



Planned Menu Nutrient Analysis

Paramount Unified School District

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

8/6/2025 2:55:00 PM

Main Menu

30 P H S - Senior East Campus

8/11/2025

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	105000	1.000	23.999
CHEESE, STRING MOZZARELLA	EA	90.000	200.000	5.000	7.000	0.000	200000	0.000	0.000
CRACKER, TIGER BITE ORIGINAL	EA	120.000	125.000	1.000	2.000	7.000	400000	2.000	20.000
DONUT, SUPER CHOCOLATE	EA	406.667	310.000	9.350	5.600	26.333	2001000	2.667	52.000
DONUT, SUPER SPRINKLE	EA	366.667	310.000	7.917	5.000	21.667	1700000	2.000	47.000
JUICE, ORANGE 6OZ	EA	83.000	21.000	0.000	0.000	21.000	000000	0.000	21.000
JUMPIN JUICE - STRAWBERRY BRK	SERVING	258.027	70.152	2.334	5.336	25.676	235000	2.667	50.798
KETCHUP PACKET	1 EA	10.000	95.000	0.000	0.000	2.000	000000	0.000	3.000
MILK, CHOCOLATE NONFAT 8 OZ	EA	120.000	210.000	0.000	8.000	19.000	050000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	120.000	100.000	0.000	8.000	20.000	050000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	120.000	150.000	1.500	11.000	14.000	250000	0.000	14.000
ORANGE, TANGERINE FRESH	2 EA	40.280	1.520	0.030	0.616	8.041	000000	1.368	10.138
PAN DULCE	EA	200.000	90.000	1.500	5.000	8.000	650000	2.000	34.000
PARFAIT, BLUEBERRY	SERVING	267.572	110.032	0.333	6.751	28.754	432000	5.018	48.262
PEACHES, CANNED (17.5/0.5cup/Can)	0.5 CUP	60.087	10.102	0.000	0.000	13.119	000000	0.000	14.133
TATER TOTS (190/0.5Cup/CS)	8 TATER TOTS	90.000	160.000	0.000	1.000	0.900	305000	1.000	14.000
WATERMELON, FRESH (3/0.5Cup/#)	0.5 CUP	45.360	1.512	0.024	0.922	9.374	000000	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

30 P H S - Senior East Campus

8/12/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Total Fat (g)	Fiber (g)	Carb (g)
CANTALOUPE MELON (3/0.5cup/#)	0.5 CUP	50.773	23.893	0.076	1.254	11.738	0.284	1.344	12.186
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	0.000	0.000	17.000
HONEYDEW MELON (2/0.5cup/#)	0.5 CUP	68.040	34.020	0.072	1.021	15.347	0.269	1.512	17.180
JUICE, ORANGE 6OZ	EA	83.000	21.000	0.000	0.000	21.000	0.000	0.000	21.000
JUMPIN JUICE - STRAWBERRY BRK	SERVING	258.027	70.152	2.334	5.336	25.676	13.535	2.667	50.798
KETCHUP PACKET	1 EA	10.000	95.000	0.000	0.000	2.000	0.000	0.000	3.000
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
MOCHA CRUMBLE COFFEE CAKE	EA	300.480	270.000	2.496	6.000	22.003	13.002	1.997	36.998
PARFAIT, BLUEBERRY	SERVING	267.572	110.032	0.333	6.751	28.754	43.133	5.018	48.262
TATER TOTS (190/0.5Cup/CS)	8 TATER TOTS	90.000	160.000	0.000	1.000	0.900	30.000	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

8/6/2025 2:55:00 PM

Main Menu

30 P H S - Senior East Campus

8/13/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Total Fat (g)	Fiber (g)	Carb (g)
BANANAS, SLICES	EA 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
FRENCH TOAST STICKS	3 STICKS	209.962	299.945	2.500	7.999	7.999	16.999	2.000	27.995
JUICE, ORANGE 6OZ	EA	83.000	21.000	0.000	0.000	21.000	0.000	0.000	21.000
JUMPIN JUICE - STRAWBERRY BRK	SERVING	258.027	70.152	2.334	5.336	25.676	23.675	2.667	50.798
KETCHUP PACKET	1 EA	10.000	95.000	0.000	0.000	2.000	0.000	0.000	3.000
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
PARFAIT, BLUEBERRY	SERVING	267.572	110.032	0.333	6.751	28.754	43.333	5.018	48.262
POP-TART CINN FROSTED (2CT)	EACH	350.000	240.000	2.000	5.000	30.000	6.000*	6.000	73.000
SALSA (67SERV/Can)	1.5 OUNCES	15.028	105.198	0.000	0.000	1.503	0.000	1.503	3.006
SCRAMBLED EGGS	1/4 CUP	39.912	43.065	0.988	3.398	1.183	9.474	0.000	1.261
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
TATER TOTS (190/0.5Cup/CS)	8 TATER TOTS	90.000	160.000	0.000	1.000	0.900	30.000	1.000	14.000
TURKEY SAUSAGE LINKS	2 LINKS	120.000	180.000	2.000	12.000	0.000	60.000	0.000	0.000
WHIPPED CREAM (18 SERV/CAN)	SERVINGS (1/4C)	58.333	0.000	1.944	0.000	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

30 P H S - Senior East Campus

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
COFFEE CAKE, CINNAMON CRUMB	Each	198.000	98.700	1.000	2.500	16.900	18.000	1.700	30.700
CRACKER, TIGER BITE ORIGINAL	EA	120.000	125.000	1.000	2.000	7.000	40.000	2.000	20.000
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 6OZ	EA	83.000	21.000	0.000	0.000	21.000	00.000	0.000	21.000
JUMPIN JUICE - STRAWBERRY BRK	SERVING	258.027	70.152	2.334	5.336	25.676	23.835	2.667	50.798
KETCHUP PACKET	1 EA	10.000	95.000	0.000	0.000	2.000	00.000	0.000	3.000
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
PANCAKE, SAUSAGE WRAP	EA	200.000	310.000	2.500	7.000	4.000	105.000	3.000	17.000
PARFAIT, BLUEBERRY	SERVING	267.572	110.032	0.333	6.751	28.754	43.333	5.018	48.262
PEACHES, FRESH	EA	60.270	0.000	0.000	1.000	12.995	005.000	1.999	14.994
TAJIN PACKET	EA	0.000	120.000	0.000	0.000	0.000	00.000	0.000	0.000
TATER TOTS (190/0.5Cup/CS)	8 TATER TOTS	90.000	160.000	0.000	1.000	0.900	305.000	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

30 P H S - Senior East Campus

8/15/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Cholesterol (mg)	Fiber (g)	Carb (g)
BANANAS, FRESH PETITE	BANANA	112.140	1.260	0.141	1.373	15.410	00000	3.276	28.778
CEREAL, MIX	EACH	110.040	140.000	0.000	1.000	7.000	105000	1.000	23.999
CHEESE, STRING MOZZARELLA	EA	90.000	200.000	5.000	7.000	0.000	20000	0.000	0.000
CHORIZO BREAKFAST BURRIO	SERVINGS	375.164	654.703	3.629	17.007	1.800	111892	4.435	45.558
CRACKER, TIGER BITE ORIGINAL	EA	120.000	125.000	1.000	2.000	7.000	40000	2.000	20.000
FRUIT, MIXED VARIETY	0.5 CUP	40.634	2.719	0.019	0.540	7.844	00000	1.359	10.415
JUICE, ORANGE 6OZ	EA	83.000	21.000	0.000	0.000	21.000	00000	0.000	21.000
JUMPIN JUICE - STRAWBERRY BRK	SERVING	258.027	70.152	2.334	5.336	25.676	135835	2.667	50.798
KETCHUP PACKET	1 EA	10.000	95.000	0.000	0.000	2.000	00000	0.000	3.000
MILK, CHOCOLATE NONFAT 8 OZ	EA	120.000	210.000	0.000	8.000	19.000	05000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	120.000	100.000	0.000	8.000	20.000	05000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	120.000	150.000	1.500	11.000	14.000	25000	0.000	14.000
MINI BAGEL, STRAWBERRY	EACH	230.093	180.003	2.501	6.000	13.000	600003	1.998	41.003
PARFAIT, BLUEBERRY	SERVING	267.572	110.032	0.333	6.751	28.754	432133	5.018	48.262
PEACHES, CANNED (17.5/0.5cup/Can)	0.5 CUP	60.087	10.102	0.000	0.000	13.119	00000	0.000	14.133
SALSA (67SERV/Can)	1.5 OUNCES	15.028	105.198	0.000	0.000	1.503	00000	1.503	3.006
TACO SAUCE PACKET	PACKET	3.835	56.564	0.005	0.100	0.368	00000	0.115	0.763
TATER TOTS (190/0.5Cup/CS)	8 TATER TOTS	90.000	160.000	0.000	1.000	0.900	305000	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

30 P H S - Senior East Campus

8/18/2025

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, 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, APPLE 6OZ	EA	83.000	23.000	0.000	0.000	23.000	00.000	0.000	23.000
KETCHUP PACKET	1 EA	10.000	95.000	0.000	0.000	2.000	00.000	0.000	3.000
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
ORANGE, TANGERINE FRESH	2 EA	40.280	1.520	0.030	0.616	8.041	00.000	1.368	10.138
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	00.000	0.000	14.133
TATER TOTS (190/0.5Cup/CS)	8 TATER TOTS	90.000	160.000	0.000	1.000	0.900	30.000	1.000	14.000
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 PARFAIT-PEACH	1 EACH	287.092	120.039	0.333	6.751	36.749	43.333	2.018	53.262

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

30 P H S - Senior East Campus

8/19/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Total Fat (g)	Fiber (g)	Carb (g)
CANTALOUPE MELON (3/0.5cup/#)	0.5 CUP	50.773	23.893	0.076	1.254	11.738	0.284	1.344	12.186
CEREAL, MIX	EACH	110.040	140.000	0.000	1.000	7.000	10.500	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	15.400	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	0.000	0.000	17.000
HONEYDEW MELON (2/0.5cup/#)	0.5 CUP	68.040	34.020	0.072	1.021	15.347	0.269	1.512	17.180
JUICE, APPLE 6OZ	EA	83.000	23.000	0.000	0.000	23.000	0.000	0.000	23.000
KETCHUP PACKET	1 EA	10.000	95.000	0.000	0.000	2.000	0.000	0.000	3.000
MANGO BERRY SMOOTHIE SM	EA	259.027	69.177	2.332	5.568	27.868	23.924	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
PIZZA BAGEL	EACH	192.000	363.000	3.100	11.650	4.000	57.000	1.800	23.160
TATER TOTS (190/0.5Cup/CS)	8 TATER TOTS	90.000	160.000	0.000	1.000	0.900	30.000	1.000	14.000
YOGURT PARFAIT-PEACH	1 EACH	287.092	120.039	0.333	6.751	36.749	43.333	2.018	53.262

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

30 P H S - Senior East Campus

8/20/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Cholesterol (mg)	Fiber (g)	Carb (g)
BANANAS, SLICES	EA BANANA	112.140	1.260	0.141	1.373	15.410	00000	3.276	28.778
BLUEBERRIES, FRESH (5/0.5cup/#)	0.5 CUP	51.710	0.907	0.025	0.671	9.036	00000	2.177	13.145
CEREAL, MIX	EACH	110.040	140.000	0.000	1.000	7.000	10000	1.000	23.999
CHEESE, STRING MOZZARELLA	EA	90.000	200.000	5.000	7.000	0.000	20000	0.000	0.000
CRACKER, TIGER BITE ORIGINAL	EA	120.000	125.000	1.000	2.000	7.000	40000	2.000	20.000
FUNNEL CAKE	EA	300.000	350.000	3.000	4.000	12.000	120000	3.000	43.000
JUICE, APPLE 6OZ	EA	83.000	23.000	0.000	0.000	23.000	00000	0.000	23.000
KETCHUP PACKET	1 EA	10.000	95.000	0.000	0.000	2.000	00000	0.000	3.000
MANGO BERRY SMOOTHIE SM	EA	259.027	69.177	2.332	5.568	27.868	23700	2.165	51.198
MILK, CHOCOLATE NONFAT 8 OZ	EA	120.000	210.000	0.000	8.000	19.000	05000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	120.000	100.000	0.000	8.000	20.000	05000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	120.000	150.000	1.500	11.000	14.000	25000	0.000	14.000
POP-TART, STRAWBERRY (2CT)	EACH	339.840	229.997	1.498	4.003	29.002	50000	6.000	72.998
SALSA (67SERV/Can)	1.5 OUNCES	15.028	105.198	0.000	0.000	1.503	00000	1.503	3.006
SCRAMBLED EGGS	1/4 CUP	39.912	43.065	0.988	3.398	1.183	24000	0.000	1.261
STRAWBERRIES, FRESH (5/0.5cup/#)	0.5 CUP	27.648	0.864	0.013	0.579	4.225	00000	1.728	6.636
SYRUP, MAPLE PACKET	PACKET	70.000	0.000	0.000	0.000	16.000	00000	0.000	18.000
TATER TOTS (190/0.5Cup/CS)	8 TATER TOTS	90.000	160.000	0.000	1.000	0.900	30000	1.000	14.000
TURKEY SAUSAGE LINKS	2 LINKS	120.000	180.000	2.000	12.000	0.000	60000	0.000	0.000
WHIPPED CREAM (18 SERV/CAN)	SERVINGS (1/4C)	58.333	0.000	1.944	0.000	3.889	13000	0.000	7.778
YOGURT PARFAIT-PEACH	1 EACH	287.092	120.039	0.333	6.751	36.749	43000	2.018	53.262

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

30 P H S - Senior East Campus

8/21/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Cholesterol (mg)	Total Fiber (g)	Carb (g)
BAGEL PLAIN	EACH	216.878	230.001	0.000	7.799	3.997	10000	1.999	44.005
BAGEL, CINN RAISIN	Each	225.000	300.000	0.380	8.250	5.250	10000	3.000	48.000
BREAD, LEMON BLUBERRY CAKE LG	SERVINGS	413.472	200.280	1.603	4.974	35.015	1351801	4.448	65.914
CEREAL, MIX	EACH	110.040	140.000	0.000	1.000	7.000	10000	1.000	23.999
CHEESE, STRING MOZZARELLA	EA	90.000	200.000	5.000	7.000	0.000	20000	0.000	0.000
CRACKER, TIGER BITE ORIGINAL	EA	120.000	125.000	1.000	2.000	7.000	40000	2.000	20.000
CREAM CHEESE 1OZ CUP	EA	60.000	95.000	3.500	2.000	0.900	15000	0.000	1.000
FRESH, ORANGE	EA	42.336	0.000	0.000	1.008	8.064	00000	2.016	11.088
FRUIT COCKTAIL (17/0.5cup/Can)	0.5 CUP	60.000	10.000	0.000	0.000	14.000	00000	0.000	17.000
JUICE, APPLE 6OZ	EA	83.000	23.000	0.000	0.000	23.000	00000	0.000	23.000
KETCHUP PACKET	1 EA	10.000	95.000	0.000	0.000	2.000	00000	0.000	3.000
MANGO BERRY SMOOTHIE SM	EA	259.027	69.177	2.332	5.568	27.868	137924	2.165	51.198
MILK, CHOCOLATE NONFAT 8 OZ	EA	120.000	210.000	0.000	8.000	19.000	05000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	120.000	100.000	0.000	8.000	20.000	05000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	120.000	150.000	1.500	11.000	14.000	15000	0.000	14.000
PEACHES, FRESH	EA	60.270	0.000	0.000	1.000	12.995	00500	1.999	14.994
TAJIN PACKET	EA	0.000	120.000	0.000	0.000	0.000	00000	0.000	0.000
TATER TOTS (190/0.5Cup/CS)	8 TATER TOTS	90.000	160.000	0.000	1.000	0.900	30500	1.000	14.000
YOGURT PARFAIT-PEACH	1 EACH	287.092	120.039	0.333	6.751	36.749	432133	2.018	53.262

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

30 P H S - Senior East Campus

8/22/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Cholesterol (mg)	Total Carb (g)	Fiber (g)	Carb (g)
BANANAS, SLICES	EA BANANA	112.140	1.260	0.141	1.373	15.410	00000	3.276	28.778	
BREAKFAST CROISSANT*WICH (S/E/C)	EA	325.050	545.050	5.251	17.490	5.000	1810950	2.000	32.001	
CEREAL, MIX	EACH	110.040	140.000	0.000	1.000	7.000	105000	1.000	23.999	
CHEESE, STRING MOZZARELLA	EA	90.000	200.000	5.000	7.000	0.000	200000	0.000	0.000	
CRACKER, TIGER BITE ORIGINAL	EA	120.000	125.000	1.000	2.000	7.000	400000	2.000	20.000	
DONUT, MINI POWDERED	PACK	270.000	290.000	4.500	4.000	19.000	1100000	2.000	41.000	
FRUIT, MIXED VARIETY	0.5 CUP	40.634	2.719	0.019	0.540	7.844	00000	1.359	10.415	
JUICE, APPLE 6OZ	EA	83.000	23.000	0.000	0.000	23.000	000000	0.000	23.000	
KETCHUP PACKET	1 EA	10.000	95.000	0.000	0.000	2.000	000000	0.000	3.000	
MANGO BERRY SMOOTHIE SM	EA	259.027	69.177	2.332	5.568	27.868	237904	2.165	51.198	
MILK, CHOCOLATE NONFAT 8 OZ	EA	120.000	210.000	0.000	8.000	19.000	050000	0.000	20.000	
MILK, STRAWBERRY FAT FREE 8OZ	EA	120.000	100.000	0.000	8.000	20.000	050000	0.000	21.000	
MILK, WHITE LOW FAT 1% 8OZ	EA	120.000	150.000	1.500	11.000	14.000	250000	0.000	14.000	
PEACHES, CANNED (17.5/0.5cup/Can)	0.5 CUP	60.087	10.102	0.000	0.000	13.119	000000	0.000	14.133	
TACO SAUCE PACKET	PACKET	3.835	56.564	0.005	0.100	0.368	000000	0.115	0.763	
TATER TOTS (190/0.5Cup/CS)	8 TATER TOTS	90.000	160.000	0.000	1.000	0.900	305000	1.000	14.000	
YOGURT PARFAIT-PEACH	1 EACH	287.092	120.039	0.333	6.751	36.749	432133	2.018	53.262	

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

30 P H S - Senior East Campus

8/25/2025

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, 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 6OZ	EA	83.000	21.000	0.000	0.000	21.000	00.000	0.000	21.000
JUMPIN JUICE - STRAWBERRY BRK	SERVING	258.027	70.152	2.334	5.336	25.676	23.535	2.667	50.798
KETCHUP PACKET	1 EA	10.000	95.000	0.000	0.000	2.000	00.000	0.000	3.000
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
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	00.000	0.000	14.133
TATER TOTS (190/0.5Cup/CS)	8 TATER TOTS	90.000	160.000	0.000	1.000	0.900	30.000	1.000	14.000
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 PARFAIT - MIXED BERRY	EACH	209.138	90.824	0.254	5.524	21.949	32.581	2.748	37.622

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

30 P H S - Senior East Campus

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)
CANTALOUPE MELON (3/0.5cup/#)	0.5 CUP	50.773	23.893	0.076	1.254	11.738	0.284	1.344	12.186
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	0.000	0.000	17.000
HONEYDEW MELON (2/0.5cup/#)	0.5 CUP	68.040	34.020	0.072	1.021	15.347	0.289	1.512	17.180
JUICE, ORANGE 6OZ	EA	83.000	21.000	0.000	0.000	21.000	0.000	0.000	21.000
JUMPIN JUICE - STRAWBERRY BRK	SERVING	258.027	70.152	2.334	5.336	25.676	13.535	2.667	50.798
KETCHUP PACKET	1 EA	10.000	95.000	0.000	0.000	2.000	0.000	0.000	3.000
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
MOCHA CRUMBLE COFFEE CAKE	EA	300.480	270.000	2.496	6.000	22.003	13.002	1.997	36.998
TATER TOTS (190/0.5Cup/CS)	8 TATER TOTS	90.000	160.000	0.000	1.000	0.900	30.000	1.000	14.000
YOGURT PARFAIT - MIXED BERRY	EACH	209.138	90.824	0.254	5.524	21.949	32.481	2.748	37.622

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

30 P H S - Senior East Campus

8/27/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Cholesterol (mg)	Fiber (g)	Carb (g)
BANANAS, SLICES	EA BANANA	112.140	1.260	0.141	1.373	15.410	00000	3.276	28.778
BLUEBERRIES, FRESH (5/0.5cup/#)	0.5 CUP	51.710	0.907	0.025	0.671	9.036	00000	2.177	13.145
CEREAL, MIX	EACH	110.040	140.000	0.000	1.000	7.000	10000	1.000	23.999
CHEESE, STRING MOZZARELLA	EA	90.000	200.000	5.000	7.000	0.000	20000	0.000	0.000
CRACKER, TIGER BITE ORIGINAL	EA	120.000	125.000	1.000	2.000	7.000	40000	2.000	20.000
JUICE, ORANGE 6OZ	EA	83.000	21.000	0.000	0.000	21.000	00000	0.000	21.000
JUMPIN JUICE - STRAWBERRY BRK	SERVING	258.027	70.152	2.334	5.336	25.676	23000	2.667	50.798
KETCHUP PACKET	1 EA	10.000	95.000	0.000	0.000	2.000	00000	0.000	3.000
MILK, CHOCOLATE NONFAT 8 OZ	EA	120.000	210.000	0.000	8.000	19.000	05000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	120.000	100.000	0.000	8.000	20.000	05000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	120.000	150.000	1.500	11.000	14.000	25000	0.000	14.000
POP-TART CINN FROSTED (2CT)	EACH	350.000	240.000	2.000	5.000	30.000	6.000*	6.000	73.000
SALSA (67SERV/Can)	1.5 OUNCES	15.028	105.198	0.000	0.000	1.503	00000	1.503	3.006
SCRAMBLED EGGS	1/4 CUP	39.912	43.065	0.988	3.398	1.183	24000	0.000	1.261
STRAWBERRIES, FRESH (5/0.5cup/#)	0.5 CUP	27.648	0.864	0.013	0.579	4.225	00000	1.728	6.636
SYRUP, MAPLE PACKET	PACKET	70.000	0.000	0.000	0.000	16.000	00000	0.000	18.000
TATER TOTS (190/0.5Cup/CS)	8 TATER TOTS	90.000	160.000	0.000	1.000	0.900	30000	1.000	14.000
TURKEY SAUSAGE LINKS	2 LINKS	120.000	180.000	2.000	12.000	0.000	60000	0.000	0.000
WAFFLE BLUEBERRY	EACH	240.000	290.000	4.000	6.000	13.000	10000	3.000	36.000
WHIPPED CREAM (18 SERV/CAN)	SERVINGS (1/4C)	58.333	0.000	1.944	0.000	3.889	10000	0.000	7.778
YOGURT PARFAIT - MIXED BERRY	EACH	209.138	90.824	0.254	5.524	21.949	35000	2.748	37.622

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

30 P H S - Senior East Campus

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)
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
COFFEE CAKE, CINNAMON CRUMB	Each	198.000	98.700	1.000	2.500	16.900	18.000	1.700	30.700
CRACKER, TIGER BITE ORIGINAL	EA	120.000	125.000	1.000	2.000	7.000	40.000	2.000	20.000
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 6OZ	EA	83.000	21.000	0.000	0.000	21.000	00.000	0.000	21.000
JUMPIN JUICE - STRAWBERRY BRK	SERVING	258.027	70.152	2.334	5.336	25.676	23.835	2.667	50.798
KETCHUP PACKET	1 EA	10.000	95.000	0.000	0.000	2.000	00.000	0.000	3.000
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
PANCAKE, SAUSAGE WRAP	EA	200.000	310.000	2.500	7.000	4.000	105.000	3.000	17.000
PEACHES, FRESH	EA	60.270	0.000	0.000	1.000	12.995	005.000	1.999	14.994
TAJIN PACKET	EA	0.000	120.000	0.000	0.000	0.000	00.000	0.000	0.000
TATER TOTS (190/0.5Cup/CS)	8 TATER TOTS	90.000	160.000	0.000	1.000	0.900	305.000	1.000	14.000
YOGURT PARFAIT - MIXED BERRY	EACH	209.138	90.824	0.254	5.524	21.949	325.481	2.748	37.622

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

30 P H S - Senior East Campus

8/29/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Cholesterol (mg)	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
CHORIZO BREAKFAST BURRIO	SERVINGS	375.164	654.703	3.629	17.007	1.800	13.893	4.435	45.558
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, ORANGE 6OZ	EA	83.000	21.000	0.000	0.000	21.000	0.000	0.000	21.000
JUMPIN JUICE - STRAWBERRY BRK	SERVING	258.027	70.152	2.334	5.336	25.676	23.335	2.667	50.798
KETCHUP PACKET	1 EA	10.000	95.000	0.000	0.000	2.000	0.000	0.000	3.000
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
MINI BAGEL, STRAWBERRY	EACH	230.093	180.003	2.501	6.000	13.000	60.003	1.998	41.003
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
SALSA (67SERV/Can)	1.5 OUNCES	15.028	105.198	0.000	0.000	1.503	0.000	1.503	3.006
TACO SAUCE PACKET	PACKET	3.835	56.564	0.005	0.100	0.368	0.000	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	1.000	14.000
YOGURT PARFAIT - MIXED BERRY	EACH	209.138	90.824	0.254	5.524	21.949	32.581	2.748	37.622

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 (30 P H S - Senior East Campus)