



Planned Menu Nutrient Analysis

Paramount Unified School District

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

8/6/2025 2:48:06 PM

Main Menu

11 Frank J. Zamboni Middle Sch

8/11/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Cholesterol (mg)	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
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
DONUT, SUPER CHOCOLATE	EA	406.667	310.000	9.350	5.600	26.333	20000	2.667	52.000
DONUT, SUPER SPRINKLE	EA	366.667	310.000	7.917	5.000	21.667	17000	2.000	47.000
JUICE, ORANGE 4 OZ	EA	60.000	10.000	0.000	1.000	13.000	00000	0.000	13.000
JUMPIN JUICE - STRAWBERRY BRK	SERVING	258.027	70.152	2.334	5.336	25.676	13000	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
ORANGE, TANGERINE FRESH	1 EA	80.560	3.040	0.059	1.231	16.082	00000	2.736	20.277
PAN DULCE	EA	200.000	90.000	1.500	5.000	8.000	65000	2.000	34.000
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
TATER TOTS (190/0.5Cup/CS)	8 TATER TOTS	90.000	160.000	0.000	1.000	0.900	30000	1.000	14.000
WATERMELON, FRESH (3/0.5Cup/#)	0.5 CUP	45.360	1.512	0.024	0.922	9.374	00000	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

11 Frank J. Zamboni Middle Sch

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	00000	1.814	10.440	
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	
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	
CINNAMON ROLL	EACH	246.617	136.990	0.520	5.159	28.219	15000	3.000	54.856	
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	
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, ORANGE 4 OZ	EA	60.000	10.000	0.000	1.000	13.000	00000	0.000	13.000	
JUMPIN JUICE - STRAWBERRY BRK	SERVING	258.027	70.152	2.334	5.336	25.676	13500	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	
MOCHA CRUMBLE COFFEE CAKE	EA	300.480	270.000	2.496	6.000	22.003	13500	1.997	36.998	
PEARS, FRESH VARIETY	EA	101.460	1.780	0.039	0.641	17.355	00000	5.518	27.109	
TATER TOTS (190/0.5Cup/CS)	8 TATER TOTS	90.000	160.000	0.000	1.000	0.900	30000	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

11 Frank J. Zamboni Middle Sch

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)
BAGEL PLAIN	EACH	216.878	230.001	0.000	7.799	3.997	100.000	1.999	44.005
BAGEL, CINN RAISIN	Each	225.000	300.000	0.380	8.250	5.250	101.000	3.000	48.000
BANANAS, SLICES	EA BANANA	112.140	1.260	0.141	1.373	15.410	001.000	3.276	28.778
BLUEBERRIES, FRESH (5/0.5cup/#)	0.5 CUP	51.710	0.907	0.025	0.671	9.036	002.000	2.177	13.145
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	200.000	0.000	0.000
CRACKER, TIGER BITE ORIGINAL	EA	120.000	125.000	1.000	2.000	7.000	400.000	2.000	20.000
CREAM CHEESE 1OZ CUP	EA	60.000	95.000	3.500	2.000	0.900	155.000	0.000	1.000
FRENCH TOAST STICKS	3 STICKS	209.962	299.945	2.500	7.999	7.999	164.991	2.000	27.995
JUICE, ORANGE 4 OZ	EA	60.000	10.000	0.000	1.000	13.000	000.000	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
KETCHUP PACKET	1 EA	10.000	95.000	0.000	0.000	2.000	000.000	0.000	3.000
MILK, CHOCOLATE NONFAT 8 OZ	EA	120.000	210.000	0.000	8.000	19.000	050.000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	120.000	100.000	0.000	8.000	20.000	050.000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	120.000	150.000	1.500	11.000	14.000	255.000	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
SCRAMBLED EGGS	1/4 CUP	39.912	43.065	0.988	3.398	1.183	248.074	0.000	1.261
STRAWBERRIES, FRESH (5/0.5cup/#)	0.5 CUP	27.648	0.864	0.013	0.579	4.225	002.000	1.728	6.636
SYRUP, MAPLE PACKET	PACKET	70.000	0.000	0.000	0.000	16.000	000.000	0.000	18.000
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
TURKEY SAUSAGE LINKS	2 LINKS	120.000	180.000	2.000	12.000	0.000	600.000	0.000	0.000
WHIPPED CREAM (18 SERV/CAN)	SERVINGS (1/4C)	58.333	0.000	1.944	0.000	3.889	198.494	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

8/6/2025 2:48:06 PM

Main Menu

11 Frank J. Zamboni Middle Sch

8/14/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Cholesterol (mg)	Total Carb (g)	Fiber (g)	Carb (g)
BAGEL PLAIN	EACH	216.878	230.001	0.000	7.799	3.997	100000	10000	1.999	44.005
BAGEL, CINN RAISIN	Each	225.000	300.000	0.380	8.250	5.250	100000	10000	3.000	48.000
CEREAL, MIX	EACH	110.040	140.000	0.000	1.000	7.000	100000	10000	1.000	23.999
CHEESE, STRING MOZZARELLA	EA	90.000	200.000	5.000	7.000	0.000	200000	20000	0.000	0.000
COFFEE CAKE, CINNAMON CRUMB	Each	198.000	98.700	1.000	2.500	16.900	180000	18000	1.700	30.700
CRACKER, TIGER BITE ORIGINAL	EA	120.000	125.000	1.000	2.000	7.000	400000	40000	2.000	20.000
CREAM CHEESE 1OZ CUP	EA	60.000	95.000	3.500	2.000	0.900	150000	15000	0.000	1.000
FRESH, ORANGE	EA	42.336	0.000	0.000	1.008	8.064	000000	00000	2.016	11.088
FRUIT COCKTAIL (17/0.5cup/Can)	0.5 CUP	60.000	10.000	0.000	0.000	14.000	000000	00000	0.000	17.000
JUICE, ORANGE 4 OZ	EA	60.000	10.000	0.000	1.000	13.000	000000	00000	0.000	13.000
JUMPIN JUICE - STRAWBERRY BRK	SERVING	258.027	70.152	2.334	5.336	25.676	135000	13500	2.667	50.798
KETCHUP PACKET	1 EA	10.000	95.000	0.000	0.000	2.000	000000	00000	0.000	3.000
MILK, CHOCOLATE NONFAT 8 OZ	EA	120.000	210.000	0.000	8.000	19.000	050000	05000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	120.000	100.000	0.000	8.000	20.000	050000	05000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	120.000	150.000	1.500	11.000	14.000	250000	25000	0.000	14.000
PANCAKE, SAUSAGE WRAP	EA	200.000	310.000	2.500	7.000	4.000	125000	12500	3.000	17.000
PEACHES, FRESH	EA	60.270	0.000	0.000	1.000	12.995	005000	00500	1.999	14.994
TAJIN PACKET	EA	0.000	120.000	0.000	0.000	0.000	000000	00000	0.000	0.000
TATER TOTS (190/0.5Cup/CS)	8 TATER TOTS	90.000	160.000	0.000	1.000	0.900	305000	30500	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 2:48:06 PM

Main Menu

11 Frank J. Zamboni Middle Sch

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)
BAGEL PLAIN	EACH	216.878	230.001	0.000	7.799	3.997	10.000	1.999	44.005
BAGEL, CINN RAISIN	Each	225.000	300.000	0.380	8.250	5.250	10.000	3.000	48.000
BANANAS, FRESH PETITE	BANANA	112.140	1.260	0.141	1.373	15.410	0.000	3.276	28.778
CARAMEL MINI CINNIS	EA	210.000	280.000	1.000	5.000	10.000	6.000	*	35.000
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	2.000	0.000	0.000
CHORIZO BREAKFAST BURRIO	SERVINGS	375.164	654.703	3.629	17.007	1.800	14.183	4.435	45.558
CRACKER, TIGER BITE ORIGINAL	EA	120.000	125.000	1.000	2.000	7.000	4.000	2.000	20.000
CREAM CHEESE 1OZ CUP	EA	60.000	95.000	3.500	2.000	0.900	1.500	0.000	1.000
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	1.363	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	0.500	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	120.000	100.000	0.000	8.000	20.000	0.500	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
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	3.000	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

11 Frank J. Zamboni Middle Sch

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)
BAGEL PLAIN	EACH	216.878	230.001	0.000	7.799	3.997	100.000	1.999	44.005
BAGEL, CINN RAISIN	Each	225.000	300.000	0.380	8.250	5.250	101.000	3.000	48.000
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	200.000	0.000	0.000
CRACKER, TIGER BITE ORIGINAL	EA	120.000	125.000	1.000	2.000	7.000	400.000	2.000	20.000
CREAM CHEESE 1OZ CUP	EA	60.000	95.000	3.500	2.000	0.900	155.000	0.000	1.000
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 4 OZ	EA	55.000	0.000	0.000	0.000	15.000	000.000	0.000	0.000
KETCHUP PACKET	1 EA	10.000	95.000	0.000	0.000	2.000	000.000	0.000	3.000
MANGO BERRY SMOOTHIE SM	EA	259.027	69.177	2.332	5.568	27.868	237.904	2.165	51.198
MILK, CHOCOLATE NONFAT 8 OZ	EA	120.000	210.000	0.000	8.000	19.000	050.000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	120.000	100.000	0.000	8.000	20.000	050.000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	120.000	150.000	1.500	11.000	14.000	250.000	0.000	14.000
ORANGE, TANGERINE FRESH	2 EA	40.280	1.520	0.030	0.616	8.041	000.000	1.368	10.138
PAN DULCE	EA	200.000	90.000	1.500	5.000	8.000	650.000	2.000	34.000
PEACHES, CANNED (17.5/0.5cup/Can)	0.5 CUP	60.087	10.102	0.000	0.000	13.119	000.000	0.000	14.133
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
WATERMELON, FRESH (3/0.5Cup/#)	0.5 CUP	45.360	1.512	0.024	0.922	9.374	000.000	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

11 Frank J. Zamboni Middle Sch

8/19/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Cholesterol (mg)	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
BAGEL PLAIN	EACH	216.878	230.001	0.000	7.799	3.997	10.000	1.999	44.005
BAGEL, CINN RAISIN	Each	225.000	300.000	0.380	8.250	5.250	10.000	3.000	48.000
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
CREAM CHEESE 1OZ CUP	EA	60.000	95.000	3.500	2.000	0.900	15.000	0.000	1.000
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, APPLE 4 OZ	EA	55.000	0.000	0.000	0.000	15.000	0.000	0.000	0.000
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	13.904	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
PEARS, FRESH VARIETY	EA	101.460	1.780	0.039	0.641	17.355	0.000	5.518	27.109
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

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

11 Frank J. Zamboni Middle Sch

8/20/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Total Fat (g)	Fiber (g)	Carb (g)
BAGEL PLAIN	EACH	216.878	230.001	0.000	7.799	3.997	100.000	1.999	44.005
BAGEL, CINN RAISIN	Each	225.000	300.000	0.380	8.250	5.250	101.000	3.000	48.000
BANANAS, SLICES	EA BANANA	112.140	1.260	0.141	1.373	15.410	004.000	3.276	28.778
BLUEBERRIES, FRESH (5/0.5cup/#)	0.5 CUP	51.710	0.907	0.025	0.671	9.036	002.000	2.177	13.145
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	200.000	0.000	0.000
CRACKER, TIGER BITE ORIGINAL	EA	120.000	125.000	1.000	2.000	7.000	400.000	2.000	20.000
CREAM CHEESE 1OZ CUP	EA	60.000	95.000	3.500	2.000	0.900	155.000	0.000	1.000
FUNNEL CAKE	EA	300.000	350.000	3.000	4.000	12.000	120.000	3.000	43.000
JUICE, APPLE 4 OZ	EA	55.000	0.000	0.000	0.000	15.000	000.000	0.000	0.000
KETCHUP PACKET	1 EA	10.000	95.000	0.000	0.000	2.000	000.000	0.000	3.000
MANGO BERRY SMOOTHIE SM	EA	259.027	69.177	2.332	5.568	27.868	237.904	2.165	51.198
MILK, CHOCOLATE NONFAT 8 OZ	EA	120.000	210.000	0.000	8.000	19.000	050.000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	120.000	100.000	0.000	8.000	20.000	050.000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	120.000	150.000	1.500	11.000	14.000	250.000	0.000	14.000
POP-TART, STRAWBERRY (2CT)	EACH	339.840	229.997	1.498	4.003	29.002	500.000	6.000	72.998
SCRAMBLED EGGS	1/4 CUP	39.912	43.065	0.988	3.398	1.183	248.054	0.000	1.261
STRAWBERRIES, FRESH (5/0.5cup/#)	0.5 CUP	27.648	0.864	0.013	0.579	4.225	002.000	1.728	6.636
SYRUP, MAPLE PACKET	PACKET	70.000	0.000	0.000	0.000	16.000	000.000	0.000	18.000
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
TURKEY SAUSAGE LINKS	2 LINKS	120.000	180.000	2.000	12.000	0.000	600.000	0.000	0.000
WHIPPED CREAM (18 SERV/CAN)	SERVINGS (1/4C)	58.333	0.000	1.944	0.000	3.889	198.894	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

11 Frank J. Zamboni Middle Sch

8/21/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Total Fat (g)	Fiber (g)	Carb (g)
BAGEL PLAIN	EACH	216.878	230.001	0.000	7.799	3.997	10.000	1.999	44.005
BAGEL, CINN RAISIN	Each	225.000	300.000	0.380	8.250	5.250	10.000	3.000	48.000
BREAD, LEMON BLUBERRY CAKE LG	SERVINGS	413.472	200.280	1.603	4.974	35.015	135.801	4.448	65.914
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
CREAM CHEESE 1OZ CUP	EA	60.000	95.000	3.500	2.000	0.900	15.000	0.000	1.000
DOUBLE CHOCOLATE CHIP MUFFIN	EACH	350.000	390.000	3.000	6.000	31.000	135.000	4.000	59.000
FRESH, ORANGE	EA	42.336	0.000	0.000	1.008	8.064	0.000	2.016	11.088
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, APPLE 4 OZ	EA	55.000	0.000	0.000	0.000	15.000	0.000	0.000	0.000
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	13.904	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	2.500	0.000	14.000
PEACHES, FRESH	EA	60.270	0.000	0.000	1.000	12.995	0.000	1.999	14.994
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

Main Menu

11 Frank J. Zamboni Middle Sch

8/22/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Cholesterol (mg)	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
BANANAS, FRESH PETITE	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	10000	2.000	32.001
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
DONUT, MINI POWDERED	PACK	270.000	290.000	4.500	4.000	19.000	110000	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 4 OZ	EA	55.000	0.000	0.000	0.000	15.000	00000	0.000	0.000
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	13700	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
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
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

8/6/2025 2:48:06 PM

Main Menu

11 Frank J. Zamboni Middle Sch

8/25/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Cholesterol (mg)	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
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
DONUT, SUPER CHOCOLATE	EA	406.667	310.000	9.350	5.600	26.333	20000	2.667	52.000
DONUT, SUPER SPRINKLE	EA	366.667	310.000	7.917	5.000	21.667	17000	2.000	47.000
JUICE, ORANGE 4 OZ	EA	60.000	10.000	0.000	1.000	13.000	00000	0.000	13.000
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
ORANGE, TANGERINE FRESH	1 EA	80.560	3.040	0.059	1.231	16.082	00000	2.736	20.277
PAN DULCE	EA	200.000	90.000	1.500	5.000	8.000	65000	2.000	34.000
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
TATER TOTS (190/0.5Cup/CS)	8 TATER TOTS	90.000	160.000	0.000	1.000	0.900	30000	1.000	14.000
WATERMELON, FRESH (3/0.5Cup/#)	0.5 CUP	45.360	1.512	0.024	0.922	9.374	00000	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

11 Frank J. Zamboni Middle Sch

8/26/2025

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	00000	1.814	10.440	
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	
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	
CINNAMON ROLL	EACH	246.617	136.990	0.520	5.159	28.219	15000	3.000	54.856	
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	
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, ORANGE 4 OZ	EA	60.000	10.000	0.000	1.000	13.000	00000	0.000	13.000	
JUMPIN JUICE - STRAWBERRY BRK	SERVING	258.027	70.152	2.334	5.336	25.676	13500	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	
MOCHA CRUMBLE COFFEE CAKE	EA	300.480	270.000	2.496	6.000	22.003	13500	1.997	36.998	
PEARS, FRESH VARIETY	EA	101.460	1.780	0.039	0.641	17.355	00000	5.518	27.109	
TATER TOTS (190/0.5Cup/CS)	8 TATER TOTS	90.000	160.000	0.000	1.000	0.900	30000	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

11 Frank J. Zamboni Middle Sch

8/27/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Cholesterol (mg)	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
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
CREAM CHEESE 1OZ CUP	EA	60.000	95.000	3.500	2.000	0.900	15000	0.000	1.000
JUICE, ORANGE 4 OZ	EA	60.000	10.000	0.000	1.000	13.000	00000	0.000	13.000
JUMPIN JUICE - STRAWBERRY BRK	SERVING	258.027	70.152	2.334	5.336	25.676	13000	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
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	100000	3.000	36.000
WHIPPED CREAM (18 SERV/CAN)	SERVINGS (1/4C)	58.333	0.000	1.944	0.000	3.889	15000	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

11 Frank J. Zamboni Middle Sch

8/28/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Cholesterol (mg)	Total Carb (g)	Fiber (g)	Carb (g)
BAGEL PLAIN	EACH	216.878	230.001	0.000	7.799	3.997	100000	10000	1.999	44.005
BAGEL, CINN RAISIN	Each	225.000	300.000	0.380	8.250	5.250	100000	10000	3.000	48.000
CEREAL, MIX	EACH	110.040	140.000	0.000	1.000	7.000	100000	10000	1.000	23.999
CHEESE, STRING MOZZARELLA	EA	90.000	200.000	5.000	7.000	0.000	200000	20000	0.000	0.000
COFFEE CAKE, CINNAMON CRUMB	Each	198.000	98.700	1.000	2.500	16.900	180000	18000	1.700	30.700
CRACKER, TIGER BITE ORIGINAL	EA	120.000	125.000	1.000	2.000	7.000	400000	40000	2.000	20.000
CREAM CHEESE 1OZ CUP	EA	60.000	95.000	3.500	2.000	0.900	150000	15000	0.000	1.000
FRESH, ORANGE	EA	42.336	0.000	0.000	1.008	8.064	000000	00000	2.016	11.088
FRUIT COCKTAIL (17/0.5cup/Can)	0.5 CUP	60.000	10.000	0.000	0.000	14.000	000000	00000	0.000	17.000
JUICE, ORANGE 4 OZ	EA	60.000	10.000	0.000	1.000	13.000	000000	00000	0.000	13.000
JUMPIN JUICE - STRAWBERRY BRK	SERVING	258.027	70.152	2.334	5.336	25.676	135000	13500	2.667	50.798
KETCHUP PACKET	1 EA	10.000	95.000	0.000	0.000	2.000	000000	00000	0.000	3.000
MILK, CHOCOLATE NONFAT 8 OZ	EA	120.000	210.000	0.000	8.000	19.000	050000	05000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	120.000	100.000	0.000	8.000	20.000	050000	05000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	120.000	150.000	1.500	11.000	14.000	250000	25000	0.000	14.000
PANCAKE, SAUSAGE WRAP	EA	200.000	310.000	2.500	7.000	4.000	125000	12500	3.000	17.000
PEACHES, FRESH	EA	60.270	0.000	0.000	1.000	12.995	005000	00500	1.999	14.994
TAJIN PACKET	EA	0.000	120.000	0.000	0.000	0.000	000000	00000	0.000	0.000
TATER TOTS (190/0.5Cup/CS)	8 TATER TOTS	90.000	160.000	0.000	1.000	0.900	305000	30500	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

11 Frank J. Zamboni Middle Sch

8/29/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Cholesterol (mg)	Fiber (g)	Carb (g)
BAGEL PLAIN	EACH	216.878	230.001	0.000	7.799	3.997	100000	1.999	44.005
BAGEL, CINN RAISIN	Each	225.000	300.000	0.380	8.250	5.250	100000	3.000	48.000
BANANAS, FRESH PETITE	BANANA	112.140	1.260	0.141	1.373	15.410	000000	3.276	28.778
CARAMEL MINI CINNIS	EA	210.000	280.000	1.000	5.000	10.000	600000	*	35.000
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
CHORIZO BREAKFAST BURRIO	SERVINGS	375.164	654.703	3.629	17.007	1.800	141832	4.435	45.558
CRACKER, TIGER BITE ORIGINAL	EA	120.000	125.000	1.000	2.000	7.000	400000	2.000	20.000
CREAM CHEESE 1OZ CUP	EA	60.000	95.000	3.500	2.000	0.900	150000	0.000	1.000
FRUIT, MIXED VARIETY	0.5 CUP	40.634	2.719	0.019	0.540	7.844	000000	1.359	10.415
JUICE, ORANGE 4 OZ	EA	60.000	10.000	0.000	1.000	13.000	000000	0.000	13.000
JUMPIN JUICE - STRAWBERRY BRK	SERVING	258.027	70.152	2.334	5.336	25.676	136835	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
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
SALSA (67SERV/Can)	1.5 OUNCES	15.028	105.198	0.000	0.000	1.503	000000	1.503	3.006
SAUCE, TACO	EACH	5.040	75.000	0.000	0.000	1.000	000000	0.000	1.000
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

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 (11 Frank J. Zamboni Middle Sch)