



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

Main Menu

01 Collins Elementary

8/11/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Total Carb (g)	Fiber (g)	Carb (g)
CEREAL, MIX	EACH	110.040	140.000	0.000	1.000	7.000	105.000	1.000	23.999
CHEESE, STRING MOZZARELLA	EA	90.000	200.000	5.000	7.000	0.000	20.000	0.000	0.000
CRACKER, TIGER BITE ORIGINAL	EA	120.000	125.000	1.000	2.000	7.000	40.000	2.000	20.000
DONUT, SUPER CHOCOLATE	EA	406.667	310.000	9.350	5.600	26.333	200.000	2.667	52.000
DONUT, SUPER SPRINKLE	EA	366.667	310.000	7.917	5.000	21.667	170.000	2.000	47.000
JUICE, ORANGE 4 OZ	EA	60.000	10.000	0.000	1.000	13.000	00.000	0.000	13.000
JUMPIN JUICE - STRAWBERRY BRK	SERVING	258.027	70.152	2.334	5.336	25.676	235.375	2.667	50.798
MILK, CHOCOLATE NONFAT 8 OZ	EA	120.000	210.000	0.000	8.000	19.000	05.000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	120.000	100.000	0.000	8.000	20.000	05.000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	120.000	150.000	1.500	11.000	14.000	25.000	0.000	14.000
ORANGE, TANGERINE FRESH	2 EA	40.280	1.520	0.030	0.616	8.041	00.000	1.368	10.138
PEACHES, CANNED (17.5/0.5cup/Can)	0.5 CUP	60.087	10.102	0.000	0.000	13.119	00.000	0.000	14.133
WATERMELON, FRESH (3/0.5Cup/#)	0.5 CUP	45.360	1.512	0.024	0.922	9.374	00.000	0.605	11.416
YOGURT, STRAWBERRY DANIMALS	EA	60.000	70.000	0.000	4.000	9.000	05.000	0.000	12.000

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

01 Collins Elementary

8/12/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Cholesterol (mg)	Total Carb (g)	Fiber (g)	Carb (g)
APPLES, FRESH SLICED (6/0.5cups/#)	0.5 CUP	39.312	0.756	0.021	0.197	7.855	0.000	10.440	1.814	10.440
BREAKFAST CROISSANT WICH	EA	275.000	495.000	4.250	13.500	5.000	13.000	31.000	2.000	31.000
CEREAL, MIX	EACH	110.040	140.000	0.000	1.000	7.000	10.000	23.999	1.000	23.999
CHEESE, STRING MOZZARELLA	EA	90.000	200.000	5.000	7.000	0.000	20.000	0.000	0.000	0.000
CRACKER, TIGER BITE ORIGINAL	EA	120.000	125.000	1.000	2.000	7.000	40.000	20.000	2.000	20.000
FRUIT COCKTAIL (17/0.5cup/Can)	0.5 CUP	60.000	10.000	0.000	0.000	14.000	0.000	17.000	0.000	17.000
JUICE, ORANGE 4 OZ	EA	60.000	10.000	0.000	1.000	13.000	0.000	13.000	0.000	13.000
JUMPIN JUICE - STRAWBERRY BRK	SERVING	258.027	70.152	2.334	5.336	25.676	23.635	50.798	2.667	50.798
KETCHUP PACKET	1 EA	10.000	95.000	0.000	0.000	2.000	0.000	3.000	0.000	3.000
MILK, CHOCOLATE NONFAT 8 OZ	EA	120.000	210.000	0.000	8.000	19.000	0.000	20.000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	120.000	100.000	0.000	8.000	20.000	0.000	21.000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	120.000	150.000	1.500	11.000	14.000	25.000	14.000	0.000	14.000
PEARS, FRESH VARIETY	EA	101.460	1.780	0.039	0.641	17.355	0.000	27.109	5.518	27.109
TACO SAUCE PACKET	PACKET	3.835	56.564	0.005	0.100	0.368	0.000	0.763	0.115	0.763
TATER TOTS (190/0.5Cup/CS)	8 TATER TOTS	90.000	160.000	0.000	1.000	0.900	30.000	14.000	1.000	14.000
YOGURT, STRAWBERRY DANIMALS	EA	60.000	70.000	0.000	4.000	9.000	0.000	12.000	0.000	12.000

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

01 Collins Elementary

8/13/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Cholesterol (mg)	Total Carb (g)	Fiber (g)	Carb (g)
APPLESAUCE, CANNED (25/0.5Cup/Can)	0.5 CUP	60.000	15.000	0.000	0.000	18.000	00000	00000	1.000	14.000
BANANAS, SLICES	EA BANANA	112.140	1.260	0.141	1.373	15.410	00000	00000	3.276	28.778
BLUEBERRIES, FRESH (5/0.5cup/#)	0.5 CUP	51.710	0.907	0.025	0.671	9.036	00000	00000	2.177	13.145
CEREAL, MIX	EACH	110.040	140.000	0.000	1.000	7.000	10000	10000	1.000	23.999
CHEESE, STRING MOZZARELLA	EA	90.000	200.000	5.000	7.000	0.000	20000	20000	0.000	0.000
CRACKER, TIGER BITE ORIGINAL	EA	120.000	125.000	1.000	2.000	7.000	40000	40000	2.000	20.000
FRENCH TOAST STICKS	3 STICKS	209.962	299.945	2.500	7.999	7.999	10000	10000	2.000	27.995
JUICE, ORANGE 4 OZ	EA	60.000	10.000	0.000	1.000	13.000	00000	00000	0.000	13.000
JUMPIN JUICE - STRAWBERRY BRK	SERVING	258.027	70.152	2.334	5.336	25.676	25000	25000	2.667	50.798
MILK, CHOCOLATE NONFAT 8 OZ	EA	120.000	210.000	0.000	8.000	19.000	05000	05000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	120.000	100.000	0.000	8.000	20.000	05000	05000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	120.000	150.000	1.500	11.000	14.000	25000	25000	0.000	14.000
PEACHES, CANNED (17.5/0.5cup/Can)	0.5 CUP	60.087	10.102	0.000	0.000	13.119	00000	00000	0.000	14.133
STRAWBERRIES, FRESH (5/0.5cup/#)	0.5 CUP	27.648	0.864	0.013	0.579	4.225	00000	00000	1.728	6.636
SYRUP, MAPLE PACKET	PACKET	70.000	0.000	0.000	0.000	16.000	00000	00000	0.000	18.000
WHIPPED CREAM (18 SERV/CAN)	SERVINGS (1/4C)	58.333	0.000	1.944	0.000	3.889	35000	35000	0.000	7.778
YOGURT, STRAWBERRY DANIMALS	EA	60.000	70.000	0.000	4.000	9.000	05000	05000	0.000	12.000

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

01 Collins Elementary

8/14/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Cholesterol (mg)	Fiber (g)	Carb (g)
CEREAL, MIX	EACH	110.040	140.000	0.000	1.000	7.000	10.000	1.000	23.999
CHEESE, STRING MOZZARELLA	EA	90.000	200.000	5.000	7.000	0.000	20.000	0.000	0.000
CRACKER, TIGER BITE ORIGINAL	EA	120.000	125.000	1.000	2.000	7.000	40.000	2.000	20.000
CRUMBLE, CINNAMON COFFEE CAKE	EA	340.000	350.000	1.500	6.000	25.000	145.000	2.000	44.000
FRESH, ORANGE	EA	42.336	0.000	0.000	1.008	8.064	00.000	2.016	11.088
FRUIT COCKTAIL (17/0.5cup/Can)	0.5 CUP	60.000	10.000	0.000	0.000	14.000	00.000	0.000	17.000
JUICE, ORANGE 4 OZ	EA	60.000	10.000	0.000	1.000	13.000	00.000	0.000	13.000
JUMPIN JUICE - STRAWBERRY BRK	SERVING	258.027	70.152	2.334	5.336	25.676	236.875	2.667	50.798
MILK, CHOCOLATE NONFAT 8 OZ	EA	120.000	210.000	0.000	8.000	19.000	05.000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	120.000	100.000	0.000	8.000	20.000	05.000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	120.000	150.000	1.500	11.000	14.000	25.000	0.000	14.000
PEACHES, FRESH	EA	60.270	0.000	0.000	1.000	12.995	00.000	1.999	14.994
YOGURT, STRAWBERRY DANIMALS	EA	60.000	70.000	0.000	4.000	9.000	05.000	0.000	12.000

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

01 Collins Elementary

8/15/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Total Fat (g)	Fiber (g)	Carb (g)
APPLES, FRESH VARIETY	EACH	31.900	1.001	0.000	0.000	5.000	0.000	2.002	7.002
BANANAS, FRESH PETITE	BANANA	112.140	1.260	0.141	1.373	15.410	0.000	3.276	28.778
CEREAL, MIX	EACH	110.040	140.000	0.000	1.000	7.000	10.000	1.000	23.999
CHEESE, STRING MOZZARELLA	EA	90.000	200.000	5.000	7.000	0.000	20.000	0.000	0.000
CRACKER, TIGER BITE ORIGINAL	EA	120.000	125.000	1.000	2.000	7.000	40.000	2.000	20.000
DOUBLE CHOCOLATE CHIP MUFFIN	EACH	350.000	390.000	3.000	6.000	31.000	13.000	4.000	59.000
FRUIT, MIXED VARIETY	0.5 CUP	40.634	2.719	0.019	0.540	7.844	0.000	1.359	10.415
JUICE, ORANGE 4 OZ	EA	60.000	10.000	0.000	1.000	13.000	0.000	0.000	13.000
JUMPIN JUICE - STRAWBERRY BRK	SERVING	258.027	70.152	2.334	5.336	25.676	23.335	2.667	50.798
MILK, CHOCOLATE NONFAT 8 OZ	EA	120.000	210.000	0.000	8.000	19.000	0.000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	120.000	100.000	0.000	8.000	20.000	0.000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	120.000	150.000	1.500	11.000	14.000	2.500	0.000	14.000
PEACHES, CANNED (17.5/0.5cup/Can)	0.5 CUP	60.087	10.102	0.000	0.000	13.119	0.000	0.000	14.133
YOGURT, STRAWBERRY DANIMALS	EA	60.000	70.000	0.000	4.000	9.000	0.000	0.000	12.000

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

01 Collins Elementary

8/18/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Total Fat (g)	Fiber (g)	Carb (g)
CEREAL, MIX	EACH	110.040	140.000	0.000	1.000	7.000	10.000	1.000	23.999
CHEESE, STRING MOZZARELLA	EA	90.000	200.000	5.000	7.000	0.000	20.000	0.000	0.000
CRACKER, TIGER BITE ORIGINAL	EA	120.000	125.000	1.000	2.000	7.000	40.000	2.000	20.000
JUICE, APPLE 4 OZ	EA	55.000	0.000	0.000	0.000	15.000	0.000	0.000	0.000
MANGO BERRY SMOOTHIE SM	EA	259.027	69.177	2.332	5.568	27.868	13.924	2.165	51.198
MILK, CHOCOLATE NONFAT 8 OZ	EA	120.000	210.000	0.000	8.000	19.000	0.000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	120.000	100.000	0.000	8.000	20.000	0.000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	120.000	150.000	1.500	11.000	14.000	2.500	0.000	14.000
ORANGE, TANGERINE FRESH	2 EA	40.280	1.520	0.030	0.616	8.041	0.000	1.368	10.138
PEACHES, CANNED (17.5/0.5cup/Can)	0.5 CUP	60.087	10.102	0.000	0.000	13.119	0.000	0.000	14.133
PIZZA BAGEL	EACH	192.000	363.000	3.100	11.650	4.000	5.000	1.800	23.160
WATERMELON, FRESH (3/0.5Cup/#)	0.5 CUP	45.360	1.512	0.024	0.922	9.374	0.000	0.605	11.416
YOGURT, STRAWBERRY DANIMALS	EA	60.000	70.000	0.000	4.000	9.000	0.000	0.000	12.000

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

01 Collins Elementary

8/19/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Cholesterol (mg)	Total Fat (g)	Fiber (g)	Carb (g)
APPLES, FRESH SLICED (6/0.5cups/#)	0.5 CUP	39.312	0.756	0.021	0.197	7.855	0.000	1.814	10.440	
CEREAL, MIX	EACH	110.040	140.000	0.000	1.000	7.000	10.000	1.000	23.999	
CHEESE, STRING MOZZARELLA	EA	90.000	200.000	5.000	7.000	0.000	20.000	0.000	0.000	
CINNAMON ROLL	EACH	246.617	136.990	0.520	5.159	28.219	15.000	3.000	54.856	
CRACKER, TIGER BITE ORIGINAL	EA	120.000	125.000	1.000	2.000	7.000	40.000	2.000	20.000	
FRUIT COCKTAIL (17/0.5cup/Can)	0.5 CUP	60.000	10.000	0.000	0.000	14.000	00.000	0.000	17.000	
JUICE, APPLE 4 OZ	EA	55.000	0.000	0.000	0.000	15.000	00.000	0.000	0.000	
MANGO BERRY SMOOTHIE SM	EA	259.027	69.177	2.332	5.568	27.868	13.794	2.165	51.198	
MILK, CHOCOLATE NONFAT 8 OZ	EA	120.000	210.000	0.000	8.000	19.000	05.000	0.000	20.000	
MILK, STRAWBERRY FAT FREE 8OZ	EA	120.000	100.000	0.000	8.000	20.000	05.000	0.000	21.000	
MILK, WHITE LOW FAT 1% 8OZ	EA	120.000	150.000	1.500	11.000	14.000	25.000	0.000	14.000	
PEARS, FRESH VARIETY	EA	101.460	1.780	0.039	0.641	17.355	00.000	5.518	27.109	
YOGURT, STRAWBERRY DANIMALS	EA	60.000	70.000	0.000	4.000	9.000	05.000	0.000	12.000	

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

01 Collins Elementary

8/20/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Cholesterol (mg)	Total Carb (g)	Fiber (g)	Carb (g)
APPLESAUCE, CANNED (25/0.5Cup/Can)	0.5 CUP	60.000	15.000	0.000	0.000	18.000	00000	00000	1.000	14.000
BANANAS, FRESH PETITE	BANANA	112.140	1.260	0.141	1.373	15.410	00000	00000	3.276	28.778
BLUEBERRIES, FRESH (5/0.5cup/#)	0.5 CUP	51.710	0.907	0.025	0.671	9.036	00000	00000	2.177	13.145
CEREAL, MIX	EACH	110.040	140.000	0.000	1.000	7.000	10000	10000	1.000	23.999
CHEESE, STRING MOZZARELLA	EA	90.000	200.000	5.000	7.000	0.000	20000	20000	0.000	0.000
CRACKER, TIGER BITE ORIGINAL	EA	120.000	125.000	1.000	2.000	7.000	40000	40000	2.000	20.000
FUNNEL CAKE	EA	300.000	350.000	3.000	4.000	12.000	120000	120000	3.000	43.000
JUICE, APPLE 4 OZ	EA	55.000	0.000	0.000	0.000	15.000	00000	00000	0.000	0.000
MANGO BERRY SMOOTHIE SM	EA	259.027	69.177	2.332	5.568	27.868	237904	237904	2.165	51.198
MILK, CHOCOLATE NONFAT 8 OZ	EA	120.000	210.000	0.000	8.000	19.000	05000	05000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	120.000	100.000	0.000	8.000	20.000	05000	05000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	120.000	150.000	1.500	11.000	14.000	25000	25000	0.000	14.000
PEACHES, CANNED (17.5/0.5cup/Can)	0.5 CUP	60.087	10.102	0.000	0.000	13.119	00000	00000	0.000	14.133
STRAWBERRIES, FRESH (5/0.5cup/#)	0.5 CUP	27.648	0.864	0.013	0.579	4.225	00000	00000	1.728	6.636
SYRUP, MAPLE PACKET	PACKET	70.000	0.000	0.000	0.000	16.000	00000	00000	0.000	18.000
WHIPPED CREAM (18 SERV/CAN)	SERVINGS (1/4C)	58.333	0.000	1.944	0.000	3.889	35844	35844	0.000	7.778
YOGURT, STRAWBERRY DANIMALS	EA	60.000	70.000	0.000	4.000	9.000	05000	05000	0.000	12.000

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

01 Collins Elementary

8/21/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Cholesterol (mg)	Fiber (g)	Carb (g)
CEREAL, MIX	EACH	110.040	140.000	0.000	1.000	7.000	10.000	1.000	23.999
CHEESE, STRING MOZZARELLA	EA	90.000	200.000	5.000	7.000	0.000	20.000	0.000	0.000
CRACKER, TIGER BITE ORIGINAL	EA	120.000	125.000	1.000	2.000	7.000	40.000	2.000	20.000
DONUT, MINI POWDERED	3 DONUTS	135.000	145.000	2.250	2.000	9.500	50.000	1.000	20.500
FRESH, ORANGE	EA	42.336	0.000	0.000	1.008	8.064	00.000	2.016	11.088
FRUIT COCKTAIL (17/0.5cup/Can)	0.5 CUP	60.000	10.000	0.000	0.000	14.000	00.000	0.000	17.000
JUICE, APPLE 4 OZ	EA	55.000	0.000	0.000	0.000	15.000	00.000	0.000	0.000
MANGO BERRY SMOOTHIE SM	EA	259.027	69.177	2.332	5.568	27.868	13.904	2.165	51.198
MILK, CHOCOLATE NONFAT 8 OZ	EA	120.000	210.000	0.000	8.000	19.000	05.000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	120.000	100.000	0.000	8.000	20.000	05.000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	120.000	150.000	1.500	11.000	14.000	25.000	0.000	14.000
PEACHES, FRESH	EA	60.270	0.000	0.000	1.000	12.995	005.000	1.999	14.994
YOGURT, STRAWBERRY DANIMALS	EA	60.000	70.000	0.000	4.000	9.000	05.000	0.000	12.000

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

01 Collins Elementary

8/22/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Total Fat (g)	Fiber (g)	Carb (g)
APPLES, FRESH VARIETY	EACH	31.900	1.001	0.000	0.000	5.000	0.000	2.002	7.002
BANANAS, FRESH PETITE	BANANA	112.140	1.260	0.141	1.373	15.410	0.000	3.276	28.778
CEREAL, MIX	EACH	110.040	140.000	0.000	1.000	7.000	10.000	1.000	23.999
CHEESE, STRING MOZZARELLA	EA	90.000	200.000	5.000	7.000	0.000	20.000	0.000	0.000
CRACKER, TIGER BITE ORIGINAL	EA	120.000	125.000	1.000	2.000	7.000	40.000	2.000	20.000
FRUIT, MIXED VARIETY	0.5 CUP	40.634	2.719	0.019	0.540	7.844	0.000	1.359	10.415
JUICE, APPLE 4 OZ	EA	55.000	0.000	0.000	0.000	15.000	0.000	0.000	0.000
MANGO BERRY SMOOTHIE SM	EA	259.027	69.177	2.332	5.568	27.868	23.904	2.165	51.198
MILK, CHOCOLATE NONFAT 8 OZ	EA	120.000	210.000	0.000	8.000	19.000	0.000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	120.000	100.000	0.000	8.000	20.000	0.000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	120.000	150.000	1.500	11.000	14.000	25.000	0.000	14.000
PAN DULCE	EA	200.000	90.000	1.500	5.000	8.000	65.000	2.000	34.000
PEACHES, CANNED (17.5/0.5cup/Can)	0.5 CUP	60.087	10.102	0.000	0.000	13.119	0.000	0.000	14.133
YOGURT, STRAWBERRY DANIMALS	EA	60.000	70.000	0.000	4.000	9.000	0.000	0.000	12.000

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

01 Collins Elementary

8/25/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Total Fat (g)	Fiber (g)	Carb (g)
CEREAL, MIX	EACH	110.040	140.000	0.000	1.000	7.000	10.000	1.000	23.999
CHEESE, STRING MOZZARELLA	EA	90.000	200.000	5.000	7.000	0.000	20.000	0.000	0.000
CRACKER, TIGER BITE ORIGINAL	EA	120.000	125.000	1.000	2.000	7.000	40.000	2.000	20.000
DONUT, HOLES	SERVING	110.000	170.000	2.000	3.000	3.000	40.000	1.000	16.000
JUICE, ORANGE 4 OZ	EA	60.000	10.000	0.000	1.000	13.000	0.000	0.000	13.000
JUMPIN JUICE - STRAWBERRY BRK	SERVING	258.027	70.152	2.334	5.336	25.676	13.535	2.667	50.798
MILK, CHOCOLATE NONFAT 8 OZ	EA	120.000	210.000	0.000	8.000	19.000	0.000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	120.000	100.000	0.000	8.000	20.000	0.000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	120.000	150.000	1.500	11.000	14.000	2.500	0.000	14.000
ORANGE, TANGERINE FRESH	2 EA	40.280	1.520	0.030	0.616	8.041	0.000	1.368	10.138
PEACHES, CANNED (17.5/0.5cup/Can)	0.5 CUP	60.087	10.102	0.000	0.000	13.119	0.000	0.000	14.133
WATERMELON, FRESH (3/0.5Cup/#)	0.5 CUP	45.360	1.512	0.024	0.922	9.374	0.000	0.605	11.416
YOGURT, STRAWBERRY DANIMALS	EA	60.000	70.000	0.000	4.000	9.000	0.000	0.000	12.000

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

8/6/2025 2:46:00 PM

Main Menu

01 Collins Elementary

8/26/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Total Fat (g)	Fiber (g)	Carb (g)
APPLES, FRESH SLICED (6/0.5cups/#)	0.5 CUP	39.312	0.756	0.021	0.197	7.855	0.000	1.814	10.440
CEREAL, MIX	EACH	110.040	140.000	0.000	1.000	7.000	10.000	1.000	23.999
CHEESE, STRING MOZZARELLA	EA	90.000	200.000	5.000	7.000	0.000	20.000	0.000	0.000
CRACKER, TIGER BITE ORIGINAL	EA	120.000	125.000	1.000	2.000	7.000	40.000	2.000	20.000
FRUIT COCKTAIL (17/0.5cup/Can)	0.5 CUP	60.000	10.000	0.000	0.000	14.000	0.000	0.000	17.000
JUICE, ORANGE 4 OZ	EA	60.000	10.000	0.000	1.000	13.000	0.000	0.000	13.000
JUMPIN JUICE - STRAWBERRY BRK	SERVING	258.027	70.152	2.334	5.336	25.676	23.335	2.667	50.798
MILK, CHOCOLATE NONFAT 8 OZ	EA	120.000	210.000	0.000	8.000	19.000	0.000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	120.000	100.000	0.000	8.000	20.000	0.000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	120.000	150.000	1.500	11.000	14.000	25.000	0.000	14.000
PANCAKE, SAUSAGE WRAP	EA	200.000	310.000	2.500	7.000	4.000	10.000	3.000	17.000
PEARS, FRESH VARIETY	EA	101.460	1.780	0.039	0.641	17.355	0.000	5.518	27.109
SYRUP, MAPLE PACKET	PACKET	70.000	0.000	0.000	0.000	16.000	0.000	0.000	18.000
YOGURT, STRAWBERRY DANIMALS	EA	60.000	70.000	0.000	4.000	9.000	0.000	0.000	12.000

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

01 Collins Elementary

8/27/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Cholesterol (mg)	Fiber (g)	Carb (g)
APPLESAUCE, CANNED (25/0.5Cup/Can)	0.5 CUP	60.000	15.000	0.000	0.000	18.000	0.000	1.000	14.000
BANANAS, FRESH PETITE	BANANA	112.140	1.260	0.141	1.373	15.410	0.000	3.276	28.778
BLUEBERRIES, FRESH (5/0.5cup/#)	0.5 CUP	51.710	0.907	0.025	0.671	9.036	0.000	2.177	13.145
CEREAL, MIX	EACH	110.040	140.000	0.000	1.000	7.000	10.000	1.000	23.999
CHEESE, STRING MOZZARELLA	EA	90.000	200.000	5.000	7.000	0.000	20.000	0.000	0.000
CRACKER, TIGER BITE ORIGINAL	EA	120.000	125.000	1.000	2.000	7.000	40.000	2.000	20.000
JUICE, ORANGE 4 OZ	EA	60.000	10.000	0.000	1.000	13.000	0.000	0.000	13.000
JUMPIN JUICE - STRAWBERRY BRK	SERVING	258.027	70.152	2.334	5.336	25.676	13.835	2.667	50.798
MILK, CHOCOLATE NONFAT 8 OZ	EA	120.000	210.000	0.000	8.000	19.000	0.000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	120.000	100.000	0.000	8.000	20.000	0.000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	120.000	150.000	1.500	11.000	14.000	25.000	0.000	14.000
PEACHES, CANNED (17.5/0.5cup/Can)	0.5 CUP	60.087	10.102	0.000	0.000	13.119	0.000	0.000	14.133
STRAWBERRIES, FRESH (5/0.5cup/#)	0.5 CUP	27.648	0.864	0.013	0.579	4.225	0.000	1.728	6.636
SYRUP, MAPLE PACKET	PACKET	70.000	0.000	0.000	0.000	16.000	0.000	0.000	18.000
WAFFLE BLUEBERRY	EACH	240.000	290.000	4.000	6.000	13.000	10.000	3.000	36.000
WHIPPED CREAM (18 SERV/CAN)	SERVINGS (1/4C)	58.333	0.000	1.944	0.000	3.889	3.889	0.000	7.778
YOGURT, STRAWBERRY DANIMALS	EA	60.000	70.000	0.000	4.000	9.000	0.000	0.000	12.000

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

01 Collins Elementary

8/28/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Total Fat (g)	Fiber (g)	Carb (g)
BLUEBERRIES, FRESH (5/0.5cup/#)	0.5 CUP	51.710	0.907	0.025	0.671	9.036	0.0990	2.177	13.145
CEREAL, MIX	EACH	110.040	140.000	0.000	1.000	7.000	10.000	1.000	23.999
CHEESE, STRING MOZZARELLA	EA	90.000	200.000	5.000	7.000	0.000	20.000	0.000	0.000
CRACKER, TIGER BITE ORIGINAL	EA	120.000	125.000	1.000	2.000	7.000	40.000	2.000	20.000
FRUIT COCKTAIL (17/0.5cup/Can)	0.5 CUP	60.000	10.000	0.000	0.000	14.000	00.000	0.000	17.000
GRANOLA (70/0.25cups/pack)	0.25 CUP	90.000	40.000	0.000	1.000	5.000	20.000	1.000	15.000
JUICE, ORANGE 4 OZ	EA	60.000	10.000	0.000	1.000	13.000	00.000	0.000	13.000
JUMPIN JUICE - STRAWBERRY BRK	SERVING	258.027	70.152	2.334	5.336	25.676	23.635	2.667	50.798
MILK, CHOCOLATE NONFAT 8 OZ	EA	120.000	210.000	0.000	8.000	19.000	05.000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	120.000	100.000	0.000	8.000	20.000	05.000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	120.000	150.000	1.500	11.000	14.000	25.000	0.000	14.000
PEACHES, CANNED (17.5/0.5cup/Can)	0.5 CUP	60.087	10.102	0.000	0.000	13.119	00.000	0.000	14.133
STRAWBERRIES, FRESH (5/0.5cup/#)	0.5 CUP	27.648	0.864	0.013	0.579	4.225	00.990	1.728	6.636
YOGURT BANANA SPLIT-K-81 EACH		284.555	50.834	3.762	6.485	36.801	12.291	4.124	52.510
YOGURT, STRAWBERRY DANIMALS	EA	60.000	70.000	0.000	4.000	9.000	05.000	0.000	12.000

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
01 Collins Elementary

8/29/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Total Fat (g)	Fiber (g)	Carb (g)
APPLES, FRESH VARIETY	EACH	31.900	1.001	0.000	0.000	5.000	0.000	2.002	7.002
BANANAS, FRESH PETITE	BANANA	112.140	1.260	0.141	1.373	15.410	0.000	3.276	28.778
CEREAL, MIX	EACH	110.040	140.000	0.000	1.000	7.000	10.000	1.000	23.999
CHEESE, STRING MOZZARELLA	EA	90.000	200.000	5.000	7.000	0.000	20.000	0.000	0.000
CRACKER, TIGER BITE ORIGINAL	EA	120.000	125.000	1.000	2.000	7.000	40.000	2.000	20.000
DONUT, SUPER CHOCOLATE	EA	406.667	310.000	9.350	5.600	26.333	200.000	2.667	52.000
DONUT, SUPER SPRINKLE	EA	366.667	310.000	7.917	5.000	21.667	170.000	2.000	47.000
FRUIT, MIXED VARIETY	0.5 CUP	40.634	2.719	0.019	0.540	7.844	00.000	1.359	10.415
JUICE, ORANGE 4 OZ	EA	60.000	10.000	0.000	1.000	13.000	00.000	0.000	13.000
JUMPIN JUICE - STRAWBERRY BRK	SERVING	258.027	70.152	2.334	5.336	25.676	23.835	2.667	50.798
MILK, CHOCOLATE NONFAT 8 OZ	EA	120.000	210.000	0.000	8.000	19.000	05.000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	120.000	100.000	0.000	8.000	20.000	05.000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	120.000	150.000	1.500	11.000	14.000	25.000	0.000	14.000
PEACHES, CANNED (17.5/0.5cup/Can)	0.5 CUP	60.087	10.102	0.000	0.000	13.119	00.000	0.000	14.133
YOGURT, STRAWBERRY DANIMALS	EA	60.000	70.000	0.000	4.000	9.000	05.000	0.000	12.000

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 (01 Collins Elementary)