

Paramount Unified School District :: Elementary School Nutrient Values Rev. 12/10

Breakfast Entrees

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
BANANA CHOCO CHUNK BKFS	1 EACH	280	15	220	3	1.8	20	0	0	5	48	8	3	0
CEREAL, MIX	1 EACH	87	0	121	0.1	2.66	1.8	101	10.15	1.19	19.96	0.48	0.17	0
CINNAMON ROLL: All Schools	1 EACH	330	10	125	2	1.8	40	0	0	5	44	15	6	0
COOKIE, UBR	1 EACH	270	5	230	6	1.8	40	0	0	5	44	8	3	0
FRENCH TOAST	1 EACH	230	130	330	1	2.24	17.3	215	0	8	31	7	2	0
MCBISCUIT, CHICKEN	1 EACH	271	23	858	1.01	2.17	140.3	150	0	12.1	26.58	13.06	3.76	0
MCMUFFIN, HAM & CHEESE	1 EACH	238	33	970	2	2	405	314	0	16.48	29.32	6.01	3.44	0.01
MUFFIN, CHOCOLATE CHIP	1 EACH	232	51	316	2.3	0.8	20.7	1315	1.1	4.4	35.6	8.7	2.2	0
PAN DULCE	1 EACH	270	10	190	1	1.8	0	0	0	5	41	10	3	0
PANCAKE SAUSAGE WRAP	1 EACH	205	30	325	0.6	1.3	17	11	0	8.8	23.4	8.3	2.4	0
PANCAKES, KRUSTEAZ GRANDI	2 EACH	227	17	420	0.67	1.8	100	0	0.4	5.33	37.33	6.67	1	0
PIZZA, BREAKFAST CHEES&SAL	1 EACH	179	26	482	0.71	1.04	198.1	187	1.67	9.44	14.3	9.27	4.15	0
PIZZA, CIABATTA CHEESE BREA	1 EACH	290	10	650	5	3.6	350	1000	0	18	34	10	3	0
SCRAMBLED EGGS	1/2 CUP	167	435	222	0	1.84	107.9	603	0.38	13.51	3.14	10.5	3.37	0
SCRAMBLED EGGS AND HAM	1/2 CUP	223	452	849	0	2.2	113.4	604	0.38	23.16	3.65	12.33	4.04	0.02
STREUSEL COFFEE CAKE	SERVING	346	34	225	1.36	1.95	80.9	76	0.33	4.64	59.06	10.9	2.85	0
SUPER DONUT - BLANCO	1 EACH	259	5	251	0	5.4	200.8	2000	30	5	30.54	11.29	3.25	0
TORTILLA, FLOUR 6"	1 EACH	103	0	231	0	1.08	60	0	0	3	17	3	1	0
UNCRUSTABLE, PB & J	SANDWICH	330	0	340	4	1.08	20	0	0	11	34	17	0	0
YOGURT, TRIX	1 EACH	90	0	50	0	0	10	10	0	4	18	0.5	0.05	0

Lunch Entrees

BAKED CHICKEN	SERVING	375	121	386	0.4	1.85	26	109	0	33.2	12.26	20.58	5.45	0
BAKED POTATO with CHILI (50)	SERVING	488	65	506	7.87	247.25	201.9	865	37.05	29.35	62.25	13.64	6.12	0.67
BBQ - BURGER:G,K-5,H,OLR (SL	1 EACH	261	38	562	1.4	3.2	51	14	0	18.6	29	8.3	3	0
BBQ - HOT DOG	1 EACH	280	25	800	1	2.16	740	0	0	13	27	14	3.5	0
BEEF BOWL	1/2 CUP	250	35	1087	1.07	2.91	48.1	65	0	15.38	32.45	6.06	2.31	0
BURRITO, XTREME BEAN	1 EACH	355	18	587	6.13	4.19	172	350	1.85	16.31	53.63	7.96	4.02	0
BYO SANDWICH/TURKEY	1 EACH	210	35	720	0	2.4	50	19	3.25	16	27	4	1	0

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
BYO TACO BEEF:K-3,K-5,HOLL,C	1 EACH	232	52	106	1.46	2.83	27.1	319	2	17.84	11.27	12.05	3.41	0.62
BYO TACO SALAD	1 EACH	272	52	65	1.46	4.11	19.1	269	2	17.84	16.27	15.05	3.41	0.62
BYO TOSTADA SUPREMA	1 EACH	272	52	65	1.46	4.11	19.1	269	2	17.84	16.27	15.05	3.41	0.62
CHEESE, COTTAGE	1/4 CUP	50	5	190	0	0	50	100	0.6	6.5	2.5	1.25	0.75	0
CHEESE, PARMESAN GRATED	1 TSP	10	2	40	0	0	33.3	0	0	0.83	0	0.83	0.42	0
CHEESE, REDUCED FAT SHRED	1 OZ	71	15	476	0	0	202.5	304	0	7.09	2.03	4.56	2.53	0
CHICKEN ALFREDO AND NOODL	3/4 CUP	212	40	406	1.17	1.73	27.4	27	0.31	13.16	30.57	3.52	1.26	0
CHICKEN BOWL	1/2 CUP	198	56	1215	0.56	2.05	22.3	40	0.45	15.05	24.29	3.61	0.97	0
CHICKEN BURGER	1 EACH	350	55	960	1	3.6	60	100	0	20	40	12	2.5	0
CHICKEN FAJITAS	1 OZ	36	25	193	0	0.3	3	18	0.2	5.2	0.3	1.49	0.4	0
CHICKEN ORANGE MANDARIN (4 OZ	214	56	286	0	0.73	0	102	0	13.27	20.41	8.16	1.02	0
CHICKEN POP CORN	SERVING	230	30	240	1	1.44	20	100	0	12	14	14	2.5	0
CHICKEN TENDERS/STRIPS	3 EACH	200	55	680	0	1.8	20	100	0	14	12	10	2	0
CHILI con CARNE&BEANS - ENTI	1/2 CUP	222	56	213	2.67	3.09	42	705	7.65	20.61	11.99	10.14	3.78	0.67
CHILI con CARNE&BEANS - SIDE	1/4 CUP	111	28	107	1.33	1.54	21	353	3.82	10.31	6	5.07	1.89	0.34
CHILI FRIES K-5	1/2 CUP	373	66	529	4.06	3.55	172	855	13.09	25.01	30.24	16.43	7.11	2.07
CHURRITO, CHEESE HOT	1 EACH	140	0	120	0	0.36	20	0	0	2	18	5	0	0
CORN DOGS, MINI TURKEY	SERVING	237	44	725	1.25	1.35	50	0	0	10	26.25	12.5	3.12	0
DOMINOS PIZZA	1 SLICE	310	20	610	2	2.7	450	750	6	21	36	9	4	0
DOUBLE DOGS - All Meat Double	1 EACH	296	29	347	1.7	2.49	83.5	157	0.68	11.7	30.4	13.6	5.39	0
ENCHILADA, CHICKEN	2 EACH	282	23	911	1.23	1.8	141	587	0.59	11.51	29.98	13.1	3.57	0
GRILLED CHEESE SANDWICH	1 EACH	292	30	1138	1.18	1.55	368.1	611	0	18.66	31.81	11.18	6.7	0
HAM, WATER ADDED, CHILLED	1 OZ	28	13	285	0	0.2	2.5	10	0	4.39	0.29	0.96	0.4	0.01
HOT DOG - K-3,K-5,HOLL,OLR	1 EACH	280	25	800	1	2.16	740	0	0	13	27	14	3.5	0
MACARONI, HAM & CHEESE	1/2 CUP	234	29	876	0.46	0.56	471.6	847	0.33	17.89	20.29	10.02	5.17	0
MINI CHEESEBURGER	1 EACH	500	61	1060	2.21	4.95	158.3	124	0.15	28.08	59.93	16.07	5.72	0.67
NACHOS w/GROUND BEEF G,K-	SERVING	336	61	487	2.24	2.49	131.7	304	1.43	21.41	22.28	17.14	6.19	0.62
PIZZA, DBLE CRUST PEPPERON	1 EACH	387	40	946	4.64	2.71	483.4	397	3.84	21.07	43.89	14.72	7.87	0
SPAGHETTI, MEATLESS	1/4 CUP	138	0	524	1.97	1.67	15.5	438	8.19	5.08	28.61	0.48	0.08	0
SPAGHETTI, WITH GROUND BEE	1/2 CUP	226	46	391	1.31	2.63	18.4	292	5.46	17.85	19.07	8.31	3.09	0.55
TAQUITOS, CHICKEN	2 EACH	220	15	430	1	1.8	60	100	0	8	24.99	9.99	2.5	0
TERIYAKI BEEF DUNKERS	SERVING	131	34	299	0.5	1.5	32	64	0	11.8	8.7	5.7	2.2	0
TUNA SALAD	1/4 CUP	73	15	192	0	0.57	4	21	0	9.62	0.64	3.19	0.41	0

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
TURKEY & GRAVY K-3,K-5,HLY,C	1/2 CUP	132	32	544	0.39	1.38	10.2	63	1.35	13.4	8.12	4.61	1.6	0
TURKEY, BREAST DELI SMOKEC	1 OZ	35	17	225	0	0.3	5	9	1.62	5.5	0	1.5	0.5	0
YOGURT, STRAWBERRY LOW F	1/4 CUP	60	2	37	0	0.09	75	0	0.9	2.25	12.25	0.5	0.25	0

Sides

APPLE JUICE 4 oz.	1 EACH	60	0	2	0	0	0	0	0	0	14	0	0	0
APPLE, CINNAMON	1/2 CUP	96	0	5	1.05	1.43	1.9	0	1.19	0.01	24.19	0.04	0.02	0
APPLES SLICES	1/4 CUP	18	0	0	0.83	0.06	2.1	16	1.75	0.06	4.67	0.11	0.02	0
APPLES SLICES	1/2 CUP	36	0	0	1.65	0.11	4.3	32	3.49	0.12	9.35	0.22	0.04	0
APPLESAUCE CAKE	SERVING	213	38	184	0.74	1.03	44.6	81	0.32	3.45	31.55	8.46	1.62	0
AVOCADO SAUCE	1 OZ	14	0	150	1	0	0	50	9.6	0	2	0.5	0	0
AVOCADO, SLICED	1/4 CUP	59	0	4	1.82	0.37	4	223	2.88	0.72	2.7	5.59	0.89	0
BAJA BEANS,PINTO	1/4 CUP	47	3	205	1.68	0.48	38.9	160	1.08	2.85	7.18	1.17	0.49	0
BAJA BEANS,REFRIED	1/4 CUP	96	11	382	3.66	1.14	89.4	207	4.32	6.13	12.23	2.93	1.19	0
BAKED BEANS	1/4 CUP	60	0	230	3.19	0.91	28.1	85	1.72	3.19	12.81	0.38	0.1	0
BANANA SLICES	1 CUP	138	0	2	3.6	0.47	9	122	13.65	1.55	35.15	0.72	0.28	0
BANANAS, RAW PETITE	1 EACH	93	0	1	2.42	0.31	6.1	82	9.19	1.04	23.66	0.48	0.19	0
BLUEBERRIES, FROZEN, CULTIVATE	1/4 CUP	20	0	0	1	0.07	3	18	1	0.16	4.72	0.25	0.02	0
BLUEBERRY PANCAKE TOPPING	1/3 CUP	77	0	97	1.31	0.09	6.8	23	8.48	0.45	18.92	0.32	0.03	0
CARROT BITES	1/4 CUP	19	0	15	1.32	0.22	11.9	12360	4.09	0.45	4.46	0.08	0.01	0
CHEETOS CHEESE FLAV. SNACKS	1 EACH	100	0	180	0	0.36	0	0	0	0	10	6	1.5	0
CHOW MEIN NOODLES	1/4 CUP	39	0	156	0.34	0.25	2.5	10	0.51	0.95	7.78	0.3	0.05	0
CLODHOOPPERS, COCOA	1 EACH	165	0	130	2	0.72	40	0	0	2	27	6	5	0
CORN: canned, yellow	1/4 CUP	33	0	132	0.82	0.35	2	64	3.48	1.07	7.62	0.41	0.06	0
CRACKERS, GOLDFISH SNACK CHEDD	1 EACH	100	5	180	1	0.36	20	0	0	2	14	4	1	0
CROUTONS, SEASONED	1/4 CUP	43	0	129	0	0.51	0	0	0	1.43	7.14	1.43	0	0
CROUTONS, WONTON CHIPS	1 OZ	1208	0	1024	0	8.64	0	0	0	24	120	67.2	0	0
CUCUMBER, SLICES	1/4 CUP	5	0	0	0	0	0	50	0.6	0	1	0	0	0
DORITOS NACHO CHEESIER FLAV. T	1 EACH	80	0	100	1	0	0	0	0	1	10	4.5	1	0
FRUIT SNACKS, AU'SOME NUGGETS	1 EACH	40	0	10	0	1.8	20	100	18.01	0	11	0	0	0

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
FRUIT SNACKS, CURIOUS GEORGE	1 EACH	100	0	30	0	0	0	0	0	0	22	1	0	0
GRAPES, FRESH	1 CUP	111	0	2	1.2	0.32	13.2	50	13	1.2	29.6	1.2	0	0
GRAPES, FRESH	1/2 CUP	56	0	1	0.6	0.16	6.6	25	6.5	0.6	14.8	0.6	0	0
ICY JUICEY, WILD CHERRY	1 EACH	40	0	5	2	0	60	500	60	0	9	0	0	0
JICAMA STIX w/LEMON WHEELS	1/4 CUP	3	0	16	0.09	0.03	0.6	1	0.24	0.15	0.49	0.05	0.02	0
JICMA STX,MNDRN ORNG & CILANTR	1/4 CUP	29	0	62	0.72	0.4	10.8	429	7.38	0.89	6.1	0.2	0.09	0
KIWIFRUIT, SLICED	1 CUP	108	0	9	6.02	0.73	46	310	173.46	1.75	26.34	0.78	0.05	0
LETTUCE, 50/50 MIX ROM/ICE	1/4 CUP	3	0	1	0.2	0.09	1.6	138	3.5	0.15	0.46	0	0	0
LETTUCE, SHREDDED	1/4 CUP	3	0	2	0.29	0.1	3.9	67	0.8	0.21	0.43	0.04	0.01	0
MACARONI AND TUNA SALAD	1/4 CUP	92	10	146	0.29	0.6	3.5	11	0	5.98	7.52	3.95	0.48	0
MANDARIN ORANGES	1 CUP	140	0	20	2	1.44	40	600	42	2	34	0	0	0
MANDARIN ORANGES	1/2 CUP	70	0	10	1	0.72	20	300	21	1	17	0	0	0
MELON, CANTALOUPE	1/2 CUP	28	0	7	0.64	0.17	8.8	2579	33.76	0.7	6.69	0.22	0.06	0
MELON, HONEYDEW	1 CUP	60	0	17	1.02	0.12	10.2	68	42.16	0.78	15.61	0.17	0.04	0
MIXED FRUIT - FRESH	1/4 CUP	18	0	1	0.6	0.09	3.8	227	9.49	0.23	4.54	0.17	0.01	0
MUFFIN, CORNMEAL WHOLE GRAIN	1 EACH	233	52	323	2.4	0.9	16.9	95	0.01	4.7	36.8	7.8	1.4	0
NECTARINES, FRESH	1 EACH	60	0	0	2.31	0.38	8.2	452	7.34	1.44	14.35	0.44	0.03	0
OLIVES, SLICED	1/4 OZ	13	0	62	0	0	0	0	0	0	0.44	1.11	0	0
ORANGE JUICE 4 oz.	1 EACH	60	0	10	0	0	0	0	42	1	13	0	0	0
ORANGE, WEDGES	1/4 CUP	31	0	0	1.6	0.07	26.7	137	35.49	0.63	7.84	0.08	0.01	0
ORANGE, WEDGES	1/2 CUP	63	0	0	3.2	0.13	53.4	273	70.97	1.25	15.68	0.16	0.02	0
PASTA SALAD	1/4 CUP	91	6	243	0.38	0.36	37.3	61	0.34	2.39	9.52	4.7	0.69	0
PASTA SALAD w/HAM	1/4 CUP	77	7	285	0.35	0.42	32.5	47	0.2	3.59	8.32	3.13	0.58	0
PEACHES, DICED/BREAKFAST	1/4 CUP	33	0	3	0.79	0.22	2	11	1.47	0.27	8.96	0.02	0	0
PEACHES, FRESH	1 EACH	30	0	0	1	0.36	0	250	6	1	7	0	0	0
PEARS, DICED/BRKST	1/4 CUP	38	0	2	0.96	0.17	0	0	0.58	0.48	9.62	0	0	0
PEARS, FRESH	1 EACH	96	0	2	5.15	0.28	14.9	38	6.97	0.63	25.66	0.2	0.02	0
PEPPERS, JALAPENO/CUP	1/4 CUP	20	0	1160	4	0	0	800	0	0	4	0	0	0
PICKLES,DILL	1/4 CUP	6	0	461	0.43	0.19	3.2	118	0.68	0.22	1.48	0.07	0.02	0
PINEAPPLE TIDBITS	1/2 CUP	80	0	10	1	0.72	20	100	9	0	21	0	0	0

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
PINEAPPLE, RINGS	1/2 CUP	70	0	10	1	0.72	20	100	9	1	17	0	0	0
PLUMS,FRESH	1 EACH	37	3	335	0.53	0.19	0	393	0	1.57	5.24	1.05	0.26	0
POPSICLE, FIRECRACKER (FRUIT)	1 EACH	35	0	0	0	0	0	0	12	0	8	0	0	0
POTATO ROUNDS/BREAKFAST	1/2 CUP	134	0	214	2	0.32	0	0	1.06	2	18	6	2	2
POTATO SALAD	1/4 CUP	64	2	132	0.94	0.33	7.9	47	7.9	1.16	8	3.06	0.65	0
POTATOES, MASHED NATURE'S OWN	1/2 CUP	50	0	245	1	0.18	0	0	3	1	9	1	0.75	0
RAISINS	1 EACH	113	0	4	1.4	0.71	19	0	0.87	1.16	29.98	0.17	0.04	0
RICE PILAF	1/4 CUP	49	0	3	0.28	0.69	7.8	0	0	1.06	10.53	0.14	0.04	0
SOUP, CHICKEN NOODLE CAMPBELL'	1/4 CUP	34	6	476	0.56	0.2	168	224	0	1.68	3.92	1.12	0.28	0
SOUP, TOMATO CONDENSED	1/4 CUP	22	0	120	0.25	0.18	0	100	1.5	0.5	5	0	0	0
SPANISH RICE	1/4 CUP	58	0	143	0.28	0.9	7.8	170	0	1.06	12.8	0.14	0.04	0
STRAWBERRIES, FROZEN	1/4 CUP	61	0	2	1.2	0.37	7	15	26.35	0.34	16.5	0.08	0.01	0
STRAWBERRIES,FRESH	1/4 CUP	13	0	0	0.99	0.16	6	12	24.49	0.26	3.03	0.16	0.01	0
STRAWBERRIES,FRESH	1/2 CUP	26	0	1	1.99	0.33	12.1	23	48.99	0.53	6.07	0.32	0.02	0
TANGELO	1 EACH	80	0	0	0	17	68	95	90.4	1.6	20	0.2	0	0
TANGERINES,FRESH	1 EACH	45	0	1	1.54	0.13	30.8	143	22.4	0.68	11.2	0.26	0.04	0
TOMATO, DICED	1/4 CUP	9	0	4	0.49	0.2	2.2	280	8.59	0.38	2.09	0.15	0.02	0
TRAIL MIX	1 TSP	11	0	0	0.25	0.06	3.3	0	0	0.19	1.92	0.31	0.02	0
TROPICAL FRUIT BAR	1 EACH	70	0	10	0	0	0	0	60	0	16	0	0	0
VERY BERRY JUICE 8 oz.	1 EACH	120	0	20	0	0	10	0	24	0	30	0	0	0
WATERMELON, FRESH	1/4 CUP	9	0	1	0.13	0.05	2.1	98	2.57	0.17	1.92	0.12	0.01	0
YUMMY CHUNKY SALSA	1 OZ	25	0	524	1.19	1.17	8.4	508	7.86	0.99	5.17	0.19	0.03	0

Dessert

BIRTHDAY CUPCAKE - CHOCOLATE	1 EACH	200	10	300	1	0.72	150	0	0	2	35	7	2.5	0
BIRTHDAY CUPCAKE - WHITE	1 EACH	190	10	150	0	0.36	40	0	0	1	32	6	2	0
COOKIE, FORTUNE	1 EACH	32	0	11	0.15	0.4	1.7	13	0	0.2	7	0.2	0	0
COOKIE, FUDGE CREME	1 EACH	150	0	85	0	1.08	0	0	0	1	23	6	2	0
COOKIE, FUDGE STRIPS	1 EACH	136	0	51	0	0.9	0	0	0	2	20	5	3	0
COOKIES, MINI CHOCOLATE CHIP	1 EACH	128	0	91	1.57	0.53	5.2	6	0.03	2.05	18.94	4.88	1.31	0

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Condiments														
CATSUP #10/CAN	1 OZ	25	0	317	0	0	0	500	0	0	6.67	0	0	0
MAYONNAISE, LITE (CHEFS PRIDE)	1 TSP	15	2	33	0	0	0	0	0	0	0.33	1.5	0.17	0
MUSTARD, PURE PREPARED	1 TSP	0	0	57	0	0	0	0	0	0	0	0	0	0
RANCH DRESSING	1 OZ	53	7	120	0	0	18.8	31	0.15	0.62	1.81	4.66	0.59	0
SYRUP, PANCAKE AND WAFFLE	1 FL OZ	110	0	45	0	0	0	0	0	0	25	0	0	0
WHIPPED TOPPING	2 TBSP	25	0	5	0	0	0	0	0	0	2.01	2.01	2.01	0
WING SAUCE, FRANK'S REDHOT BUF	1 TBSP	5	0	380	0	0	0	0	0	0	1	0	0	0
Drinks														
MILK 1% LOWFAT	1 EACH	120	25	130	0	0	300	500	2.4	10	13	2.5	1.5	0
MILK 1% LOWFAT - STRAWBERRY	1 EACH	173	15	140	0	0.36	250	400	15	7	33	2.5	1.5	0
MILK, NONFAT CHOCOLATE	1 EACH	130	0	130	0	0	300	500	2.4	7	26	0	0	0