

Paramount Unified School District

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)

002221	Lunch Bar - Tacos	1 CUP	14.71
<i>BREAD</i>			
003154	4.5" CORN TORTILLA	EACH	7.00
500305	AZTEC GRAIN SALAD	1 CUP	53.56
001968	BAGEL PLAIN	EACH	47.00
001976	BAGEL-BYO BREAKFAST	EACH	48.91
003354	Banana Muffin	Each	38.00
001993	BREAD 4" WHITE WHL WHEAT(9-12)	EACH	30.00
001991	BREAD, 4" HOAGIE WHT WHL WHEAT	1EACH	29.00
001996	BREAD, 4"HOAGIE WHT WHL WHT-MS	EACH	29.00
001995	BREAD, HAMBGR BUN WHITE WHL WH	EACH	30.00
001998	BREAD, HOTDOG BUN WHT WHL WHT6	EACH	27.00
001997	BREAD, HOTDOG BUN WHT WHL WT6	EACH	27.00
001210	BREADSTICK	1 EACH	23.00
001078	BUNS, MINI BURGER WHOLE WHEAT	1 EACH	18.00
000953	CEREAL, COCOA PUFFS	1 CUP	23.00
000130	CEREAL, HONEY NUT CHEERIOS BUL	BOWL PACK	22.00
101006	CEREAL, TRIX (BULK)	CUP	27.00
003203	Cheesy Cornbread Muffin, WG, 2	Each	30.00
001992	CHICKEN BURGER-BREAD	EACH	30.00
003156	Chicken Fried Rice	2/3 CUPS	103.98
003169	Chicken Fried Rice Bowl	EACH	123.98
000628	CHOW MEIN NOODLES	3/4 CUP	27.72
003155	CHOW MEIN NOODLES- Updated	3/4 CUP	27.85
003348	Cracker, Cinnamon Elf Graham	Each	21.00
002071	CRACKER,GOLDFISH WH/GRN#101403	SERVING 1.1 oz	20.00
002049	CROUTONS, WHOLE GRAIN #103051	SERVING	18.75
000036	DINNER ROLLS, WHITE, BULK	PIECE	14.00
000919	DONUT, MINI CHOCOLATE	EACH	41.00
002339	Goldfish Bread-Whole Wheat	Each	21.00
000877	GRANOLA ORIGINAL	1/2 CUP	43.00
000848	GRANOLA, HONEY & OATS w/ALMOND	CUP	37.00
001982	HAMBURGER-ELEM-BUN	EACH	30.00
003137	Holiday Graham Cracker	EACH	21.00
003299	Jurassic World Graham Crackers	EACH	21.00
500325	MEDITERRANEAN QUINOA SALAD	3/4 CUP	22.66
003370	Minni Cinnis	EACH	40.00
001130	MUFFIN, CORNMEAL WHOLE GRAIN	1 EACH	36.80
003352	Muffin, WG Banana #500683	Each	38.00
500303	OODLES OF NOODLES	CUP	43.45
002010	PANCAKES-AUNT JEMIMA #500703	EACH	13.01
002017	PASTA, SPAGHETTI-JM SWANK	1/2 CUP SERVING	81.19
500327	PEPPY QUINOA	1/2 CUP	28.60
001788	RICE A RONI	1/2 CUP	10.64
002013	RICE, CHICKEN	1/2 CUPS	20.23
002070	RICE, MEX FLVR, BRN #106714	SERVINGS	23.23
002059	RICE, MEXICAN-UNCLE BEN#106713	1/2 cup	4.88
001825	RICE, SPANISH	1/4 CUP	12.00
002005	RICE, SPANISH RICE-UNCLE BENS	1/2 CUPS	0.00
002378	Seasoning Mexican Rice Low Sod	1/2 cup	3.00
000483	TACO SHELL	EACH	9.00
001787	TORTILLA 10" WHOLE GRAIN FLOUR	EACH	29.00
000713	TORTILLA 6" WHOLE GRAIN FLOUR	EACH	14.84
000581	TORTILLA 8" WHOLE GRAIN FLOUR	EACH	19.00
000491	TORTILLA CHIPS	OZ	19.00
000173	TORTILLA CHIPS REDUCED FAT	OZ	19.00
000676	TORTILLA, CORN 6"	1 EACH	13.00
001947	TORTILLA, STRIPS WHITE CORN	1 OZ	15.12

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Paramount Unified School District

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
001482	TORTILLAS, FLOUR SMALL/HS	EACH	2.82
003221	Tostada Shell - 6"	EACH	9.00
001767	TOSTADA, BOWL	EACH	14.00
003232	Tri-Colored Tortilla Strips	Serving	4.00
002816	Wheat Garlic Toast 1" Thick Sl	EACH	16.00
002417	Wheat Mini Garlic Toast	Each	12.00
003177	White Wheat Blueberry Bagel	EACH	35.00
002380	White Whole Wheat Bagel	Each	36.00
003178	Whole Grain Baked Biscuit	EACH	13.00
002185	Whole Grain Bread Stick	Each	14.67
002377	Whole Grain Brown Rice Uncle B	1/2 Cup	35.00
002781	Whole Grain Cheese Garlic Crou	1/4 Cup	4.00
002294	Whole Grain Cheesy Cornbread M	Each	39.00
003286	Whole Grain EZ Split Biscuit	EACH	27.00
002340	Whole Grain Italian Herb Sand	Each	27.00

BRKFS

002809	Apple Cinnamon Coffee Cake	EACH	56.90
000045	APPLESAUCE CAKE	SERVING	30.47
003211	Bacon, Egg & Cheese Scramble	SERVINGS	5.32
003219	Bacon, Egg & Cheese Scramble E	1/4 Cup	2.08
003125	Bagel Sandwich	SERVING	38.00
003349	Bagel w/Cream Cheese	Serving	47.91
002794	Banana Choc Chip Coffee Cake	EACH	56.40
000285	BANANA CHOCO CHUNK BKFST BAR	EACH	48.00
001828	BISCUIT & GRAVY-BEEF	SERVING	30.73
002035	BISCUIT & GRAVY-PORK	SERVING	30.85
002008	BISCUITS	SERVING	50.00
003360	BREAKFAST BURRITO	EACH	28.03
002178	BREAKFAST BURRITO K-5	EACH	25.19
003319	Breakfast Chicken McMuffin	SERVING	29.00
002414	Breakfast Croissant	SERVING	32.67
003200	Breakfast Croissant-Elementary	SERVING	32.00
000801	BREAKFAST PIZZA	1 EACH	28.30
002317	BREAKFAST QUESADILLA K-5	EACH	16.84
003388	BREAKFAST, MINI BAR	EACH	39.00
002190	BYO BREAKFAST BURRITO	EACH	25.85
001738	BYO BREAKFAST TACO	EACH	17.61
002813	BYO Omelet Bar	EACH	34.79
001407	CEREAL, MIX	EACH	19.96
003369	CEREAL, MIX with String Cheese	EACH	19.96
001428	CHEESE EMPANADA	EACH	17.00
003404	Cheesy Quesadilla w/Tater Tots	1 EACH	33.65
001196	CHERRY DANISH	EACH	28.36
003362	Chesse BF Croissant	Sandwich	32.00
001410	CHICKEN MCBISCUIT	EACH	31.58
002463	Chocolate Granola w/Mini Mars	Each	21.00
003051	Chorizo & Scrambled Eggs	1/2 Cup	2.41
001604	CINNAMON FRENCH TOAST	EACH	30.00
000120	CINNAMON ROLL	EACH	35.00
000284	COOKIE, UBR	EACH	43.00
002549	COOKIE, UBR Chocolate Chip	EACH	43.00
000909	DONUT HOLES, CHOCOLATE CAKE	5 DONUT HOLES	27.00
001958	DONUT, SUPER CHOCOLATE	EACH	31.00
003340	DONUTS, MINI POWDERED	EACH	41.00
003287	Double Chocolate Coffee Cake	EACH	56.90
001839	EGG MC BISCUIT	SERVING	28.30
002812	Egg Omelet w/Colby Cheese	EACH	1.00
001791	EGG, HAM & CHEESE BISCUIT	1 EACH	24.17
000277	EGG, HAM & CHEESE BISCUIT	1 EACH	25.19
000283	EGGSTRAVAGANZA-BACON & CHEESE	2 OZ	0.99
002711	Energy Bowl- Berry Blend	EACH	49.62

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Paramount Unified School District

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
002710	Energy Bowl- Berry Blend	EACH	57.45
002696	Energy Bowl- Berry Blend	EACH	41.22
001478	FRENCH TOAST	EACH	30.00
000123	FUNNEL CAKE	EACH	45.00
003233	Good Morning Sandwich	SERVING	28.00
002728	Grand Slam Breakfast	EACH	27.58
000006	HAM & CHEESE MCMUFFIN	EACH	28.63
001950	HUEVOS RANCHEROS BOWL	SERVINGS	17.18
000925	JUMPIN JUICE - PEACH	1 EACH	66.39
001632	JUMPIN JUICE - STRAWBERRY	1 EACH	81.45
003131	Jumpin Juice-Banana	EACH	63.33
002341	Jumpin Juice-Berry Blend	EACH	54.64
003372	Jumpin Juice-Blueberry	EACH	71.00
003247	Jumpin Juice-Blueberry	EACH	56.83
003329	Jumpin Juice-Chocolate Banana	EACH	87.78
002637	Jumpin Juice-Orange Mango	EACH	62.28
003187	Jumpin Juice-Pineapple	EACH	74.75
002085	JUMPIN JUICE-STRAW/VNLL K-12	1 EACH	83.43
002633	Jumpin Juice-Strawberry Banana	EACH	56.58
002275	Jumpin Juice-Tropical Blend	EACH	57.30
000893	LOADED BREAKFAST BURRITO	EACH	27.62
003371	Maple Flavored Mini Pancakes	EACH	35.00
003373	Maple Flavored Mini Waffles	EACH	35.00
001323	MCMUFFIN, EGG	1 EACH	20.54
000812	MUFFIN, APPLE CINNAMON	1 EACH	33.30
001513	MUFFIN, BLUEBERRY	1 EACH	39.00
000275	MUFFIN, CHERRY	1 EACH	33.40
001960	MUFFIN, CHERRY/CHOCOLATE	EACH	32.90
000753	MUFFIN, CHOCOLATE CHIP	EACH	35.60
001444	MUFFIN, CHOCOLATE-BANANA	1 EACH	33.20
002547	Otis Apple Cinnamon Muffin	EACH	57.00
002548	Otis Chocolate ChocChip Muffin	EACH	60.00
000884	PAN DULCE	EACH	34.00
001146	PANCAKE SAUSAGE WRAP	EACH	23.40
000829	PANCAKES	EACH	18.67
000672	PEANUT BUTTER & JELLY SANDWICH	EACH	32.00
003210	Pillsbury Minni Cinnis	EACH	40.00
000046	PIZZA, BREAKFAST CHEES&SAUSAGE	EACH	14.30
001876	PIZZA, BREAKFAST CIABATTA	1 EACH	34.00
000607	POP TART, STRAWBERRY	EACH	38.00
003144	Poptart, WG Frosted Fudge IW	EACH	76.00
002636	Poptart, WG Frosted Strawberry	EACH	75.00
000776	QUESADILLA	1 EACH	18.89
001454	QUESADILLA	1 EACH	16.84
003212	Sausage Breakfast Bagel	EACH	15.73
002349	Sausage, Cheese & HB Quesadill	EACH	30.79
001476	SCRAMBLED EGGS	1/4 CUP	1.57
000748	SCRAMBLED EGGS AND HAM	1/2 CUP	5.17
001962	SCRAMBLED EGGS, HAM & CHEESE	1/4 CUP	3.07
001972	SCRMBLD EGGS, HAM & CHEESE	1/4 CUP	2.72
002750	Smoothie Recipe	EACH	56.87*
002462	Strawberry Granola w/Mini Mar	Each	22.00
003288	Streusel Coffee Cake	EACH	57.20
001296	STREUSEL COFFEE CAKE	SERVING	57.57
003279	Tater Tot Bowl	EACH	42.90
003361	Turkey & Chesse BF Croissant	Sandwich	31.80
003171	Turkey, Cheese & HB Quesadilla	EACH	32.13
001469	WAFFLE BLUEBERRY	EACH	33.00
003337	WG Cinnamon Toast Crunch Bar	EACH	40.00
003334	WG Cocoa Puffs Filled Bar	EACH	43.00
002804	WG Double Choc Chip Muffin BV	EACH	52.00
003215	WG French Toast Sticks	SERVING	28.00
002234	Whole Grain Banana Bread	Each	44.00

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Paramount Unified School District

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
003166	Whole Grain Bean & Cheese Burr	EACH	40.00
003174	Whole Grain Belg Waffle Sticks	SERVING	28.00
002629	Whole Grain Belgian Waffle	Each	32.00
003134	Whole Grain Choc Chip Crumb Ca	EACH	49.00
002338	Whole Grain Coffee Crumb Cake	Each	61.00
003161	Whole Grain Donut w/Choc Chips	EACH	43.96
002552	Whole Grain Donut w/Choc Icing	EACH	44.57
002233	Whole Grain Funnel Cake (Dutch	Each	43.00
003330	Whole Grain Glazed Break Bun	EACH	39.00
003158	Whole Grain Mini Maple Pancake	SERVING	20.00
002213	Whole Grain Turkey Pancake Wra	EACH	17.00
002179	Whole Wheat Cinnamon Roll	Each	36.00
003141	Whole Wheat Sausage & Gravy Ba	EACH	28.00
003389	YOGURT & CRACKERS	EACH	39.00
002082	YOGURT BANANA SPLIT-K-8	1 EACH	48.57
000967	YOGURT PARFAIT - PEACH	1 EACH	64.01
002084	YOGURT PARFAIT - STRAW/VANILLA	1 EACH	78.80
000951	YOGURT PARFAIT - STRAWBERRY	1 EACH	79.55
002108	YOGURT PARFAIT - STRAWBERRY	1 EACH	79.55
003132	YOGURT PARFAIT-BANANA/GRANOLA	EACH	47.79
003184	YOGURT PARFAIT-BLUEBER/GRANOLA	EACH	63.95
002464	YOGURT PARFAIT-PEACH/GRANOLA	1 EACH	65.76
001855	YOGURT PARFAIT-PEACH/GRANOLA	1 EACH	64.88
003186	YOGURT PARFAIT-PINEAPP/GRANOLA	EACH	68.50
001057	YOGURT PARFAIT-STRAW/GRANOLA	Serving	77.67
002466	YOGURT PARFAIT-STRAW/GRANOLA	Each	77.55
002086	YOGURT PARFAIT-STRW/VNLL 9-12	1 EACH	79.67
003244	Yogurt, Non Fat Danimals	EACH	14.00
000780	YOGURT, TRIX	EACH	18.00
001619	YOGURT, TRIX RASPBERRY	1 EACH	17.00

DESRT

000142	BIRTHDAY CUPCAKE - CHOCOLATE	1 EACH	35.00
000299	BIRTHDAY CUPCAKE - WHITE	1 EACH	32.00
000712	BROWNIE, COCOA CHERRY FROZEN	1 EACH	44.00
001942	CARAMEL DIP	EACH	16.00
000618	CHEETOS CHEESE FLAV. SNACKS	1 EACH	10.00
001762	CHIPS, VARIETY	1 EACH	10.00
003202	Chocolate Chip Rice Krisp Bar	EACH	34.00
000805	CLODHOPPERS, COCOA	1 EACH	27.00
000895	COCOA KRISPIES BAR	BAR	26.00
000969	COOKIE, APPLE RED DELICIOUS	1 EACH	12.48
000598	COOKIE, CHOCO CREMES SANDWICH	1 EACH	20.00
000650	COOKIE, FORTUNE	1 EACH	7.00
000174	COOKIE, FUDGE CREME	1 EACH	23.00
000298	COOKIE, FUDGE STRIPS	1 EACH	20.00
001747	COOKIE, HEART SHAPED # 102467	EACH	12.47
001822	COOKIE, HOLIDAY EASTER EGGS	EACH	12.46
001627	COOKIE, JACK O' LANTERN	EACH	12.49
000887	COOKIE, SHAMROCK	EACH	12.47
000296	COOKIE, TURKEY	1 EACH	13.76
000937	COOKIES, ABC	1 EACH	20.00
000939	COOKIES, HEARTS #102467	1 EACH	20.00
000938	COOKIES, HUGS NOT DRUGS #10246	1 EACH	20.00
000081	COOKIES, MINI CHOCOLATE CHIP	1 EACH	18.94
001020	CRACKER, GRAHAM SCOOPY-DOO	EACH	21.00
000168	CRACKERS, GOLDFISH SNACK CHEDD	1 EACH	14.00
003317	Doritos Cool Ranch Tortilla Ch	Each	20.00
002287	Doritos Nacho Cheese Tortilla	Each	20.00
000617	DORITOS NACHO CHEESIER FLAV. T	1 EACH	10.00
003270	Frog Spit Lemon Lime Push Up	EACH	18.00
000183	FRUIT SNACKS, AU'SOME NUGGETS	1 EACH	11.00

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Paramount Unified School District

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
000154	FRUIT SNACKS, CURIOUS GEORGE	1 EACH	22.00
001702	GOGURT STRAWBERRY - YOPLAIT	1 TUBE	13.00
003282	Happy Bday Chocolate Cupcake	EACH	26.00
003283	Happy Bday Vanilla Cupcake	EACH	27.00
000632	HOLIDAY COOKIE	1 EACH	18.65
001938	ICE CREAM BAR, COOKIES N CREAM	EACH	19.00
000956	ICY JUICY, SOUR APPLE	1 EACH	10.00
000102	ICY JUICY, VERY BERRY	1 EACH	10.00
001081	ICY JUICY, WATERMELON	EACH	10.00
000047	ICY JUICY, WILD CHERRY	1 EACH	9.00
003275	Jonny Pops Variety Fruit Bar	EACH	11.00
001930	JUICE BAR, FROG SPIT PUSHUP	EACH	18.00
001647	JUICE BAR, ORANGE	EACH	12.00
001648	JUICE BAR, STRAWBERRY	EACH	14.00
001628	JUICE BAR, TROPICAL	EACH	16.00
003321	Low Fat Fudge Bar	EACH	22.00
003320	Mini Ice-Cream Cone	EACH	14.00
003259	Nutrifreeze 100% Juice Bar	EACH	16.00
003278	Nutrifreeze Flavored Juice Bar	EACH	12.00
000014	POPSICLE, FIRECRACKER (FRUIT)	1 EACH	8.00
003306	Reduced Fat Ice-Cream Sandwich	EACH	25.00
001654	RICE CRISPY MINI TREAT	EACH	8.50
003284	WG Chocolate Chip Cookie	EACH	24.30
003285	WG Double Chocolate Chip Cooki	EACH	32.10
003243	Whole Grain Apple Churro	EACH	27.00
003309	Whole Grain Brownie Bite	EACH	21.00
003197	Whole Grain Chocolate Chip Min	Each	19.80
003328	Whole Grain Confetti Cookie	EACH	30.00
003341	Whole Grain Mini Apple Cinnamo	EACH	19.50
003307	Whole Grain Mini Choc Chip Muf	EACH	19.80
003318	Whole Grain Mini Pan Dulce	EACH	15.00
003314	Whole Grain Mini Rice Krispies	EACH	9.00
002446	Whole Grain Pink Heart Cookie	Each	21.00
003160	Whole Grain Triple Choc Cookie	EACH	31.00

FRUIT

003173	100% Fruit Bar Choc Cov Banana	EACH	25.00
003153	100% Fruit Bar Variety Flavors	EACH	21.00
000082	APPLE, CINNAMON	1/4 CUP	12.10
001657	APPLE, LADY SMALL	EACH	21.00
000213	APPLE, SLICES (BAG) - DOD	1 BAG	8.00
001164	APPLES, FRESH	EACH	21.04
000159	APPLES, FUJI SLICES	1/4 CUP	4.67
000804	APPLES, FUJI WEDGES	BAG	17.00
000822	APPLES, FUJI WHOLE	EACH	21.04
001596	APPLES, GRANNY SMITH SLICES	1/4 CUP	3.28
000515	APPLES, GRANNY SMITH WHOLE	EACH	16.48
000554	APPLES, SLICES	1/4 CUP	4.67
001518	APPLES, SLICES - CANNED	1/4 CUP	4.46
001167	APPLESAUCE	1/4 CUP	7.26
001956	APPLESAUCE CUP, FLAVORED	EACH	16.00
002635	Banana, Frozen Sliced Dole	Serving	32.00
000479	BANANAS, RAW PETITE	EACH	0.04
000251	BANANAS, SLICES	1/4 CUP	0.02
002389	BANANAS,RAW	EACH	23.07
001769	BLUEBERRIES, FRESH	1/4 CUP	8.22
000293	BLUEBERRIES, FROZEN	1/4 CUP	4.72
001917	CHERRIES, FRESH	1/4 CUP	5.46
003383	CRANBERRIES, DRIED	EACH	27.13
001945	FRUIT CUP, PEACH	EACH	20.26
000208	FRUIT CUP, STRAWBERRY	EACH	33.05
000205	FRUIT, FRESH	CUP	28.84*

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Paramount Unified School District

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
000245	FRUIT, FRESH ASSORTED	Servings	11.27
001224	GRAPES, FRESH	CUP	28.92
000071	GRAPES, FRESH (GREEN)	1/4 CUP	7.23
000072	GRAPES, FRESH (RED)	1/4 CUP	7.34
001923	GRAPES, FRESH MIX (GREEN/RED)	1 CUP	57.83
000545	KIWI, SLICES	1/4 CUP	3.76
001233	MANDARIN ORANGES - CAN	1/4 CUP	8.50
001644	MANGO, DICED	1/4 CUP	9.64
002658	Mango, Frz Dole Packed	1/2 Cup	15.94
000927	MELON CANTALOUPE & HONEYDEW	1/4 CUP	9.78
000993	MELON CANTALOUPE & HONEYDEW WE	2 CUP	43.28
001641	MELON CANTALOUPE & HONYDEW BAL	1/2 CUP	22.89
001695	MELON CANTALOUPE & HONYDEW CHU	2 CUP	43.28
001935	MELON, CANTALOUPE	1/4 CUP	3.26
001163	MELON, CANTALOUPE BALLS	1/2 CUP	6.20
001687	MELON, CANTALOUPE CHUNKS	1 CUP	37.01
001664	MELON, CANTALOUPE WEDGES	1 CUP	10.94
000560	MELON, HONEYDEW	1/4 CUP	3.86
001640	MELON, HONEYDEW BALLS	1/2 CUP	16.69
001694	MELON, HONEYDEW CHUNKS	1 CUP	15.45
001663	MELON, HONEYDEW WEDGES	1 CUP	32.06
000605	MIXED FRUIT - FRESH	1/4 CUP	4.57
002274	Mixed Fruit Tropical Blend	Serving (1/2c)	10.97
000556	NECTARINES, FRESH	EACH	14.35
000176	ORANGE, SECTIONS	1/2 CUP	16.00
001148	ORANGE, WEDGES	1/4 CUP	*N/A*
001244	ORANGES, FRESH	EACH	30.27
001212	PEACHES, DICED	1/4 CUP	9.13
001557	PEACHES, DICED/BREAKFAST	1/4 CUP	8.96
000088	PEACHES, FRESH	EACH	15.00
000276	PEACHES, SLICED	1/2 CUP	17.00
001246	PEARS, DICED - CAN	1/4 CUP	7.53
001150	PEARS, DICED/BRKST	1/4 CUP	7.67
000090	PEARS, FRESH	EACH	25.66
000752	PINEAPPLE RINGS - CAN	1/4 CUP	8.50
001249	PINEAPPLE TIDBITS-CAN	1/4 CUP	10.50
001450	PINEAPPLE TIDBITS/BKFST	1/2 CUP	17.86
001637	PINEAPPLE, DICED	1/4 CUP	6.80
000094	PLUMS, FRESH	EACH	7.54
001944	RAISELS, VARIETY	EACH	36.00
001708	RAISINS .5 OZ	1 BOX	10.99
000665	RAISINS 1.5 OZ	1 BOX	29.98
001937	RASPBERRIES, FRESH	1/4 CUP	3.67
002441	Rips 100% Juice Slush	Each	15.00
003267	Shape Up 100% Juice Bar	EACH	9.00
003344	Shipwreck Salad	EACH	41.42
002562	Side Kicks Frozen 100% Fruit J	EACH	20.00
000099	STRAWBERRIES, FRESH	1/4 CUP	4.60
000098	STRAWBERRIES, FROZEN	1/4 CUP	16.52
002659	Strawberries, Frz Dole Packed	1/2 Cup	6.50
000118	STRAWBERRIES, SLICED & FROZEN	CUP	66.10
000820	TANGELO	EACH	20.00
000100	TANGERINES, FRESH	EACH	11.20
001284	WATERMELON	WEDGES	5.53
000825	WATERMELON WEDGES	EACH	37.79
000106	WATERMELON, FRESH	1/4 CUP	2.10
000101	WATERMELON,CHUNKS	CUP	12.08

JUICE

001585	APPLE JUICE 4 OZ	EACH	15.00
001523	APPLE JUICE 8 OZ	1 EACH	29.00
001963	FRUIT JUICE CUP, FROZEN VARIET	EACH	16.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Paramount Unified School District

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
001618	FRUIT PUNCH 4 OZ	1 EACH	15.00
001623	FRUIT PUNCH 8 OZ	1 EACH	29.00
001612	ORANGE JUICE 4 OZ	1 EACH	14.00
001613	ORANGE JUICE 8 OZ	1 EACH	27.00
001626	WILDBERRY JUICE 4 OZ	EACH	15.00
001625	WILDBERRY JUICE 8 OZ	EACH	29.00

LUNCH

001987	ALFREDO CHEESE PASTA	1 CUP	19.42
001988	ALFREDO CHEESE SAUCE-#300906	3 oz	3.18
000499	BAKED CHICKEN	SERVING	12.26
001570	BAKED CHICKEN W/ MASHED POTATO	SERVING	53.94
001892	BAKED CHICKEN W/ MASHED POTATO	SERVING	40.45
001884	BBQ - BURGER	EACH	0.00
001800	BBQ - BURGER #700199	EACH	33.30
000089	BBQ - BURGER #700204	EACH	29.00
000107	BBQ - BURGER 9-12 #700205	1 EACH	30.00
001845	BBQ - BURGER HS	EACH	30.00
000199	BBQ - BURGER K-8	EACH	32.09
001977	BBQ - BURGER-TRIPLE B	EACH	32.11
001961	BBQ - BURGER-TRIPLE B	EACH	30.09
000235	BBQ - BURGER:G,K-5,H,OLR (SUB)	1 EACH	29.00
002376	BBQ - CHEESEBURGER-TRIPLE B	EACH	31.11
003176	BBQ - CHEESEBURGER-TRIPLE B	EACH	34.11
000104	BBQ - CHICKEN FILLET	1 EACH	32.00
000239	BBQ - CHICKEN FILLET (9-12)	EACH	35.00
001303	BBQ - CHICKEN SLIDERS	SERVING	44.76
002500	BBQ - CHICKEN SLIDERS UPDATED	SERVING	39.84
000152	BBQ - CHICKEN THIGHS	EACH	1.00
003220	BBQ - CHILI CHEESE HOTDOG	EACH	35.66
001948	BBQ - HOT DOG	1 EACH	29.00
000816	BBQ - HOT DOG BUN	EACH	27.00
001990	BBQ - HOT DOG K-8	EACH	31.00
003347	BBQ - Paramount Burger	EACH	37.78
001554	BBQ - RIB SANDWICH	EACH	39.58
002157	BBQ - SPICY CHICKEN BURGER	1 EACH	46.10
002335	BBQ CHICKEN TERIYAKI BOWL	SERVING	50.45
002318	BBQ Chicken Teriyaki Lings	Serving 2.8 oz	10.00
002012	BBQ-BEEF RIB SANDWICH	EACH	39.58
000215	BBQ-CHICKEN FILLET (ONLY)	1 EACH	2.00
002379	Bean & Cheese Pupusa	Each	35.00
001827	BEEF BOWL	SERVING	31.68
003386	BEEF CRUMBLES TACO SEASONING	3 OZ SERVINGS	4.39
002206	Beef Ravioli- Chef Boyardee	Serving	27.50
003412	BEEF TERIYAKI DUNKERS W/RICE	SERVING	29.47
002127	Beef, Bean & Cheese Burrito Fo	Burrito	74.50
000002	BEEF, BOWL	1/2 CUP	29.37
000192	BEEF, PATTY COLLOSAL #700201	EACH	5.00
000147	BEEF, PATTY TRIPLE B'S	EACH	0.11
000191	BEEF, RIB PATTY SMOKI GRLL BNL	EACH	7.58
001748	BEEF, SHAVED FULLY COOKED	SERVING	0.00
001949	BEEF, STRIPS FAJITA FLAVOR	3 OZ	2.03
002003	BEEF, TERIYAKI BLSTR (DUNKERS)	SERVING	7.07
001072	BEEF, TERIYAKI DUNKERS	SERVING	14.25
000469	BEEF, TERIYAKI DUNKERS	SERVING	9.50
000949	BEEF, TERIYAKI DUNKERS	SERVING	7.07
002865	Breakfast Nachos 6-12	SERVINGS	15.10
001493	BURRITO, FIESTA BEAN/HS	EACH	59.92
000621	BURRITO, MACHO CHILI CHEESE	1 EACH	45.15
000620	BURRITO, ULTIMATE BEAN & CHEES	EACH	52.31
000196	BURRITO, XTREME BEAN	1 EACH	53.63
001704	BYO 6" BURRITO-BEEF CRMBL4 OZ	EACH	16.85

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Paramount Unified School District

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
001050	BYO 6" CHICKEN BURRITO	EACH	16.04
001052	BYO 6" CHICKEN BURRITO	EACH	15.74
001395	BYO 8" BURRITO 3 OZ	SERVING	19.00
002076	BYO 8" BURRITO-BEEF CRMBL4 OZ	EACH	21.01
001032	BYO BURRITO - CARNE ASADA	EACH	20.70
000201	BYO BURRITO - CARNITAS PLAIN	1 EACH	19.39
000292	BYO BURRITO - CARNITAS VERDE	1 EACH	19.63
002631	BYO BURRITO - CARNITAS VERDE	1 EACH	20.16
000890	BYO BURRITO - CHICKEN	EACH	15.74
000202	BYO BURRITO - CHICKEN	EACH	19.00
002492	BYO BURRITO - Chicken K-5	SERVINGS	14.84
002491	BYO BURRITO - Chicken K-5	SERVINGS	19.00
002675	BYO BURRITO - CHICKEN VERDE	EACH	19.43
002014	BYO BURRITO - TURKEY FILLING	SERVINGS	23.00
003322	BYO BURRITO Chicken Fajita	SERVINGS	26.24
003185	BYO BURRITO Chicken w/Seas K-8	SERVINGS	20.92
002043	BYO BURRITO-BEEF CRUMBLES K-5	SERVINGS	23.39
001981	BYO BURRITO-GROUND BEEF	SERVING	20.91
000490	BYO NACHOS	SERVING	0.97*
000497	BYO NACHOS/WEST	SERVING	0.97*
003133	BYO SOFT TACO - BEEF CRUM 4-12	2 EACH	31.85
002480	BYO SOFT TACOS - Chicken 6-12	SERVING	29.68
000137	BYO SUB - BBQ PORK	1 EACH	52.04
001783	BYO SUB - BBQ PORK	(1)SERVING	34.76
000028	BYO SUB - BBQ PORK	1 EACH	44.36
000894	BYO SUB - BBQ PORK	SERVING	34.76
001765	BYO SUB - CHICKEN MARINARA	1 EACH	33.90
002369	BYO SUB - CHICKEN MARINARA	1 EACH	31.90
002522	BYO SUB - Chicken Spicy	1 EACH	30.78
001809	BYO SUB - CHICKN MARINARA 9/12	1 EACH	32.22
001749	BYO SUB - FRENCH DIP	EACH	31.00
000736	BYO SUB - MEATBALL	EACH	35.00
001953	BYO SUB - MEATBALLS	EACH	32.67
001867	BYO SUB - MEATBALLS 9-12	EACH	3.67
000687	BYO SUB - MEATBALLS 9-12	EACH	32.67
001952	BYO SUB - MEATBALLS ONLY 6-8	EACH	32.67
003010	BYO SUB - Turkey	1 EACH	29.01
002765	BYO SUB - Turkey	1 EACH	29.00
002799	BYO SUB - Turkey	1 EACH	29.00
000777	BYO SUB - TURKEY-CKD #702439	EACH	31.60
002078	BYO SUB SANDWICH - TRKY#702500	EACH	29.00
001885	BYO SUB-CHICKEN MARINARA	1 EACH	32.22
000685	BYO TACO - BEEF (2 SERVING)	1/4 CUP	19.92
001980	BYO TACO - BEEF (GRND BF-ONLY)	2 OZ SERVING	1.92
001764	BYO TACO - BEEF CRUMBLES	EACH	11.93
001740	BYO TACO - BEEF CRUMBLES 2oz	1 EACH	10.01
001763	BYO TACO - BEEF CRUMBLES 4-12	2 EACH	23.85
001886	BYO TACO - BEEF CRUMBLES K-5	1 EACH	14.46
002090	BYO TACO - Bf Crumbles K-5: 2	2 Tacos	28.93
003381	BYO Taco - Carnitas	EACH	13.00
003380	BYO Taco - Carnitas	EACH	13.00
000020	BYO TACO - GROUND BEEF-2 OZ	EACH	11.27
000686	BYO TACO - TURKEY 6-12	SERVING	22.00
001681	BYO TACO - TURKEY K-5	EACH	11.00
000194	BYO TACO BEEF:JACKSON/6-12 GR.	2 EACH	39.84
001705	BYO TACO SALAD 4 OZ	EACH	16.01
001401	BYO TOSTADA - BEEF CRUMBLES	EACH	15.01
001766	BYO TOSTADA - BEEF CRUMBLES	1 EACH	16.93
003216	BYO TOSTADA - Carnitas	EACH	14.00
003222	BYO TOSTADA - Carnitas MS	EACH	9.00
002479	BYO TOSTADA - Chicken	EACH	14.00
001843	BYO TOSTADA - CHICKEN FAJITAS	EACH	15.08
001682	BYO TOSTADA - TURKEY	EACH	16.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Paramount Unified School District

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
000166	BYO TOSTADA SUPREMA	1 EACH	16.27
001706	BYO WRAP - CHICKEN FAJITAS	EACH	15.74
001634	BYO WRAP - POP CORN CHICKEN	SERVING	32.20
000214	CARNE ASADA #500215	3 OZ	1.70
001757	CARNE ASADA #700122	3 OZ	1.51
001756	CARNE ASADA #700123	3 OZ	0.00
000619	CARNITAS	3 OZ	0.73
003188	Cheese Enchilada Plate	SERVING	40.67
003195	Cheese Enchilada Plate-Green	SERVING	41.62
002435	Cheese Enchilada Snack Bar #1	2 EACH	28.02
003192	Cheese Enchilada-Green Sauce	2 EACH	29.46
002409	Cheese Enchilada-Red	2 EACH	27.87
003209	CHEESEBURGER	EACH	35.64
000236	CHEESEBURGER MINIS	EACH	59.93
001098	CHEESEBURGER MINIS	EACH	41.00
002208	Cheeseburger Sliders #700213	SERVING	28.10
003172	CHEESEBURGER-TRIPLE B-EL	EACH	34.09
003332	Cherry Blossom Bowl	SERVING	2939.52
003331	Cherry Blossom WG Chicken	Serving	27.00
002674	Chicken & Broccoli W/ Alfredo	1/2 Cup	12.63
000004	CHICKEN ALFREDO AND NOODLES	1 CUP	19.96
001891	CHICKEN BAKED #701110	SERVING	7.00
001826	CHICKEN BOWL	SERVING	23.05
002102	Chicken Bowl 9-12: Snack Bar	Serving	56.40
002676	Chicken Bowl 9-12: Snack Bar	Serving	53.90
000846	CHICKEN BURGER - WEST	EACH	45.00
000841	CHICKEN BURGER/CDS	EACH	45.00
001492	CHICKEN BURGER/HS	EACH	45.00
003183	Chicken Combo	EACH	40.93
000023	CHICKEN ENCHILADA	2 EACH	30.85
002688	CHICKEN ENCHILADA HS Snack Bar	3 EACH	31.25
002361	CHICKEN ENCHILADA HS Snack Bar	3 EACH	43.25
003280	CHICKEN ENCHILADA PLATE SB	3 EACH	55.60
002384	CHICKEN ENCHILADA Snack Bar #2	3 EACH	42.95
002388	CHICKEN ENCHILADA-White Cheese	2 EACH	27.44
003384	Chicken Fajita Bowl	Serving	13.67
003395	Chicken Fajita Bowl 6-12	Serving	18.55
003387	Chicken Fajita Bowl 6-12	Serving	18.55
003414	Chicken Fajita Bowl 6-12 LRG	Serving	19.03
000216	CHICKEN FILLET SANDWICH	SERVING	33.00
003396	CHICKEN N' WAFFLES	SERVING	76.08
001864	CHICKEN ORANGE BOWL	SERVING	59.45
000716	CHICKEN ORANGE MANDARIN	SERVING	19.00
001760	CHICKEN OVEN ROASTED K-5	EACH	0.00
000190	CHICKEN PATTY FULLY COOKED UN	EACH	2.00
000131	CHICKEN PATTY FULLY COOKED UNB	EACH	1.00
001815	CHICKEN POLLO LOCO 6-12	1 Serving	0.00
000663	CHICKEN POP CORN	SERVING	16.97
000103	CHICKEN ROASTED	SERVING	1.50
001046	CHICKEN ROASTED 8 PC CUT UP	EACH	0.00
000904	CHICKEN ROASTED SEASONED	SERVING	1.50
000862	CHICKEN ROASTED-SERVING	SERVING	1.00
003423	Chicken Salad Sandwich G&G	EACH	69.88
003316	CHICKEN SLIDERS	SERVING	74.00
000148	CHICKEN STRIPS	3 EACH	12.00
002792	Chicken Tamale in Green Sauce	EACH	19.00
000821	CHICKEN TAQUITOS	EACH	12.00
001870	CHICKEN TENDERS HOT/SPICY 6-12	5 EACH	16.25
002632	Chicken w/ Broccoli	2 oz	2.11
003421	Chicken, Roasted Combo	SERVING	34.55
002058	CHICKEN, TERIYAKI BOWL	SERVINGS	50.45
003191	CHICKEN, TERIYAKI BOWL w/BROCC	SERVINGS	50.47
001971	CHILI	SERVING	11.91

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Paramount Unified School District

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
001863	CHILI BOWL	SERVING	39.76
000193	CHILI FRIES 6-12	1 CUP	28.74
000878	CHILI FRIES K-5	1/2 CUP	29.57
000756	CHILI FRIES K-5 GRND BEEF	SERVING	30.16
003336	CHIX TERIYAKI BOWL w/BROCC New	SERVINGS	57.02
002295	Chix-N-Fry Stix	Serving (4 pc)	16.00
000015	CORN DOGS, MINI TURKEY	SERVING	21.25
001934	CORN DOGS, MINI TURKEY	SERVING	21.25
003167	DOMINOS CHEEZILLA PIZZA	EACH	32.00
002860	DOMINOS HAWAIIAN HOT LAVA PIZZ	EACH	33.39
002895	DOMINOS HAWAIIAN PIZZA	EACH	33.43
002878	DOMINOS KICKN' CHICK PIZZA	EACH	30.00
001516	DOMINOS PIZZA	1 SLICE	32.00
003127	Drumstick, Whole Grain Breaded	EACH	5.00
001736	ENCHILADA PIE	SERVING	20.96
001799	ENCHILADA PIE	SERVING	25.58
001790	ENCHILADA, PORK CARNITAS	1 EACH	37.00
003146	Famous Chicken Bowl 6-12	Serving	59.80
003165	Famous Chicken Bowl HS SBar	Serving	113.63
002362	Famous Chicken Bowl HS SBar	Serving	36.83
002397	Famous Chicken Bowl HS SBar	Serving	54.83
003281	Fiesta Santa Fe Bean & Cheese	EACH	54.00
002319	Glazed Chicken Fillet	Serving 3 oz	3.00
002383	Grilled Cheese Goldfish Sandwi	Each	25.00
000851	GRILLED CHEESE SANDWICH	1 EACH	31.81
002113	GRILLED CHEESE Sandwich #50109	Sandwich	30.88
000971	GRILLED CHEESE SANDWICH WH/GR	1 EACH	48.90
002039	HAMBURGER-TRIPLE B-EL	EACH	32.09
002336	Hot & Spicy Breaded Chix Patty	Each	12.00
000048	HOT DOGGIES	Serving	31.50
003358	Hot Ham & Cheese Sandwich	Sandwich	32.75
002595	Hot Wings- Snack Bar	Servings	23.00
003045	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	13.12
002695	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	16.60
003002	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	18.37
003034	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	13.93
002947	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	11.66
002519	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	26.80
002903	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	12.72
002488	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	14.64
002408	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	27.09
002262	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	39.81
002231	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	33.62
002368	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	44.28
002334	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	20.19
002778	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	16.56
003296	LUNCH BAR 4-12 CHIX POLLO LOCO	1 CUP	14.11
000928	MAC & CHEESEBURGER	2/3 CUP	26.39
002465	MACARONI & CHEESE Updated	2/3 CUP	24.11
000069	MACARONI AND CHEESE	1/4 CUP	9.42*
000013	MACARONI, HAM & CHEESE	2/3 CUP	26.30
001965	MACARONI, HAM & CHEESE	2/3 CUP	24.32
003326	Meat Lasagna	EACH	8.82
003327	Meat Lasagna-Rathney	EACH	23.45
000003	MEAT LOAF	3/4" SLICE	7.04
001742	MEAT LOAF	3/4" SLICE	10.80
002473	MEAT SAUCE- PORK CRUMBLES	3/4 CUP	10.54
000129	MEATBALLS, BEEF	5 EACH	1.00
001862	MONGOLIAN BBQ	1/2 CUP	3.89
002202	MONGOLIAN BBQ	SERVING	11.98
000010	MONGOLIAN BBQ	SERVING	54.59
002044	NACHO'S - BEEF CRUMBLES 6-12	SERVINGS	26.29
000287	NACHO'S - BEEF CRUMBLES K-5	SERVINGS	26.29

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Paramount Unified School District

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
001759	NACHO'S MEAT - BEEF CRUMBLES	2 OZ	2.93
000151	NACHO'S MEAT - TURKEY TACO FIL	1 OZ	22.74
002673	NACHO'S W/ Chicken 6-12	SERVINGS	23.96
002712	NACHO'S W/ Chicken 6-12	SERVINGS	42.36
002490	NACHO'S W/ Chicken K-5	SERVINGS	23.36
002015	NACHO'S W/ TRKY TACO FIL 6-12	SERVINGS	25.36
001054	NACHO'S W/ TRKY TACO FIL K-5	SERVINGS	23.91
003175	Nacho- Chicken Fajita w/Season	SERVING	25.28
001925	NACHOS BAR - BEEF CRUMBLES	SERVING	24.67
001854	NACHOS BAR - BEEF CRUMBLES	SERVING	21.83
001926	NACHOS BAR - BEEF CRUMBLES	SERVING	43.67
001083	NACHOS BAR - TURKEY TACO FIL	SERVING	21.37
001084	NACHOS BAR - TURKEY TACO FIL	SERVING	25.12
001035	NACHOS BAR - TURKEY TACO FIL	SERVING	21.37
001048	NACHOS BAR - TURKEY TACO FIL	SERVING	41.37
001216	NACHOS WITH BEEF & CHEESE	SERVING	22.28
003239	NACHOS WITH BEEF & CHEESE	SERVING	22.28
000645	NACHOS WITH CHEESE	SERVING	40.74
003199	Papa John's Cheese Pizza	Each	39.26
003198	Papa John's Pepperoni Pizza	Each	40.00
003364	PB & J Sandwich G&G	Serving	54.62
003374	PB&J ES Combo	SERVING	32.00
003377	PIZZA, 4 CHEESE #701609	Each	36.00
001943	PIZZA, CHEESE WHOLE GRAIN	EACH	26.06
003378	PIZZA, PEPPERONI #701610	EACH	35.00
003408	PIZZA, PEPPERONI GALAXY#701604	Each	36.00
002854	PIZZA, PEPPERONI WG - THIN WED	EACH	25.59
003357	Pollo Loco Style Chicken Bowl	SERVING	21.22
002741	Potato Skins	Servings	23.61
000363	POTATO, BAKED	1 EACH	48.88
001739	POTATO, BAKED WITH CHILI	SERVING	63.21
000024	POTATO, BAKED WITH CHILI	SERVING	62.25
001608	RAVIOLI	1 CUP	30.00
002886	ROTINI PASTA & CHEESE SAUCE	1/2 CUP	34.03
002932	ROTINI PASTA & MEATLESS SAUCE	1/2 CUP	41.32
003391	SALAD, CHINESE CHICKEN ENTREE	SERVING	54.69
003367	SALAD, SOUTHWEST BBQ CHICKEN	SERVING	66.07
002478	SOFT TACO - Chicken K-5	EACH	14.84
000907	SPAGHETTI & BEEF CRUMBLES	3/4 CUP	34.79
002177	SPAGHETTI & CHEESE SAUCE	1/2 CUP	35.09
001743	SPAGHETTI & MEATLESS SAUCE	1/2 CUP	41.32
001847	SPAGHETTI & SAUCE	1/2 CUP	41.32
000195	SPAGHETTI, AND MEATBALLS	1/2 CUP	33.35
002079	SPAGHETTI, BEEF & SAUSAGE	3/4 CUP	28.99
002137	SPAGHETTI, W/ BEEF & Pork Crum	3/4 CUP	28.83
002630	SPAGHETTI, WITH GROUND BEEF	3/4 CUP	28.67
001125	SPAGHETTI, WITH GROUND BEEF	3/4 CUP	27.95
003162	Street Carnitas Tacos	SERVING	28.00
003350	Street Carnitas Tacos K-8	SERVING	14.00
003168	Street ChickenTacos	SERVING	15.92
003394	SUB, Tuna Salad	EACH	98.07
001761	SUB, TURKEY & CHEESE	EACH	31.61
003363	SUB, TURKEY HAM & CHEESE	EACH	62.34
003385	TACO BOWL (Beef Crumble)	Serving	17.04
001553	TACO SNACK	EACH	38.00
001967	TAMALE BEAN & PORK	EACH	22.00
003335	Tender Teriyaki Chicken	Serving	14.00
003393	Teriyaki Chicken Bowl	SERVING	20.15
003415	Teriyaki Chicken Bowl Large	SERVING	20.15
003346	Teriyaki Chicken Burger	EACH	38.84
002410	Three Cheese Enchilada-Green	2 EACH	33.25
001488	TRIANGLE SANDWICH	Sandwich	27.60
002914	TRIANGLE SANDWICH, ECE	Sandwich	14.30

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Paramount Unified School District

No.	Description	Portion Size	Carbohydrates (Grams)
003355	TUNA SALAD SANDWICH	1/2 Cup	39.72
002418	Turkey & Chesse Croissant	Sandwich	32.50
001139	TURKEY & GRAVY ELEMENTARIES	1/2 CUP	6.72
000133	TURKEY & GRAVY:JACK,6-8,&BV	1/2 CUP	2.49
003135	TURKEY CHOPPED FOR MASHED POT	2 oz of cooked	1.61
001063	TURKEY ROAST-CKD	3 OZ	2.99
002382	TURKEY ROAST-CKD-Solo	2 OZ	0.00
000171	TURKEY ROAST-RAW #702500	3 OZ	1.65
001964	TURKEY SLIDERS	SERVING	37.86
001966	TURKEY SLIDERS-W/POTATOES	SERVING	58.06
002520	Whole Grain Chicken Corn Dogs	Serving	29.21
002120	Whole Grain Chicken Nuggets- E	3.8 oz	23.45
002438	Whole Grain Chicken Taquitos	Serving (2 ea)	27.00
003310	Whole Grain French Bread Peppe	EACH	34.70
002126	Whole Grain Grilled Cheese San	Sandwich	30.54
003311	Whole Grain Homestyle Chicken	SERVING	16.00
002125	Whole Grain Hot & Spicy Chicke	Serving	14.10
002677	Whole Grain Jumbo Ravioli Chee	Serving	24.00
002424	Whole Grain Sourdough Grilled	Each	31.95
003201	Wings, Honey BBQ	SERVING	6.00
003365	YOGURT PARFAIT LG-PEACH	EACH	96.39

M/MA

001994	BBQ - RIB SANDWICH-PATTY ONLY	EACH	12.00
003403	BBQ Chicken Burger	EACH	36.80
003366	BBQ CHICKEN FAJITA	3.6 oz Serving	5.87
003359	BBQ Sauce Chicken	1 Serving	9.18
002051	BEEF MELT SANDWICH-K8 #700123	EACH	31.00
000888	BEEF, CRUMBLES	2 OZ	1.01
001099	BEEF, PATTY	1 EACH	1.00
002002	BYO STEAK BURRITO 9-12	SERVING	24.00
000290	BYO TOSTADA - GROUND BEEF-2 OZ	1 EACH	16.27
001696	CHEESE MIX - JACK & AMERICAN	1 OZ	4.41
001531	CHEESE, AMERICAN SHREDDED	OZ	2.03
002068	CHEESE, CHDR SHRD MLD #700504	SERVINGS	1.01
000371	CHEESE, MONTEREY JACK	OZ	6.80
003410	CHEESE, MOZZARELLA SHRED	OZ	1.33
003078	Cheese, Mozzarella String	EACH	0.00
000361	CHEESE, SLICED REDUCED FAT-HS	OZ	2.03
002346	CHICKEN BURGER Elementary	burger	44.00
002337	CHICKEN BURGER Hot & Spicy	Each	44.00
002496	CHICKEN FAJITA W/BROCOLLI	OZ	2.18
000675	CHICKEN FAJITAS	OZ	0.30
003406	CHICKEN FAJITAS SOFT TACO	SERVING	15.14
002326	CHICKEN FILLET BREAST BURGER	EACH	35.00
002103	Chicken Tenderloin Fritters CK	3 tendors	19.50
002046	CHICKEN, TERIYAKI #701103	SERVING	10.97
000117	CHILI - CARNE&BEANS-SIDE (CRUM	1/2 CUP	13.16
000730	CHILI con CARNE&BEANS - SIDE	1/2 CUP	12.94
001969	CREAM CHEESE, PLAIN WHIPPED	2 TBSP	0.00
001586	HAM ROAST	OZ	0.00
000237	HAM, SMOKED, BONELESS, COOKED,	2 OZ	2.00
001975	HOT DOG	EACH	1.00
001999	HOT DOG-HOFFY 8/1-EL	EACH	4.00
002000	MEATBALLS, BEEF #700212	SERVING	7.06
000218	NACHO'S MEAT - GROUND BEEF	1/4 CUP	1.92
002009	NACHO'S MEAT - TURKEY-IN PROGR	1/4 CUP	4.87
003353	Peanut Butter Package	Each	3.49
000282	PORK BREAKFAST SAUSAGE PATTY	1 EACH	1.00
001071	PORK ROAST	1 OZ	0.00
003351	Pork, Pulled, Cooked #110730	2 oz	0.00
001906	PORK, RIB HNY BBQ PATTY	1 EACH	12.00

***N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient**

*** - denotes combined nutrient totals with either missing or incomplete nutrient data**

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Paramount Unified School District

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
001659	PORK, SAUSAGE, CRMBLES, PRECKD	1 OZ	1.02
002805	Pre Cooked Turkey Chunked W/D	Serving (2.9oz)	0.00
002678	Pre-Cooked Turkey & Gravy W/D	Serving	2.00
002798	Pre-Sliced Browned Turkey Stea	Serving	0.00
000847	SAUSAGE LINKS	SERVING	2.00
001895	SCRAMBLED EGGS	1/4 CUP	1.54
001126	SPICY CHICKEN BURGER	burger	46.10
003392	TERIYAKI CHICKEN	SERVINGS	7.95
002503	Turkey Bacon Fully Cooked Jenn	Each	0.00
000974	TURKEY SAUSAGE PATTY	EACH	0.00
002004	TURKEY TACO FILLING-#700329	SERVING	2.00
002001	TURKEY TACO FILLING-#700330	SERVING	3.00
000758	TURKEY, BREAST DELI SMOKED	OZ	0.50
003050	Turkey, Chorizo Sausage Crumbl	SERVING	1.00
002064	TURKEY, HAM CKD DICED-JENNIE O	SERVING	1.00
002764	Turkey, Pre-Sliced Jennie-O	Serving	0.00
000146	TURKEY, TACO FILLING, FULLY CO	OZ	1.00
003315	Unbreaded Chicken Patty	EACH	1.00
002489	Unseasoned Chicken Strips, Coo	1.25 oz	0.00
003324	WG Breaded Homestyle Chunks	SERVING	14.00
003214	WG Grain Breaded Bone-In Chick	Each	6.00
003164	Whole Grain Breaded Chick Bite	EACH	16.00

MILK

001614	MILK, CHOCOLATE NONFAT	1 EACH	22.00
001615	MILK, STRAWBERRY NON FAT	1 EACH	27.00
001616	MILK, WHITE 1%	1 EACH	14.00

MISC

003297	*Update* Frappuccino- HS	SERVING	63.09
001171	BACON BITS	1 TSP	0.66
001603	CAPPUCCINO	6 oz	15.43
001737	CHICKEN FAJITA WRAP	1 WRAP	35.24
000182	CHICKEN PATTIES BREADED FULLY	1 EACH	5.58
001005	CHILI POWDER	1 TSP	1.01
001824	CHOCOLATE COVERED BANANA	EACH	7.45
001823	CHOCOLATE COVERED STRAWBERRY	EACH	11.07
102200	COCONUT, FLAKE: CORAL BAY	SERVING	7.00
001621	COTTAGE CHEESE LOWFAT	1 OZ	1.00
000184	EGG, BOILED	EACH	0.53
003190	Frappuccino	SERVING	26.84
001818	FRUIT KABOBS	EACH	16.58
001006	LEMON JUC, CND OR BTLD	1 OZ	1.38
001334	MARGARINE	1 OZ	0.00
000485	MAYONNAISE, INDIVIDUAL	EACH	0.00
000111	MAYONNAISE, INDIVIDUAL RED. C	EACH	2.00
002088	No School	each	0.00
000113	PEACHES, SLICED CANNED CLING	CUP	36.52
001275	PEPPERS, JALAPENO	OZ	0.94
001797	RICE, BROWN LONG GRAIN PARBOIL	1/2 CUP	6.10
000630	ROTINI NODDLES	1/2 CUP	27.09
000124	ROTINI NOODLES: COOKED	1/4 CUP	10.02
000892	SEASONING BLEND, MRS DASH ORIG	1/4 TSP	0.00
001620	SOUR CREAM	1 TBSP	0.50
000186	SPAGHETTI, PLAIN NOODLES	1/2 CUP	19.89
000291	SPRINKLES, CANDY #107445	1 TSP	1.54
001928	TAJIN CHILI PWD 107303	1/4 TSP	0.00
000039	TRAIL MIX	1 TSP	1.92
001819	VEGGIE GARDEN PLATTER	2 OZ	5.44
000835	WALNUTS, CHOPPED	CUP	4.00
000338	WHIPPED TOPPING	2 TBSP	2.01

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Paramount Unified School District

No.	Description	Portion Size	Carbohydrates (Grams)
000074	YOGURT, STRAWBERRY LOW FAT	1 CUP	47.00
000476	YOGURT, VANILLA LOW FAT	1 CUP	51.00

SAL

003225	Apple Cranberry Walnut Salad	1/2 CUP	12.91
000185	ASIAN CHICKEN SALAD (FRIDAY)	1 EACH	63.04
001875	ASIAN CHICKEN SALAD (FRIDAY)	1 EACH	62.12
000278	BREAKFAST BAR-MS WK1/DAY3	1 1/2 CUP	6.65
001691	BREAKFAST NACHOS K-8	1 SERVING	22.97
001483	CHEF SALAD	1 EACH	53.88
001871	CHEF SALAD (MONDAY)	1 EACH	32.03
001874	CHICKEN CAESAR SALAD (THURS)	1 EACH	38.98
000187	CHICKEN CAESAR SALAD (THURS)	1 EACH	19.65
001484	CHICKEN FAJITA SALAD (TUESDAY)	1 EACH	16.08
001872	CHICKEN FAJITA SALAD (TUESDAY)	1 EACH	35.41
003148	Chicken Salad	1/2 CUP	3.50
003356	Chicken Salad w/Cranberries	1/2 CUP	11.53
003151	Egg Salad	1/3 Cup	0.13
001034	HAM SALAD SHAKER	EACH	6.34
002888	LUNCH BAR - BBQ RIB-WED	1 CUP	26.07
002953	LUNCH BAR - BBQ RIB-WED	1 CUP	29.81
002322	LUNCH BAR - BBQ RIB-WED	1 CUP	20.16*
003065	LUNCH BAR - BBQ RIB-WED	1 CUP	34.80
002040	LUNCH BAR - BBQ RIB-WED	1 CUP	30.35
002733	LUNCH BAR - BBQ RIB-WED	1 CUP	22.91*
003217	LUNCH BAR - BBQ Western B	1 CUP	14.65
001047	LUNCH BAR - FRIDAY	1 CUP	21.61
001030	LUNCH BAR - FRIDAY	1 CUP	33.89
001931	LUNCH BAR - MONDAY	1 CUP	39.38
001043	LUNCH BAR - MONDAY	1 CUP	39.93
001026	LUNCH BAR - MONDAY	1 CUP	26.75
001029	LUNCH BAR - THURSDAY	1 CUP	9.83
001936	LUNCH BAR - THURSDAY	1 CUP	14.71
001045	LUNCH BAR - THURSDAY	1 CUP	15.25
002601	LUNCH BAR - THURSDAY	1 CUP	9.34
002991	LUNCH BAR - THURSDAY	1 CUP	5.84
002628	LUNCH BAR - THURSDAY	1 CUP	9.63
001056	LUNCH BAR - THURSDAY	1 CUP	10.81
002123	LUNCH BAR - THURSDAY Nectarine	1 CUP	9.50
001036	LUNCH BAR - TUESDAY	1 CUP	25.70
001055	LUNCH BAR - TUESDAY	1 CUP	21.39
001027	LUNCH BAR - TUESDAY	CUP	14.22
003274	LUNCH BAR - WEDNESDAY	1 CUP	22.52
002600	LUNCH BAR - WEDNESDAY	1 CUP	22.81
001028	LUNCH BAR - WEDNESDAY	1 CUP	16.06
002623	LUNCH BAR - WEDNESDAY	1 CUP	25.52
001044	LUNCH BAR - WEDNESDAY	serving	9.95
003252	LUNCH BAR - WEDNESDAY	1 CUP	29.74
002990	LUNCH BAR - WEDNESDAY	1 CUP	36.51
001932	LUNCH BAR - WEDNESDAY	1 CUP	18.71*
002131	LUNCH BAR - WEDNESDAY Beans	1 CUP	30.97*
003022	LUNCH BAR 6-12 W2D2	1 CUP	17.61
001645	LUNCH BAR ELEM WK3/MON	1 1/2 CUP	26.73
003234	LUNCH BAR HS CHIX POLLO LOCO	1 CUP	10.68
002163	LUNCH BAR HS CHIX POLLO LOCO	1 CUP	4.87
002087	LUNCH BAR HS CHIX POLLO LOCO	1 CUP	3.07
002506	LUNCH BAR MS CHIX POLLO LOCO	1 CUP	10.90
002961	LUNCH BAR MS CHIX POLLO LOCO	1 CUP	10.43
003043	LUNCH BAR MS CHIX POLLO LOCO	1 CUP	10.90
003323	LUNCH BAR MS CHIX POLLO LOCO	1 CUP	11.23
002656	LUNCH BAR MS CHIX POLLO LOCO	1 CUP	11.98
002307	LUNCH BAR MS CHIX POLLO LOCO	1 CUP	8.10

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Paramount Unified School District

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
003099	LUNCH BAR MS CHIX POLLO LOCO	1 CUP	11.33
002197	LUNCH BAR MS CHIX POLLO LOCO	1 CUP	14.78
002938	LUNCH BAR MS CHIX POLLO LOCO	1 CUP	11.98
002786	LUNCH BAR MS CHIX POLLO LOCO	1 CUP	14.29
001852	LUNCH BAR MS CHIX POLLO LOCO	1 CUP	7.67
002353	LUNCH BAR MS CHIX POLLO LOCO	1 CUP	15.82
003049	LUNCH BAR MS CHIX POLLO LOCO	1 CUP	10.70
002147	LUNCH BAR WK 1&3 HS-POLLO LOCO	1 CUP	10.67
002067	LUNCH BAR WK 1&3 HS-POLLO LOCO	1 CUP	6.06
002118	Lunch Bar WK 1&3 HS-POLLO LOCO	1 CUP	22.15
002577	LUNCH BAR WK 2&4 HS-POLLO LOCO	1 CUP	9.42
002550	LUNCH BAR WK 2&4 HS-POLLO LOCO	1 CUP	22.24
002646	LUNCH BAR WK 2&4 HS-POLLO LOCO	1 CUP	9.50
002708	LUNCH BAR WK 2&4 HS-POLLO LOCO	1 CUP	12.99
002724	LUNCH BAR WK 2&4 HS-POLLO LOCO	1 CUP	12.27
002749	LUNCH BAR WK 2&4 HS-POLLO LOCO	1 CUP	11.19
002880	LUNCH BAR WK 2&4 HS-POLLO LOCO	1 CUP	9.70
002931	LUNCH BAR WK 2&4 HS-POLLO LOCO	1 CUP	14.08
003059	LUNCH BAR WK 2&4 HS-POLLO LOCO	1 CUP	14.08
002864	LUNCH BAR WK 2&4 HS-POLLO LOCO	1 CUP	9.50
002316	LUNCH BAR WK 2&4 HS-POLLO LOCO	1 CUP	9.68
002204	LUNCH BAR WK 2&4 HS-POLLO LOCO	1 CUP	10.75
002360	LUNCH BAR WK 2&4 HS-POLLO LOCO	1 CUP	13.56
000637	MACARONI AND TUNA SALAD	1/4 CUP	7.52
003143	Macaroni Salad with Tuna	Serving 1/2cup	16.89
001286	PASTA SALAD	3/8 CUP	8.49
001426	PASTA SALAD	1/2 CUP	20.07
002667	PASTA SALAD w/CHICKEN	1/2 CUP	22.24
000586	PASTA SALAD w/HAM	1/2 CUP	23.82
002057	PASTA SALAD w/o HAM	1/2 CUP	22.81
000280	PIZZA SALAD BAR- WEST WK4/DAY3	1 3/4 CUP	23.57
001419	SALAD 4 WAY	1/4 CUP	0.98
001496	SALAD 4 WAY/HS	1 CUP	11.93
000449	SALAD BAR-EL WK3/DAY 1	1 CUP	55.17
000450	SALAD BAR-EL WK3/DAY 2	1 CUP	32.35
000451	SALAD BAR-EL WK3/DAY 3	1 1/2 CUP	10.16
000452	SALAD BAR-EL WK3/DAY 4	1 1/2 CUP	12.24
000453	SALAD BAR-EL WK3/DAY 5	1 1/2 CUP	6.06
000399	SALAD BAR-EL WK4/DAY 2	1 1/2 CUP	17.43
000398	SALAD BAR-EL WK4/DAY 3	1 1/2 CUP	22.89
000400	SALAD BAR-EL WK4/DAY 4	1 1/2 CUP	1.07
000401	SALAD BAR-EL WK4/DAY 5	1 1/2 CUP	4.95
000402	SALAD BAR-EL WK5/DAY 1	1 CUP	51.11
000403	SALAD BAR-EL WK5/DAY 2	1 CUP	68.13
000405	SALAD BAR-EL WK5/DAY 4	1 CUP	0.00
000406	SALAD BAR-EL WK5/DAY 5	1 CUP	17.01
000441	SALAD BAR-MG WK1/DAY 4	1 CUP	20.60
000442	SALAD BAR-MG WK1/DAY 5	1 CUP	17.01
000443	SALAD BAR-MG WK2/DAY 1	1 CUP	68.78
000445	SALAD BAR-MG WK2/DAY 2	1 CUP	54.03
000446	SALAD BAR-MG WK2/DAY 3	1 CUP	64.15
000447	SALAD BAR-MG WK2/DAY 4	1 CUP	26.95
000448	SALAD BAR-MG WK2/DAY 5	1 CUP	41.50
000454	SALAD BAR-MG WK4/DAY 1	1 CUP	26.54
000455	SALAD BAR-MG WK4/DAY 2	1 CUP	26.54
000457	SALAD BAR-MG WK4/DAY 4	1 CUP	9.53
000458	SALAD BAR-MG WK4/DAY 5	1 CUP	51.11
000459	SALAD BAR-MG WK5/DAY 1	1 CUP	51.11
000460	SALAD BAR-MG WK5/DAY 2	1 CUP	68.13
000462	SALAD BAR-MG WK5/DAY 4	1 CUP	0.00
000463	SALAD BAR-MG WK5/DAY 5	1 CUP	17.01
000110	SALAD SHAKER - SMALL	1 EACH	5.28
003424	SALAD, CHICKEN CAESAR ENTREE	1 EACH	46.27

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Paramount Unified School District

No.	Description	Portion Size	Carbohydrates (Grams)
003368	SALAD, SIDE (DAILY)	EACH	19.27
002038	SALAD, SIDE (FRI)	EACH	2.00
001939	SALAD, SIDE (MON/THUR)	EACH	3.54
002036	SALAD, SIDE (TUE)	EACH	19.39
002454	SALAD, SIDE (TUE) Bean & Chips	EACH	17.28
002037	SALAD, SIDE (WED)	EACH	6.26
002455	SALAD, SIDE (WED) Edamame	EACH	9.00
003298	SALAD, SIDE CUC & JIC (FRI)	EACH	4.00
001873	SANTA FE CHICKEN SALAD (WED)	1 EACH	51.06
001487	SANTA FE CHICKEN SALAD (WED)	1 EACH	26.89

SC

000677	ALFREDO SAUCE	1/4 CUP	7.00
001572	AVOCADO SAUCE	1 OZ	2.00
001633	BUFFALO RANCH	1 OZ	1.78
001187	CATSUP 10/CAN	TSP	1.18
001188	CATSUP, INDIVIDUAL	1 EACH	2.00
002885	CATSUP, SRIRACHA INDIVIDUAL	EACH	2.00
001814	CHEESE, JALAPENO SAUCE	OZ	1.37
003333	CHEESE, JALAPENO SAUCE	3 OZ	4.12
000144	CHEESE, SAUCE MUCHO QUESO JALA	1 OZ	1.37
001690	CHILAQUILES SAUCE	1 OZ	1.82
000651	DRESSING, ORIENTAL SALAD	OZ	5.32
001064	GRAVY, CHICKEN	1/4 CUP	0.40
000026	GRAVY, CHICKEN MIX	2 OZ	0.40
002007	GRAVY, COUNTRY WHITE MIX	OZ	2.36
002801	La Victoria Salsa Picante Mild	TBSP	1.00
002207	Low Sodium Teriyaki Sauce	each	5.64
002653	Maple Heat N Ice Icing	2 TBSP	40.22
000759	MAYONNAISE, LITE (CHEFS PRIDE)	TSP	0.33
001835	MEATSAUCE	3/4 CUP	8.06
001859	MEATSAUCE #107213	3/4 CUP	7.50
000905	MEATSAUCE #303801	3/4 CUP	10.46
001918	MEATSAUCE w/BEEF CRUMBLES	3/4 CUP	11.47
001374	MEATSAUCE w/BEEF CRUMBLES	3/4 CUP	11.47
002075	MEATSAUCE, SAUSAGE/BEEF	3/4 CUP	9.09
000784	MUSTARD	TSP	0.94
002440	MUSTARD PACKET	EACH	1.00
000680	RANCH DRESSING	1 OZ	1.56
003145	Relish, Sweet Pickle	OZ	11.00
000488	Salsa, YUMMY CHUNKY SALSA	1/2 oz	5.02
001370	SAUCE, BBQ #107200	OZ	5.67
001689	SAUCE, EL PATO (MEXICAN HOT ST	OZ	1.01
002634	SAUCE, EMBASA SALSA VERDE MEDI	SERVING	1.00
000764	SAUCE, ENCHILADA GREEN	1 OZ	1.42
000765	SAUCE, HOT WING FRANK'S REDHOT	OZ	1.89
001433	SAUCE, SPAGHETTI	1/2 CUP	10.88
000968	STRAWBERRY TOPPING	1/4 CUP	8.68
000121	SYRUP, MAPLE	OZ	9.09
003147	Thousand Island Dressing	OZ	3.50
000181	TOMATO PASTE, CANNED #304000 6	2 TBSP	5.95

SIDE

001804	BK BAR 4-12 BYO BK BURRITO	1 CUP	13.17
001282	BROCCOLI WITH CHEESE SAUCE	1/2 CUP	4.47
000673	CHEESE, PARMESAN GRATED	TSP	0.00
000596	CHICKEN BRKFST SAUSAGE PATTY	EACH	0.50
002551	Chocolate Heat N Ice Icing	Serving (2TBSP)	27.00
001153	CHOW MEIN NOODLES	3/4	41.87
001202	CROUTONS, SEASONED	1/4 CUP	7.14
000241	CROUTONS, WONTON CHIPS	1 OZ	16.00

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Paramount Unified School District

No.	Description	Portion Size	Carbohydrates (Grams)
000817	HAM, WATER ADDED	OZ	1.08
002136	Sprinkles Light Rainbow	TSP	0.00
000019	TUNA SALAD	1/4 CUP	3.25
003179	Whole Grain Chicken Egg Roll	EACH	20.00
003170	Whole Grain Chicken Egg Roll	EACH	20.00

SOUP

500310	CONFETTI SOUP	1 CUP	10.40
500314	HARVEST STEW	3/4 CUP	18.20
003235	Mexicali Tortilla Soup	Serving (16oz)	72.00
500308	SMOKED TURKEY & BEAN SOUP	1 CUP	13.63
000127	SOUP, CHICKEN NOODLE CAMPBELL	1/2 CUP	7.84
000624	SOUP, HOMESTYLE CHICKEN NOODLE	1/2 CUP	10.00
000066	SOUP, TOMATO CONDENSED	CUP	20.00
001780	SOUP, TORTILLA MEXICALI	1 CUP	38.00
500316	SPANISH CHICKPEA STEW	CUP	37.92
500307	SWEET POTATO & BLACK BEAN STEW	1 CUP	43.49

VEG

000207	AVOCADO, SLICED	1/4 CUP	2.70
001285	BAKED BEANS	1/4 CUP	13.48
002370	BEANS, BAJA (New Recipe)	1/2 CUP	7.78
002054	BEANS, BAJA BLACK BEANS	1/4 CUP	6.26
001581	BEANS, BAJA PINTO	1/2 CUP	14.35
001588	BEANS, BAJA REFRIED	1/4 CUP	2.37
002055	BEANS, BAKED	SERVINGS	3.53
002939	Beans, Ranch Style	1/2 CUP	21.00
001176	BEANS, REFRIED,CANNED/VEGETARI	1/4 CUP	11.39
003206	BROCCOLI, CARROT, BELL PEPPER	1/2 CUP	1.77
000602	CARROT BITES	1/4 CUP	4.46
001955	CARROTS & CELERY STICKS	1/2 CUP	7.87
001191	CELERY, STIX	1/4 CUP	3.62
500302	CENTRAL VALLEY HARVEST BAKE	1/2 CUP	20.26
000473	CHINESE STYLE VEGETABLES	1/2 CUP	10.96
003157	CHINESE STYLE VEGETABLES-Updat	1/2 CUP	11.16
001678	CILANTRO	1 TSP	0.04
003163	CILANTRO & ONION MIX	1 TSP	0.98
001369	COLESLAW SALAD	1/4 CUP	6.99
000270	CORN	1/4 cup	7.62
002915	Country Fresh Potato Salad	3/4 CUP	33.00
000197	CUCUMBER, SLICES	1/2 CUP	2.00
000377	CUCUMBER,RAW	1 OZ	1.09
002430	CURTIDO PUPUSA SALAD	1/4 CUP	5.25
003237	Diced Potatoes	Serving	20.00
003325	Diced Potatoes w/Bellpepper/On	1/2 cup serv	16.05
003240	Diced Potatoes- Seasoned	1/2 cup serv	13.97
000871	EDAMAME	1/2 Cup	9.00
000206	GUACAMOLE	2 TBSP	5.22
500321	HARVEST DELIGHT	1/2 CUP	16.16
001951	JICAMA & CUCUMBER	1/2 CUP	3.00
000555	JICAMA STIX	1/2 CUP	6.00
001228	JICAMA STIX & LEMON	1/2 CUP	5.27
500309	LENTILS OF THE SOUTHWEST	1/4 CUP	10.96
001908	LETTUCE, 5 WAY GREEN SALAD	1/4 CUP	1.28
000297	LETTUCE, 50/50 MIX ROM/ICE	1/4 CUP	0.46
001408	LETTUCE, CHOPPED	1/4 CUP	0.43
000674	LETTUCE, ROMAINE	1 CUP	1.55
002016	LETTUCE, ROMAINE-SHRED	CUP	1.68
001348	LETTUCE, SHREDDDED	1/4 CUP	0.43
002740	McCain Regular Potato Skins	Serving	19.00
001241	OLIVES, SLICED	OZ	1.77

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Paramount Unified School District

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
003224	Onion Rings - Whole Grain	Servings	28.00
001472	ONION, GREEN	OZ	2.00
001243	ONIONS, FRESH, RED	OZ	2.45
000042	PICKLES, DILL	1/4 CUP	1.60
003223	PICO de Gallo	1/4 Cup	5.00
003208	PICO de Gallo	1/2 CUP	12.17
003343	Pirates Pot of Gold	Servings	27.32
003083	Potato, Hash Brown Grill Fresh	Serving	30.01
002933	Potato, Hash Brown Stick	EACH	15.50
000369	POTATO, HASH BROWN#501002	EACH	15.00
002077	POTATO, HASH BROWN#501003	EACH	14.95
001577	POTATO, ROUNDS/BREAKFAST	1/4 CUP	9.00
000242	POTATO, SALAD	1/2 CUP	16.60
001149	POTATO, WEDGES	1/2 CUP	15.96
000016	POTATOES, MASHED NATURE'S OWN	1/2 CUP	15.05
000498	POTATOES, OVEN FRIES	1/2 CUP	12.00
001259	SALSA, COMMODITY	1 OZ	1.98
002800	Sauteed Spinach & Mushrooms	1/2 Cup	6.01
003196	Seasoned Diced Potatoes	Serving	25.00
500301	TASTY TOTS	Serv. 6 Tots	31.66
001144	TOMATO, DICED	1/4 CUP	2.09
001142	TOMATO, SLICED	1 CUP	8.35
000613	ZUCCHINI STIX	1/4 CUP	1.99

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.