED (12/0.25cup/#)	0.25 CUP	0.000	2.975	0.595	0.023	0.176	0.411	0.048	0.000	0.208	0.643
DELI ROASTED SEASONED POTATOES (160serv/cs)	1/2 CUP	0.000	290.332	469.716	1.967	13.633	0.680	6.087	24.086	3.882	47.053
DRESSING, RANCH PACKET	EA 0.600	0.000	49.200	105.960	0.720	0.120	0.600	4.920	3.600	0.037	1.020
HOT SAUCE PACKET	PACKET 0.000	0.000	2.145	135.843	0.010	0.066	0.084	0.048	0.001	0.047	0.287
JUICE, APPLE 6OZ	EA 0.000	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	0.000	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	0.000	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	0.000	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
ROMAINE LETTUCE CHOPPED (10/0.5cup/#)	0.5 CUP	0.000	3.995	1.880	0.009	0.289	0.280	0.071	0.000	0.494	0.773
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	0.000	70.000	0.000	0.000	0.000	16.000	0.000	0.000	0.000	18.000
TAJIN PACKET	EA 0.000	0.000	0.000	120.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
WAFFLE, BUTTERY MAPLE	EA 14.000	0.000	250.000	290.000	4.000	6.000	15.000	9.000	35.000	2.000	37.000

Added Sugars standard implementation date of July 1, 2027



Planned Menu Nutrient Analysis

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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	Added Sugar (g)	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Total Fat (g)	Cholesterol (mg)	Fiber (g)	Carb (g)
CARROTS, SHREDDED (19/0.25cup/#)	0.25CUP	0.000	13.120	22.080	0.010	0.298	1.517	0.077	0.000	0.896	3.066
CHICKEN OVEN ROASTED	EACH *		159.894	150.003	3.002	17.997	0.000	8.998	95.001	0.000	0.000
CROUTON, WG (16oz/#)	OZ	0.000	141.750	222.750	0.000	0.000	0.000	6.075	0.000	0.000	20.250
CUCUMBER SLICED (12/0.25cup/#)	0.25CUP	0.000	2.975	0.595	0.023	0.176	0.411	0.048	0.000	0.208	0.643
DINNER ROLL	EACH	2.000	90.000	150.000	0.000	3.000	2.000	1.000	0.000	2.000	17.000
DRESSING, RANCH PACKET	EA	0.600	49.200	105.960	0.720	0.120	0.600	4.920	3.600	0.037	1.020
GRAVY, CHICKEN	0.25CUP	0.000	19.174	250.907	0.000	0.000	0.000	0.479	0.000	0.000	3.835
HOT SAUCE PACKET	PACKET	0.000	2.145	135.843	0.010	0.066	0.084	0.048	0.001	0.047	0.287
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
MASHED POTATOES	0.5 CUP	0.000	70.875	291.613	0.000	1.575	0.000	0.788	0.000	0.788	13.388
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
MIXED VEGETABLE, FROZEN (23/0.5cup/#)	0.5 CUP	0.000	59.150	31.850	0.028	2.603	2.839	0.137	0.000	4.004	11.912
NECTARINES, FRESH	EA	0.000	62.480	0.000	0.036	1.505	11.204	0.454	0.000	2.414	14.981
PEANUT BUTTER & JELLY SANDWICH 5.3OZ	EACH *		300.200	279.999	3.002	8.998	13.999	17.001	0.000	3.998	32.004
ROMAINE LETTUCE CHOPPED (10/0.5cup/#)	0.5 CUP	0.000	3.995	1.880	0.009	0.289	0.280	0.071	0.000	0.494	0.773
SAUCE, BBQ 1OZ CUP	1OZ CUP	0.000	50.572	243.917	0.007	0.280	10.349	0.023	0.000	0.360	11.988
TAJIN PACKET	EA	0.000	0.000	120.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
TOMATO GRAPE (9/0.25cup/#)	0.25CUP	0.000	8.446	1.689	0.000	0.169	1.014	0.169	0.000	0.676	1.689

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

8/26/2025

Recipe	Portion Size	Total Added Sugar (g)	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Total Fat (g)	Cholesterol (mg)	Fiber (g)	Carb (g)
BEANS, BAJA (NEW RECIPE)	0.5 CUP	0.000	121.842	357.702	2.497	6.423	0.029	4.569	9.863	4.956	13.476
BEEF, GROUND TACO MEAT 40#	2.680Z	0.000	175.737	293.837	3.979	13.926	0.000	11.937	51.726	0.840	2.520
BURRITO, XTREME BEAN & CHEESE	EA 0.000	0.000	320.000	480.000	3.500	17.000	2.000	9.000	15.000	8.000	44.000
CHEESE, NACHO JALAPENO SAUCE	3OZ 0.000	0.000	130.000	400.000	6.000	7.000	0.000	9.000	30.000	0.000	4.000
CUCUMBER SLICED (12/0.25cup/#)	0.25CUP	0.000	2.975	0.595	0.023	0.176	0.411	0.048	0.000	0.208	0.643
DRESSING, RANCH PACKET	EA 0.600	0.600	49.200	105.960	0.720	0.120	0.600	4.920	3.600	0.037	1.020
ESQUITES	0.5 CUP	0.000	47.400	203.727	0.668	1.047	0.774	3.830	0.400	0.307	3.519
FRESH, ORANGE	EA 0.000	0.000	42.336	0.000	0.000	1.008	8.064	0.000	0.000	2.016	11.088
GUACAMOLE (200/2OZ/recipe)	2OZ 0.000	0.000	140.596	6.548	1.810	1.837	0.641	12.467	0.000	5.893	8.360
ICEBERG LETTUCE SHREDDED (11/0.5cup/#)	0.5 CUP	0.000	5.040	3.600	0.006	0.324	0.709	0.050	0.000	0.432	1.069
JALAPENOS (92/2tbsp/Can)	2 TBSP	0.000	7.980	1.176	0.042	0.294	0.420	0.168	0.000	*	0.798
JICAMA STICKS (11/0.25cup/#)	0.25CUP	0.000	15.670	1.649	0.009	0.297	0.742	0.037	0.000	2.021	3.637
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
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
RICE, MEXICAN	0.5 CUP	0.000	56.523	231.888	0.000	1.238	0.520	0.359	0.000	0.359	12.255
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
TAJIN PACKET	EA 0.000	0.000	0.000	120.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
TOMATO, DICED (14/2tbsp/#)	2 TBSP	0.000	13.608	5.832	0.032	0.551	0.000	0.214	0.000	0.713	3.007
TORTILLA CHIPS BULK	2 OUNCE*	0.000	280.000	200.000	2.000	4.000	0.000	100.000	0.000	6.000	38.000

Added Sugars standard implementation date of July 1, 2027



Planned Menu Nutrient Analysis

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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	Total Sugar (g)	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Total Fat (g)	Cholesterol (mg)	Fiber (g)	Carb (g)
CARROTS, SHREDDED (19/0.25cup/#)	0.25 CUP	0.000	13.120	22.080	0.010	0.298	1.517	0.077	0.000	0.896	3.066
CHEESEBURGER SLIDERS	EA *		316.390	536.770	4.500	18.800	4.160	14.260	43.330	2.210	27.760
COLESLAW SALAD (11/0.25cup/#)	0.25 CUP*		314.257	669.270	3.240	0.694	0.000	23.874	21.827	1.279	21.166
CUCUMBER SLICED (12/0.25cup/#)	0.25 CUP	0.000	2.975	0.595	0.023	0.176	0.411	0.048	0.000	0.208	0.643
DRESSING, RANCH PACKET	EA 0.600		49.200	105.960	0.720	0.120	0.600	4.920	3.600	0.037	1.020
HAMBURGER ON BUN	EACH 3.000		250.000	450.000	2.000	20.000	3.000	5.500	40.000	3.000	31.000
ICEBERG LETTUCE SHREDDED (11/0.5cup/#)	0.5 CUP	0.000	5.040	3.600	0.006	0.324	0.709	0.050	0.000	0.432	1.069
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	2 PACKET	0.000	20.000	190.000	0.000	0.000	4.000	0.000	0.000	0.000	6.000
MACARONI & CHEESE Updated	2/3 CUP	0.000	289.460	688.156	3.493	27.758	13.822	6.263	19.551	4.034	51.578
MAYONNAISE, IND	EACH *		57.413	60.251	0.922	0.057	0.000	6.033	3.612	0.000	0.684
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
MUSTARD PACKETS	PACKET *		4.401	65.472	0.015	0.196	0.051	0.270	0.000	0.097	0.227
PICKLES, DILL (150 SERV/GALLON)	4 SLICES	0.000	0.020	1.619	0.000	0.000	0.000	0.000	0.000	0.000	0.000
POTATO, WAFFLE	SERV 1.000		170.000	340.000	1.500	2.000	0.000	10.000	0.000	1.000	20.000
ROMAINE LETTUCE CHOPPED (10/0.5cup/#)	0.5 CUP	0.000	3.995	1.880	0.009	0.289	0.280	0.071	0.000	0.494	0.773
TAJIN PACKET	EA 0.000		0.000	120.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
THOUSAND ISLAND DRESSING x	TBSP *		27.691	111.922	0.186	0.000	2.334	1.671	1.856	0.072	3.093
TOMATOES, SLICED (32slices/#)	SLICES 0.000		2.552	0.709	0.004	0.125	0.373	0.028	0.000	0.170	0.551
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



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

8/27/2025

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)
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Added Sugars standard implementation date of July 1, 2027

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)
BEANS, BAJA (NEW RECIPE)	0.5 CUP	0.000	121.842	357.702	2.497	6.423	0.029	4.569	9.863	4.956	13.476
CHICKEN TAQUITOS	2 TAQUITOS	0.000	224.198	223.210	0.494	21.728	0.000	3.951	54.321	5.136	26.667
CUCUMBER SLICED (12/0.25cup/#)	0.25 CUP	0.000	2.975	0.595	0.023	0.176	0.411	0.048	0.000	0.208	0.643
DRESSING, RANCH PACKET	EA 0.600	0.000	49.200	105.960	0.720	0.120	0.600	4.920	3.600	0.037	1.020
GRILLED CHEESE SANDWICH	1 EACH *	0.000	309.190	558.960	5.540	18.880	5.950	11.180	31.850	2.600	32.860
GUACAMOLE (200/2OZ/recipe)	2OZ 0.000	0.000	140.596	6.548	1.810	1.837	0.641	12.467	0.000	5.893	8.360
ICEBERG LETTUCE SHREDDED (11/0.5cup/#)	0.5 CUP	0.000	5.040	3.600	0.006	0.324	0.709	0.050	0.000	0.432	1.069
JICAMA STICKS (11/0.25cup/#)	0.25 CUP	0.000	15.670	1.649	0.009	0.297	0.742	0.037	0.000	2.021	3.637
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
MILK, CHOCOLATE NONFAT 8 OZ	EA 7.000	0.000	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	0.000	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
ORANGE, TANGERINE FRESH	2 EA 0.000	0.000	40.280	1.520	0.030	0.616	8.041	0.236	0.000	1.368	10.138
RICE, MEXICAN	0.5 CUP	0.000	56.523	231.888	0.000	1.238	0.520	0.359	0.000	0.359	12.255
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
TAJIN PACKET	EA 0.000	0.000	0.000	120.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
TOMATO, DICED (14/2tbsp/#)	2 TBSP	0.000	13.608	5.832	0.032	0.551	0.000	0.214	0.000	0.713	3.007



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

8/28/2025

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)
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Added Sugars standard implementation date of July 1, 2027

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)
CARROTS, BABY (12/0.25Cup/#)	0.25CUP	0.000	12.950	28.860	0.009	0.237	1.761	0.048	0.000	1.073	3.049
CELERY STICKS (12/0.25Cup/#)	0.25CUP	0.000	5.292	30.240	0.016	0.261	0.507	0.064	0.000	0.605	1.123
CHEESE, PARMESAN PACKET	PACKET	0.000	15.000	55.000	1.000	1.000	0.000	1.000	5.000	0.000	0.000
CHICKEN BURGER	EA 3.000		390.000	990.000	3.000	20.000	4.000	16.500	55.000	4.000	42.000
CROUTON, WG (16oz/#)	OZ 0.000		141.750	222.750	0.000	0.000	0.000	6.075	0.000	0.000	20.250
DRESSING, RANCH PACKET	EA 0.600		49.200	105.960	0.720	0.120	0.600	4.920	3.600	0.037	1.020
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 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
MOZZARELLA SHREDDED CHEESE (16oz/#)	OZ *		60.750	172.125	2.025	7.088	0.000	3.037	10.125	0.000	1.013
ORANGE, TANGERINE FRESH	2 EA0.000		40.280	1.520	0.030	0.616	8.041	0.236	0.000	1.368	10.138
PIZZA, DOMINO'S CHEESE	SLICB.000		310.000	620.000	4.000	21.000	5.000	10.000	20.000	4.000	37.000
PIZZA, DOMINO'S PEPPERONI	SLICB.000		350.000	750.000	5.000	21.000	5.000	14.000	30.000	4.000	37.000
ROMAINE LETTUCE CHOPPED (10/0.5cup/#)	0.5 CUP	0.000	3.995	1.880	0.009	0.289	0.280	0.071	0.000	0.494	0.773
SPAGHETTI & SAUCE	1/2 CUP *		201.475	235.290	0.000	7.184	8.509	1.203	0.000	5.370	42.808



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)
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Added Sugars standard implementation date of July 1, 2027

Show all data where Session equals Lunch 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)