



Planned Menu Nutrient Analysis

Paramount Unified School District

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

8/6/2025 2:51:13 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)	Total Carb (g)	Fiber (g)	Carb (g)
CARROTS, BABY (12/0.25Cup/#)	0.25 CUP	12.950	28.860	0.009	0.237	1.761	00000	1.073	3.049
CELERY STICKS (12/0.25Cup/#)	0.25 CUP	5.292	30.240	0.016	0.261	0.507	00000	0.605	1.123
CHEESE, PARMESAN PACKET	PACKET	15.000	55.000	1.000	1.000	0.000	15000	0.000	0.000
CHICKEN, WINGS OF FIRE	2 WINGS	57.500	55.000	1.125	3.500	0.000	23350	0.000	1.250
COOKIE, CHOCOLATE CHIP RF	EA	160.000	90.000	1.500	2.000	15.000	60000	1.000	27.000
CROUTON, WG (16oz/#)	OZ	141.750	222.750	0.000	0.000	0.000	60000	0.000	20.250
DRESSING, RANCH PACKET	EA	49.200	105.960	0.720	0.120	0.600	43000	0.037	1.020
HOT SAUCE PACKET	PACKET	2.145	135.843	0.010	0.066	0.084	00001	0.047	0.287
JALAPENOS (92/2tbsp/Can) 2 TBSP		7.980	1.176	0.042	0.294	0.420	00000	*	0.798
JUICE, ORANGE 4 OZ	EA	60.000	10.000	0.000	1.000	13.000	00000	0.000	13.000
JUMPIN JUICE - STRAWBERRY LRG	1 EACH	298.164	123.297	0.728	10.635	38.266	16000	3.329	60.744
MARINARA SAUCE (75/1.4oz/Can)	SERVINGS	18.869	147.419	0.000	0.755	1.892	00000	0.755	3.024
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
MOZZARELLA SHREDDED CHEESE (16oz/#)	OZ	60.750	172.125	2.025	7.088	0.000	300325	0.000	1.013
NECTARINES, FRESH	EA	62.480	0.000	0.036	1.505	11.204	00000	2.414	14.981
PEANUT BUTTER & GRAPE JELLY SANDWICH 2.6OZ	EA	300.000	280.000	3.000	9.000	14.000	170000	4.000	32.000
PIZZA, DOMINO'S CHEESE	SLICE	310.000	620.000	4.000	21.000	5.000	100000	4.000	37.000
PIZZA, DOMINO'S PEPPERONI	SLICE	350.000	750.000	5.000	21.000	5.000	130000	4.000	37.000
POP-TART, STRAWBERRY 1 CT	Pastry	170.000	115.000	1.000	2.000	14.000	205000	3.000	36.000
ROMAINE LETTUCE CHOPPED (10/0.5cup/#)	0.5 CUP	3.995	1.880	0.009	0.289	0.280	00000	0.494	0.773
SPAGHETTI & SAUCE	1/2 CUP	201.475	235.290	0.000	7.184	8.509	10000	5.370	42.808



Planned Menu Nutrient Analysis

Paramount Unified School District

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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)	Total Carb (g)	Fiber (g)	Carb (g)
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Added Sugars standard implementation date of July 1, 2027

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)
BEANS, BAJA (NEW RECIPE)	0.5 CUP	121.842	357.702	2.497	6.423	0.029	45.883	4.956	13.476	
BEEF, GROUND TACO MEAT	2.68OZ	175.737	293.837	3.979	13.926	0.000	11.172	0.840	2.520	
40#										
CHEESE, NACHO JALAPENO SAUCE	3OZ	130.000	400.000	6.000	7.000	0.000	90.000	0.000	4.000	
CHICKEN OVEN ROASTED	EACH	159.894	150.003	3.002	17.997	0.000	85.981	0.000	0.000	
CUCUMBER SLICED (12/0.25cup/#)	0.25 CUP	2.975	0.595	0.023	0.176	0.411	00.080	0.208	0.643	
DRESSING, RANCH PACKET	EA	49.200	105.960	0.720	0.120	0.600	43.800	0.037	1.020	
ESQUITES	0.5 CUP	47.400	203.727	0.668	1.047	0.774	30.300	0.307	3.519	
FRESH, ORANGE	EA	42.336	0.000	0.000	1.008	8.064	00.000	2.016	11.088	
GUACAMOLE (200/2OZ/recipe)	2OZ	140.596	6.548	1.810	1.837	0.641	120.400	5.893	8.360	
ICEBERG LETTUCE SHREDDED (11/0.5cup/#)	0.5 CUP	5.040	3.600	0.006	0.324	0.709	00.800	0.432	1.069	
JALAPENOS (92/2tbsp/Can) 2 TBSP		7.980	1.176	0.042	0.294	0.420	00.080	*	0.798	
JICAMA STICKS (11/0.25cup/#)	0.25 CUP	15.670	1.649	0.009	0.297	0.742	00.800	2.021	3.637	
JUICE, ORANGE 4 OZ	EA	60.000	10.000	0.000	1.000	13.000	00.000	0.000	13.000	
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	
PEANUT BUTTER & GRAPE JELLY SANDWICH 2.6OZ	EA	300.000	280.000	3.000	9.000	14.000	170.000	4.000	32.000	



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)
RICE, MEXICAN	0.5 CUP	56.523	231.888	0.000	1.238	0.520	0.000	0.359	12.255	
SALSA (67SERV/Can).	1.5 OUNCES	15.028	105.198	0.000	0.000	1.503	0.000	1.503	3.006	
SOUR CREAM (16oz/#)	OUNCE	56.700	18.901	2.835	0.944	0.000	5.890	0.000	0.944	
TACO SAUCE PACKET	PACKET	3.835	56.564	0.005	0.100	0.368	0.000	0.115	0.763	
TAJIN PACKET	EA	0.000	120.000	0.000	0.000	0.000	0.000	0.000	0.000	
TOMATO, DICED (14/2tbsp/#)	2 TBSP	13.608	5.832	0.032	0.551	0.000	0.000	0.713	3.007	
TORTILLA 6 WHOLE GRAIN FLOUR"	EACH	97.000	103.000	0.000	2.000	0.000	2.000	2.000	15.000	
TORTILLA CHIPS BULK	2 OUNCE	280.000	200.000	2.000	4.000	0.000	100.000	6.000	38.000	

Added Sugars standard implementation date of July 1, 2027



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

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)
CARROTS, SHREDDED (19/0.25cup/#)	0.25 CUP	13.120	22.080	0.010	0.298	1.517	0.000	0.896	3.066
CHEESEBURGER	EA	295.000	555.000	3.250	22.500	5.000	47.500	3.000	33.000
COLESLAW SALAD (11/0.25cup/#)	0.25 CUP	314.257	669.270	3.240	0.694	0.000	23.877	1.279	21.166
CUCUMBER SLICED (12/0.25cup/#)	0.25 CUP	2.975	0.595	0.023	0.176	0.411	0.000	0.208	0.643
DRESSING, RANCH PACKET	EA	49.200	105.960	0.720	0.120	0.600	43.000	0.037	1.020
HAMBURGER ON BUN	EACH	250.000	450.000	2.000	20.000	3.000	50.000	3.000	31.000
ICEBERG LETTUCE SHREDDED (11/0.5cup/#)	0.5 CUP	5.040	3.600	0.006	0.324	0.709	0.000	0.432	1.069
JUICE, ORANGE 4 OZ	EA	60.000	10.000	0.000	1.000	13.000	0.000	0.000	13.000
KETCHUP PACKET	2 PACKS	20.000	190.000	0.000	0.000	4.000	0.000	0.000	6.000
MACARONI & CHEESE Updated	2/3 CUP	289.460	688.156	3.493	27.758	13.822	62.531	4.034	51.578
MAYONNAISE, IND	EACH	57.413	60.251	0.922	0.057	0.000	63.032	0.000	0.684
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
MUSTARD PACKETS	PACKET	4.401	65.472	0.015	0.196	0.051	0.000	0.097	0.227
PEANUT BUTTER & GRAPE JELLY SANDWICH 2.6OZ	EA	300.000	280.000	3.000	9.000	14.000	17.000	4.000	32.000
PICKLES, DILL (150 SERV/GALLON)	4 SLICES	0.020	1.619	0.000	0.000	0.000	0.000	0.000	0.000
POTATO, WAFFLE	SERVING	170.000	340.000	1.500	2.000	0.000	10.000	1.000	20.000
ROMAINE LETTUCE CHOPPED (10/0.5cup/#)	0.5 CUP	3.995	1.880	0.009	0.289	0.280	0.000	0.494	0.773
SPICY CHICKEN BURGER	BURGER	330.000	580.000	2.000	23.000	4.000	14.500	3.000	35.000
THOUSAND ISLAND DRESSING (256tbs/Gallon)	TBSP	21.707	145.217	0.011	0.000	4.498	0.000	0.138	5.255
TOMATOES, SLICED (32slices/#)	SLICES	2.552	0.709	0.004	0.125	0.373	0.000	0.170	0.551
WATERMELON, FRESH (3/0.5Cup/#)	0.5 CUP	45.360	1.512	0.024	0.922	9.374	0.000	0.605	11.416



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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 Cholesterol (mg)	Total Fiber (g)	Carb (g)
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Detailed Nutrient Analysis (Actual) for 08/01/2025 to 08/31/2025

8/6/2025 2:51:13 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)	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
CARROTS, BABY (12/0.25Cup/#)	0.25 CUP	12.950	28.860	0.009	0.237	1.761	0.000	1.073	3.049
CELERY STICKS (12/0.25Cup/#)	0.25 CUP	5.292	30.240	0.016	0.261	0.507	0.000	0.605	1.123
CHEESE, BREADED MOZZ STICK	3 STICKS	78.750	135.000	0.938	4.875	0.750	33.000	0.750	8.250
CHEESE, PARMESAN PACKET	PACKET	15.000	55.000	1.000	1.000	0.000	15.000	0.000	0.000
CROUTON, WG (16oz/#)	OZ	141.750	222.750	0.000	0.000	0.000	60.000	0.000	20.250
DRESSING, RANCH PACKET	EA	49.200	105.960	0.720	0.120	0.600	43.000	0.037	1.020
JALAPENOS (92/2tbsp/Can) 2 TBSP		7.980	1.176	0.042	0.294	0.420	0.000	*	0.798
JUICE, ORANGE 4 OZ	EA	60.000	10.000	0.000	1.000	13.000	0.000	0.000	13.000
JUMPIN JUICE - STRAWBERRY LRG	1 EACH	298.164	123.297	0.728	10.635	38.266	16.000	3.329	60.744
MARINARA SAUCE (75/1.4oz/Can)	SERVINGS	18.869	147.419	0.000	0.755	1.892	0.000	0.755	3.024
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
MOZZARELLA SHREDDED CHEESE (16oz/#)	OZ	60.750	172.125	2.025	7.088	0.000	30.375	0.000	1.013
PEANUT BUTTER & GRAPE JELLY SANDWICH 2.6OZ	EA	300.000	280.000	3.000	9.000	14.000	17.000	4.000	32.000
PIZZA, DOMINO'S CHEESE	SLICE	310.000	620.000	4.000	21.000	5.000	10.000	4.000	37.000
PIZZA, DOMINO'S PEPPERONI	SLICE	350.000	750.000	5.000	21.000	5.000	13.000	4.000	37.000
POP-TART, STRAWBERRY 1 CT	Pastry	170.000	115.000	1.000	2.000	14.000	25.000	3.000	36.000
ROMAINE LETTUCE CHOPPED (10/0.5cup/#)	0.5 CUP	3.995	1.880	0.009	0.289	0.280	0.000	0.494	0.773
SPAGHETTI & SAUCE	1/2 CUP	201.475	235.290	0.000	7.184	8.509	10.000	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

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)	Cholesterol (mg)	Total Fat (g)	Fiber (g)	Carb (g)
BROCCOLI (28/0.25cup/#)	0.25 CUP	5.500	5.357	0.006	0.457	*	00000	0.421	1.076	
CARROTS, SHREDDED (19/0.25cup/#)	0.25 CUP	13.120	22.080	0.010	0.298	1.517	00000	0.896	3.066	
CHICKEN, MANDARIN ORANGE	3.6 OUNCE	150.000	280.000	0.500	11.000	10.000	40000	0.000	19.000	
CHICKEN, TERIYAKI	2.8 OUNCE	130.000	480.000	1.000	15.000	9.000	30000	0.000	10.000	
COOKIE, FORTUNE	EA	35.000	5.000	0.000	0.500	3.000	00500	0.000	7.000	
CORN, CANNED (19/0.5Cup/Can)	0.5 CUP	8.488	1.592	0.000	0.212	0.743	00100	0.212	1.804	
DRESSING, RANCH PACKET	EA	49.200	105.960	0.720	0.120	0.600	43000	0.037	1.020	
FRIED RICE, VEGETABLE	0.5 CUP	74.210	21.681	0.211	2.317	0.721	15000	1.431	13.157	
JUICE, ORANGE 4 OZ	EA	60.000	10.000	0.000	1.000	13.000	00000	0.000	13.000	
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	15000	0.000	14.000	
ORANGE, TANGERINE FRESH	2 EA	40.280	1.520	0.030	0.616	8.041	00000	1.368	10.138	
ORIENTAL MIX VEGETABLES (168/0.5cup/bag)	0.5 CUP	4.536	6.668	0.000	0.190	0.000	00000	0.380	0.953	
PEANUT BUTTER & GRAPE JELLY SANDWICH 2.6OZ	EA	300.000	280.000	3.000	9.000	14.000	170000	4.000	32.000	
ROMAINE LETTUCE CHOPPED (10/0.5cup/#)	0.5 CUP	3.995	1.880	0.009	0.289	0.280	00000	0.494	0.773	
SAUCE, SRIRACHA PACK	EA	10.980	278.000	0.000	0.120	1.900	00000	0.000	2.100	
SESAME SALAD DRESSING (256tbsp/gallon)	TBSP	128.905	446.484	1.984	0.000	5.953	110000	0.000	5.953	
WONTON STRIPS (36serv/#)	SERVINGS	67.950	58.500	0.000	1.350	0.405	30000	0.405	7.200	

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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

11 Frank J. Zamboni Middle Sch

8/18/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Cholesterol (mg)	Fiber (g)	Carb (g)
CARROTS, BABY (12/0.25Cup/#)	0.25 CUP	12.950	28.860	0.009	0.237	1.761	0.000	1.073	3.049
CELERY STICKS (12/0.25Cup/#)	0.25 CUP	5.292	30.240	0.016	0.261	0.507	0.000	0.605	1.123
CHEESE, PARMESAN PACKET	PACKET	15.000	55.000	1.000	1.000	0.000	15.000	0.000	0.000
CHICKEN, WINGS OF FIRE	2 WINGS	57.500	55.000	1.125	3.500	0.000	13.350	0.000	1.250
CROUTON, WG (16oz/#)	OZ	141.750	222.750	0.000	0.000	0.000	60.000	0.000	20.250
DRESSING, RANCH PACKET	EA	49.200	105.960	0.720	0.120	0.600	43.000	0.037	1.020
HOT SAUCE PACKET	PACKET	2.145	135.843	0.010	0.066	0.084	0.000	0.047	0.287
JALAPENOS (92/2tbsp/Can) 2 TBSP		7.980	1.176	0.042	0.294	0.420	0.000	*	0.798
JUICE, APPLE 4 OZ	EA	55.000	0.000	0.000	0.000	15.000	0.000	0.000	0.000
MANGO BERRY SMOOTHIE LG LUNCH	EA	298.912	122.353	0.665	10.885	55.485	16.647	2.829	61.144
MARINARA SAUCE (75/1.4oz/Can)	SERVINGS	18.869	147.419	0.000	0.755	1.892	0.000	0.755	3.024
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
MOZZARELLA SHREDDED CHEESE (16oz/#)	OZ	60.750	172.125	2.025	7.088	0.000	30.325	0.000	1.013
NECTARINES, FRESH	EA	62.480	0.000	0.036	1.505	11.204	0.000	2.414	14.981
PEANUT BUTTER & GRAPE JELLY SANDWICH 2.6OZ	EA	300.000	280.000	3.000	9.000	14.000	17.000	4.000	32.000
PIZZA, DOMINO'S CHEESE	SLICE	310.000	620.000	4.000	21.000	5.000	12.000	4.000	37.000
PIZZA, DOMINO'S PEPPERONI	SLICE	350.000	750.000	5.000	21.000	5.000	14.000	4.000	37.000
POP-TART, CINNAMON FROSTED 1CT	EACH	170.000	120.000	1.000	2.000	15.000	3.000	3.000	37.000
ROMAINE LETTUCE CHOPPED (10/0.5cup/#)	0.5 CUP	3.995	1.880	0.009	0.289	0.280	0.000	0.494	0.773
SPAGHETTI & SAUCE	1/2 CUP	201.475	235.290	0.000	7.184	8.509	10.000	5.370	42.808



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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 Cholesterol (mg)	Total Carb (g)	Fiber (g)	Carb (g)
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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

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)
BEANS, BAJA (NEW RECIPE)	0.5 CUP	121.842	357.702	2.497	6.423	0.029	45.893	4.956	13.476
BEEF SOFT TACO - 2 SERV	SERVING	546.944	796.132	7.992	31.970	0.000	203.986	5.688	35.062
CHEESE, YELLOW SHRED (16oz/#)	OUNCE	110.000	190.000	6.000	6.000	0.000	90.000	0.000	0.000
CHICKEN TAMALES 5OZ	EACH	350.000	960.000	2.500	15.000	1.000	240.000	0.000	28.000
CUCUMBER SLICED (12/0.25cup/#)	0.25 CUP	2.975	0.595	0.023	0.176	0.411	00000	0.208	0.643
DRESSING, RANCH PACKET	EA	49.200	105.960	0.720	0.120	0.600	43000	0.037	1.020
ESQUITES	0.5 CUP	47.400	203.727	0.668	1.047	0.774	30800	0.307	3.519
FRESH, ORANGE	EA	42.336	0.000	0.000	1.008	8.064	00000	2.016	11.088
ICEBERG LETTUCE SHREDDED (11/0.5cup/#)	0.5 CUP	5.040	3.600	0.006	0.324	0.709	00000	0.432	1.069
JALAPENOS (92/2tbsp/Can)	2 TBSP	7.980	1.176	0.042	0.294	0.420	00000	*	0.798
JICAMA STICKS (11/0.25cup/#)	0.25 CUP	15.670	1.649	0.009	0.297	0.742	00000	2.021	3.637
JUICE, APPLE 4 OZ	EA	55.000	0.000	0.000	0.000	15.000	00000	0.000	0.000
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
PEANUT BUTTER & GRAPE JELLY SANDWICH 2.6OZ	EA	300.000	280.000	3.000	9.000	14.000	170000	4.000	32.000
RICE, MEXICAN	0.5 CUP	56.523	231.888	0.000	1.238	0.520	00000	0.359	12.255
SALSA (67SERV/Can)	1.5 OUNCES	15.028	105.198	0.000	0.000	1.503	00000	1.503	3.006
SOUR CREAM (16oz/#)	OUNCE	56.700	18.901	2.835	0.944	0.000	58901	0.000	0.944
TACO SAUCE PACKET	PACKET	3.835	56.564	0.005	0.100	0.368	00000	0.115	0.763
TAJIN PACKET	EA	0.000	120.000	0.000	0.000	0.000	00000	0.000	0.000
TOMATO, DICED (14/2tbsp/#)	2 TBSP	13.608	5.832	0.032	0.551	0.000	00000	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

11 Frank J. Zamboni Middle Sch

8/20/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Cholesterol (mg)	Fiber (g)	Carb (g)
BEANS, BAKED	0.5 CUP	106.241	136.420	0.160	13.933	3.670	0.780	1.836	36.735
CARROTS, SHREDDED (19/0.25cup/#)	0.25 CUP	13.120	22.080	0.010	0.298	1.517	0.000	0.896	3.066
CHEESE, NACHO JALAPENO SAUCE	1oz	43.333	133.333	2.000	2.333	0.000	3.000	0.000	1.333
CHILI con CARNE&BEANS (Grnd)	0.25 CUP	85.096	54.587	1.810	6.531	1.508	3.128	0.468	3.354
CUCUMBER SLICED (12/0.25cup/#)	0.25 CUP	2.975	0.595	0.023	0.176	0.411	0.000	0.208	0.643
DRESSING, RANCH PACKET	EA	49.200	105.960	0.720	0.120	0.600	43.800	0.037	1.020
HOT DOG ON A BUN	EACH	320.000	810.000	7.000	13.000	3.000	19.000	1.000	23.000
ICEBERG LETTUCE SHREDDED (11/0.5cup/#)	0.5 CUP	5.040	3.600	0.006	0.324	0.709	0.000	0.432	1.069
JUICE, APPLE 4 OZ	EA	55.000	0.000	0.000	0.000	15.000	0.000	0.000	0.000
KETCHUP PACKET	2 PACKS	20.000	190.000	0.000	0.000	4.000	0.000	0.000	6.000
MAYONNAISE, IND	EACH	57.413	60.251	0.922	0.057	0.000	63.832	0.000	0.684
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
MUSTARD PACKETS	PACKET	4.401	65.472	0.015	0.196	0.051	0.000	0.097	0.227
PEANUT BUTTER & GRAPE JELLY SANDWICH 2.6OZ	EA	300.000	280.000	3.000	9.000	14.000	17.000	4.000	32.000
POTATO, WEDGES (160serv/CS)	0.5 CUP	120.000	140.000	0.500	2.000	0.000	4.000	2.000	230.000
RELISH PACKET	PACKET	7.121	57.919	0.002	0.013	1.620	0.000	0.056	1.688
ROMAINE LETTUCE CHOPPED (10/0.5cup/#)	0.5 CUP	3.995	1.880	0.009	0.289	0.280	0.000	0.494	0.773
SPICY CHICKEN BURGER	BURGER	330.000	580.000	2.000	23.000	4.000	14.500	3.000	35.000
TOMATOES, SLICED (32slices/#)	SLICES	2.552	0.709	0.004	0.125	0.373	0.000	0.170	0.551
WATERMELON, FRESH (3/0.5Cup/#)	0.5 CUP	45.360	1.512	0.024	0.922	9.374	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

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)
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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)	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	10.440	1.814	10.440
CARROTS, BABY (12/0.25Cup/#)	0.25 CUP	12.950	28.860	0.009	0.237	1.761	00000	3.049	1.073	3.049
CELERY STICKS (12/0.25Cup/#)	0.25 CUP	5.292	30.240	0.016	0.261	0.507	00000	1.123	0.605	1.123
CHEESE, BREADED MOZZ STICK	3 STICKS	78.750	135.000	0.938	4.875	0.750	33000	8.250	0.750	8.250
CHEESE, PARMESAN PACKET	PACKET	15.000	55.000	1.000	1.000	0.000	15000	0.000	0.000	0.000
CROUTON, WG (16oz/#)	OZ	141.750	222.750	0.000	0.000	0.000	60000	20.250	0.000	20.250
DRESSING, RANCH PACKET	EA	49.200	105.960	0.720	0.120	0.600	43000	1.020	0.037	1.020
JALAPENOS (92/2tbsp/Can) 2 TBSP		7.980	1.176	0.042	0.294	0.420	00000	0.798	*	0.798
JUICE, APPLE 4 OZ	EA	55.000	0.000	0.000	0.000	15.000	00000	0.000	0.000	0.000
MANGO BERRY SMOOTHIE LG LUNCH	EA	298.912	122.353	0.665	10.885	55.485	16000	61.144	2.829	61.144
MARINARA SAUCE (75/1.4oz/Can)	SERVINGS	18.869	147.419	0.000	0.755	1.892	00000	3.024	0.755	3.024
MILK, CHOCOLATE NONFAT 8 OZ	EA	120.000	210.000	0.000	8.000	19.000	05000	20.000	0.000	20.000
MILK, STRAWBERRY FAT FREE 8OZ	EA	120.000	100.000	0.000	8.000	20.000	05000	21.000	0.000	21.000
MILK, WHITE LOW FAT 1% 8OZ	EA	120.000	150.000	1.500	11.000	14.000	25000	14.000	0.000	14.000
MOZZARELLA SHREDDED CHEESE (16oz/#)	OZ	60.750	172.125	2.025	7.088	0.000	30000	1.013	0.000	1.013
PEANUT BUTTER & GRAPE JELLY SANDWICH 2.6OZ	EA	300.000	280.000	3.000	9.000	14.000	17000	32.000	4.000	32.000
PIZZA, DOMINO'S CHEESE	SLICE	310.000	620.000	4.000	21.000	5.000	12000	37.000	4.000	37.000
PIZZA, DOMINO'S PEPPERONI	SLICE	350.000	750.000	5.000	21.000	5.000	13000	37.000	4.000	37.000
POP-TART, CINNAMON FROSTED 1CT	EACH	170.000	120.000	1.000	2.000	15.000	30000	37.000	3.000	37.000
ROMAINE LETTUCE CHOPPED (10/0.5cup/#)	0.5 CUP	3.995	1.880	0.009	0.289	0.280	00000	0.773	0.494	0.773
SPAGHETTI & SAUCE	1/2 CUP	201.475	235.290	0.000	7.184	8.509	10000	42.808	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

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)	Total Carb (g)	Fiber (g)	Carb (g)
BLUEBERRIES, FRESH (5/0.5cup/#)	0.5 CUP	51.710	0.907	0.025	0.671	9.036	0.000	2.177	13.145	
CARROTS, SHREDDED (19/0.25cup/#)	0.25 CUP	13.120	22.080	0.010	0.298	1.517	0.000	0.896	3.066	
CHEESE, YELLOW SHRED (16oz/#)	OUNCE	110.000	190.000	6.000	6.000	0.000	30.000	0.000	0.000	
CHICKEN, DRUMSTICK	EA	220.000	530.000	3.000	19.000	0.000	180.000	1.000	6.000	
CROUTON, WG (16oz/#)	OZ	141.750	222.750	0.000	0.000	0.000	60.000	0.000	20.250	
CUCUMBER SLICED (12/0.25cup/#)	0.25 CUP	2.975	0.595	0.023	0.176	0.411	0.000	0.208	0.643	
DELI ROASTED SEASONED POTATOES (160serv/cs)	1/2 CUP	290.332	469.716	1.967	13.633	0.680	24.000	3.882	47.053	
DRESSING, RANCH PACKET	EA	49.200	105.960	0.720	0.120	0.600	43.000	0.037	1.020	
HOT SAUCE PACKET	PACKET	2.145	135.843	0.010	0.066	0.084	0.000	0.047	0.287	
JUICE, APPLE 4 OZ	EA	55.000	0.000	0.000	0.000	15.000	0.000	0.000	0.000	
KETCHUP PACKET	2 PACKS	20.000	190.000	0.000	0.000	4.000	0.000	0.000	6.000	
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	
PEANUT BUTTER & GRAPE JELLY SANDWICH 2.6OZ	EA	300.000	280.000	3.000	9.000	14.000	170.000	4.000	32.000	
ROMAINE LETTUCE CHOPPED (10/0.5cup/#)	0.5 CUP	3.995	1.880	0.009	0.289	0.280	0.000	0.494	0.773	
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	
TAJIN PACKET	EA	0.000	120.000	0.000	0.000	0.000	0.000	0.000	0.000	
TURKEY SAUSAGE LINKS	2 LINKS	120.000	180.000	2.000	12.000	0.000	80.000	0.000	0.000	
WAFFLE, BUTTERY MAPLE	EA	250.000	290.000	4.000	6.000	15.000	35.000	2.000	37.000	

Added Sugars standard implementation date of July 1, 2027



Planned Menu Nutrient Analysis

8/6/2025 2:51:13 PM

Paramount Unified School District

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

Main Menu

11 Frank J. Zamboni Middle Sch

8/25/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Cholesterol (mg)	Fiber (g)	Carb (g)
CARROTS, BABY (12/0.25Cup/#)	0.25 CUP	12.950	28.860	0.009	0.237	1.761	0.000	1.073	3.049
CELERY STICKS (12/0.25Cup/#)	0.25 CUP	5.292	30.240	0.016	0.261	0.507	0.000	0.605	1.123
CHEESE, PARMESAN PACKET	PACKET	15.000	55.000	1.000	1.000	0.000	15.000	0.000	0.000
CHICKEN, WINGS OF FIRE	2 WINGS	57.500	55.000	1.125	3.500	0.000	13.350	0.000	1.250
CROUTON, WG (16oz/#)	OZ	141.750	222.750	0.000	0.000	0.000	60.000	0.000	20.250
DRESSING, RANCH PACKET	EA	49.200	105.960	0.720	0.120	0.600	43.800	0.037	1.020
HOT SAUCE PACKET	PACKET	2.145	135.843	0.010	0.066	0.084	0.000	0.047	0.287
JALAPENOS (92/2tbsp/Can) 2 TBSP		7.980	1.176	0.042	0.294	0.420	0.000	*	0.798
JUICE, ORANGE 4 OZ	EA	60.000	10.000	0.000	1.000	13.000	0.000	0.000	13.000
JUMPIN JUICE - STRAWBERRY LRG	1 EACH	298.164	123.297	0.728	10.635	38.266	16.827	3.329	60.744
MARINARA SAUCE (75/1.4oz/Can)	SERVINGS	18.869	147.419	0.000	0.755	1.892	0.000	0.755	3.024
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
MOZZARELLA SHREDDED CHEESE (16oz/#)	OZ	60.750	172.125	2.025	7.088	0.000	30.325	0.000	1.013
NECTARINES, FRESH	EA	62.480	0.000	0.036	1.505	11.204	0.000	2.414	14.981
PEANUT BUTTER & GRAPE JELLY SANDWICH 2.6OZ	EA	300.000	280.000	3.000	9.000	14.000	17.000	4.000	32.000
PIZZA, DOMINO'S CHEESE	SLICE	310.000	620.000	4.000	21.000	5.000	12.000	4.000	37.000
PIZZA, DOMINO'S PEPPERONI	SLICE	350.000	750.000	5.000	21.000	5.000	14.000	4.000	37.000
POP-TART, STRAWBERRY 1 CT	Pastry	170.000	115.000	1.000	2.000	14.000	20.000	3.000	36.000
ROMAINE LETTUCE CHOPPED (10/0.5cup/#)	0.5 CUP	3.995	1.880	0.009	0.289	0.280	0.000	0.494	0.773
SPAGHETTI & SAUCE	1/2 CUP	201.475	235.290	0.000	7.184	8.509	10.000	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
11 Frank J. Zamboni Middle Sch

8/25/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Total Cholesterol (mg)	Total Fiber (g)	Carb (g)
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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 2:51:13 PM

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)	Fiber (g)	Carb (g)
BEANS, BAJA (NEW RECIPE)	0.5 CUP	121.842	357.702	2.497	6.423	0.029	45.893	4.956	13.476
BEEF, GROUND TACO MEAT 40#	2.68OZ	175.737	293.837	3.979	13.926	0.000	11.172	0.840	2.520
BURRITO, BEAN & RED CHILI	EACH	439.401	1,063.531	3.850	15.964	0.000	149.986	8.728	59.924
CHEESE, NACHO JALAPENO SAUCE	3OZ	130.000	400.000	6.000	7.000	0.000	30.000	0.000	4.000
CUCUMBER SLICED (12/0.25cup/#)	0.25 CUP	2.975	0.595	0.023	0.176	0.411	0.000	0.208	0.643
DRESSING, RANCH PACKET	EA	49.200	105.960	0.720	0.120	0.600	43.000	0.037	1.020
ESQUITES	0.5 CUP	47.400	203.727	0.668	1.047	0.774	30.400	0.307	3.519
FRESH, ORANGE	EA	42.336	0.000	0.000	1.008	8.064	0.000	2.016	11.088
GUACAMOLE (200/2OZ/recipe)	2OZ	140.596	6.548	1.810	1.837	0.641	120.600	5.893	8.360
ICEBERG LETTUCE SHREDDED (11/0.5cup/#)	0.5 CUP	5.040	3.600	0.006	0.324	0.709	0.000	0.432	1.069
JALAPENOS (92/2tbsp/Can)	2 TBSP	7.980	1.176	0.042	0.294	0.420	0.000	*	0.798
JICAMA STICKS (11/0.25cup/#)	0.25 CUP	15.670	1.649	0.009	0.297	0.742	0.000	2.021	3.637
JUICE, ORANGE 4 OZ	EA	60.000	10.000	0.000	1.000	13.000	0.000	0.000	13.000
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
PEANUT BUTTER & GRAPE JELLY SANDWICH 2.6OZ	EA	300.000	280.000	3.000	9.000	14.000	17.000	4.000	32.000
RICE, MEXICAN	0.5 CUP	56.523	231.888	0.000	1.238	0.520	0.000	0.359	12.255
SALSA (67SERV/Can)	1.5 OUNCES	15.028	105.198	0.000	0.000	1.503	0.000	1.503	3.006
SOUR CREAM (16oz/#)	OUNCE	56.700	18.901	2.835	0.944	0.000	58.901	0.000	0.944
TACO SAUCE PACKET	PACKET	3.835	56.564	0.005	0.100	0.368	0.000	0.115	0.763
TAJIN PACKET	EA	0.000	120.000	0.000	0.000	0.000	0.000	0.000	0.000
TOMATO, DICED (14/2tbsp/#)	2 TBSP	13.608	5.832	0.032	0.551	0.000	0.000	0.713	3.007
TORTILLA CHIPS BULK	2 OUNCE	280.000	200.000	2.000	4.000	0.000	100.000	6.000	38.000



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)
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Added Sugars standard implementation date of July 1, 2027

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)	Total Carb (g)	Fiber (g)	Carb (g)
CARROTS, SHREDDED (19/0.25cup/#)	0.25 CUP	13.120	22.080	0.010	0.298	1.517	00000	0.896	3.066	
CHEESEBURGER	EA	295.000	555.000	3.250	22.500	5.000	475000	3.000	33.000	
COLESLAW SALAD (11/0.25cup/#)	0.25 CUP	314.257	669.270	3.240	0.694	0.000	231827	1.279	21.166	
CUCUMBER SLICED (12/0.25cup/#)	0.25 CUP	2.975	0.595	0.023	0.176	0.411	00000	0.208	0.643	
DRESSING, RANCH PACKET	EA	49.200	105.960	0.720	0.120	0.600	430000	0.037	1.020	
HAMBURGER ON BUN	EACH	250.000	450.000	2.000	20.000	3.000	505000	3.000	31.000	
ICEBERG LETTUCE SHREDDED (11/0.5cup/#)	0.5 CUP	5.040	3.600	0.006	0.324	0.709	000000	0.432	1.069	
JUICE, ORANGE 4 OZ	EA	60.000	10.000	0.000	1.000	13.000	000000	0.000	13.000	
KETCHUP PACKET	2 PACKS	20.000	190.000	0.000	0.000	4.000	000000	0.000	6.000	
MACARONI & CHEESE Updated	2/3 CUP	289.460	688.156	3.493	27.758	13.822	692531	4.034	51.578	
MAYONNAISE, IND	EACH	57.413	60.251	0.922	0.057	0.000	630632	0.000	0.684	
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	
MUSTARD PACKETS	PACKET	4.401	65.472	0.015	0.196	0.051	002000	0.097	0.227	
PEANUT BUTTER & GRAPE JELLY SANDWICH 2.6OZ	EA	300.000	280.000	3.000	9.000	14.000	170000	4.000	32.000	
PICKLES, DILL (150 SERV/GALLON)	4 SLICES	0.020	1.619	0.000	0.000	0.000	000000	0.000	0.000	



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)	Total Fat (g)	Fiber (g)	Carb (g)
POTATO, WAFFLE	SERVING	170.000	340.000	1.500	2.000	0.000	100.000	1.000	20.000
ROMAINE LETTUCE CHOPPED (10/0.5cup/#)	0.5 CUP	3.995	1.880	0.009	0.289	0.280	0.070	0.494	0.773
SPICY CHICKEN BURGER	BURGER	330.000	580.000	2.000	23.000	4.000	145.000	3.000	35.000
TAJIN PACKET	EA	0.000	120.000	0.000	0.000	0.000	0.000	0.000	0.000
THOUSAND ISLAND DRESSING (256tbs/Gallon)	TBSP	21.707	145.217	0.011	0.000	4.498	0.060	0.138	5.255
TOMATOES, SLICED (32slices/#)	SLICES	2.552	0.709	0.004	0.125	0.373	0.020	0.170	0.551
WATERMELON, FRESH (3/0.5Cup/#)	0.5 CUP	45.360	1.512	0.024	0.922	9.374	0.070	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

8/28/2025

Recipe	Portion Size	Calories (Kcal)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Total Sugar (g)	Total Fat (g)	Fiber (g)	Carb (g)
CARROTS, SHREDDED (19/0.25cup/#)	0.25 CUP	13.120	22.080	0.010	0.298	1.517	0.000	0.896	3.066
CHICKEN OVEN ROASTED	EACH	159.894	150.003	3.002	17.997	0.000	8.998	0.000	0.000
CHICKEN, TENDER KK	3 PIECES	250.000	730.000	3.000	15.000	1.000	15.000	1.000	13.000
CROUTON, WG (16oz/#)	OZ	141.750	222.750	0.000	0.000	0.000	6.000	0.000	20.250
CUCUMBER SLICED (12/0.25cup/#)	0.25 CUP	2.975	0.595	0.023	0.176	0.411	0.000	0.208	0.643
DINNER ROLL	EACH	90.000	150.000	0.000	3.000	2.000	10.000	2.000	17.000
DRESSING, RANCH PACKET	EA	49.200	105.960	0.720	0.120	0.600	4.300	0.037	1.020
GRAVY, CHICKEN	0.25 CUP	19.174	250.907	0.000	0.000	0.000	0.000	0.000	3.835
HOT SAUCE PACKET	PACKET	2.145	135.843	0.010	0.066	0.084	0.000	0.047	0.287
JUICE, ORANGE 4 OZ	EA	60.000	10.000	0.000	1.000	13.000	0.000	0.000	13.000
KETCHUP PACKET	1 EA	10.000	95.000	0.000	0.000	2.000	0.000	0.000	3.000
MASHED POTATOES	0.5 CUP	70.875	291.613	0.000	1.575	0.000	0.700	0.788	13.388
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
MIXED VEGETABLE, FROZEN (23/0.5cup/#)	0.5 CUP	59.150	31.850	0.028	2.603	2.839	0.000	4.004	11.912
ORANGE, TANGERINE FRESH	2 EA	40.280	1.520	0.030	0.616	8.041	0.000	1.368	10.138
PEANUT BUTTER & GRAPE JELLY SANDWICH 2.6OZ	EA	300.000	280.000	3.000	9.000	14.000	17.000	4.000	32.000
ROMAINE LETTUCE CHOPPED (10/0.5cup/#)	0.5 CUP	3.995	1.880	0.009	0.289	0.280	0.000	0.494	0.773
SAUCE, BBQ 1OZ CUP	1OZ CUP	50.572	243.917	0.007	0.280	10.349	0.000	0.360	11.988
TAJIN PACKET	EA	0.000	120.000	0.000	0.000	0.000	0.000	0.000	0.000
TOMATO GRAPE (9/0.25cup/#)	0.25 CUP	8.446	1.689	0.000	0.169	1.014	0.000	0.676	1.689

Added Sugars standard implementation date of July 1, 2027



Planned Menu Nutrient Analysis

8/6/2025 2:51:13 PM

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)
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
CARROTS, BABY (12/0.25Cup/#)	0.25 CUP	12.950	28.860	0.009	0.237	1.761	0.000	1.073	3.049
CELERY STICKS (12/0.25Cup/#)	0.25 CUP	5.292	30.240	0.016	0.261	0.507	0.000	0.605	1.123
CHEESE, BREADED MOZZ STICK	3 STICKS	78.750	135.000	0.938	4.875	0.750	33.000	0.750	8.250
CHEESE, PARMESAN PACKET	PACKET	15.000	55.000	1.000	1.000	0.000	15.000	0.000	0.000
CROUTON, WG (16oz/#)	OZ	141.750	222.750	0.000	0.000	0.000	60.000	0.000	20.250
DRESSING, RANCH PACKET	EA	49.200	105.960	0.720	0.120	0.600	43.000	0.037	1.020
JALAPENOS (92/2tbsp/Can) 2 TBSP		7.980	1.176	0.042	0.294	0.420	0.000	*	0.798
JUICE, ORANGE 4 OZ	EA	60.000	10.000	0.000	1.000	13.000	0.000	0.000	13.000
JUMPIN JUICE - STRAWBERRY LRG	1 EACH	298.164	123.297	0.728	10.635	38.266	16.000	3.329	60.744
MARINARA SAUCE (75/1.4oz/Can)	SERVINGS	18.869	147.419	0.000	0.755	1.892	0.000	0.755	3.024
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
MOZZARELLA SHREDDED CHEESE (16oz/#)	OZ	60.750	172.125	2.025	7.088	0.000	30.375	0.000	1.013
PEANUT BUTTER & GRAPE JELLY SANDWICH 2.6OZ	EA	300.000	280.000	3.000	9.000	14.000	17.000	4.000	32.000
PIZZA, DOMINO'S CHEESE	SLICE	310.000	620.000	4.000	21.000	5.000	10.000	4.000	37.000
PIZZA, DOMINO'S PEPPERONI	SLICE	350.000	750.000	5.000	21.000	5.000	13.000	4.000	37.000
POP-TART, STRAWBERRY 1 CT	Pastry	170.000	115.000	1.000	2.000	14.000	25.000	3.000	36.000
ROMAINE LETTUCE CHOPPED (10/0.5cup/#)	0.5 CUP	3.995	1.880	0.009	0.289	0.280	0.000	0.494	0.773
SPAGHETTI & SAUCE	1/2 CUP	201.475	235.290	0.000	7.184	8.509	10.000	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 2:51:13 PM

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 (11 Frank J. Zamboni Middle Sch)