

Mobile County Public Schools

Child Nutrition

**Weighted Nutrient Analysis - Detail by Recipe**

Planned Lunch Counts for (SY19-20) K-8 Lunch Nutrient Analysis (Test), 8/26/2019 - 8/30/2019, Lunch, K-8

<b>Mon - 8/26/2019</b>	<b>Portion Size</b>	<b>Qty</b>	<b>FE (kCal)</b>	<b>Sfat (g)</b>	<b>Na (mg)</b>
Total Feeding Figure	1 plate	300			
Chicken, Wings Precooked	3 wings	100	697	11	1786
Chicken, Tenderloins Breaded	3 tenders	200	121	1	333
Potato, French Fries, Crinkle	0.5 cup	300	79	0	30
Salad, Garden, E&M	1 1.25	75	131	1	371
Milk - 1% Low Fat	1 each	5	100	1	125
Milk - FF Flavored Choc	1 each	100	110	0	100
Milk - FF Flavored Strawberry	1 each	5	110	0	100
Apples, Granny Smith	1 apple	300	94	0	3
Hushpuppies	2 hushpuppies	200	94	1	181
Weighted Daily Average			622	5	1101
% of calories				7.7%	
Weekly Target (USDA Lunch K-5)			550 - 650	< 10% <sup>+1</sup>	≤ 1230
Weekly Target (USDA Lunch 6-8)			600 - 700	< 10% <sup>+1</sup>	≤ 1360

Tue - 8/27/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Meat Sauce for Pasta	0.5 cup	300	206	5	402
Pasta, Macaroni	0.5 cup	250	30	0	1
Beans, Green #10	0.5 cup	250	48	0	329
Sweet Potatoes, fresh 1/2	1 half potato	150	90	0	36
Juice, Fruit Blend, Frz	1 (4 oz.)	300	60	0	5
Milk - FF Flavored Choc	1 each	250	110	0	100
Milk - FF Flavored Strawberry	1 each	5	110	0	100
Milk, Skim - FF Unflavored	1 each	15	80	0	125
Melon, Watermelon, fresh	1 wedge	300	86	0	3
Roll Dough, Whole Wheat	1 (1.25 oz roll)	200	80	0	70
Weighted Daily Average			613	5	840
% of calories				7.2%	
Weekly Target (USDA Lunch K-5)			550 - 650	< 10% <sup>+1</sup>	≤ 1230
Weekly Target (USDA Lunch 6-8)			600 - 700	< 10% <sup>+1</sup>	≤ 1360

Wed - 8/28/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Chicken, Fajita Meat	3.4 ounce	300	138	2	643
Milk - 1% Low Fat	1 each	5	100	1	125
Milk - FF Flavored Choc	1 each	240	110	0	100
Milk - FF Flavored Strawberry	1 each	5	110	0	100
Banana, fresh	1 banana	300	147	0	2
Carrots, sliced #10	0.5 cup	200	39	0	178
Tortilla, Soft WW	1 tortilla	250	164	2	142
Romaine & Tomatoes, E/M	1 1.25	250	23	0	9
Dressing, Ranch 1.5 oz.	1 each	200	111	1	365
Weighted Daily Average			632	5	1215
% of calories				7.2%	
Weekly Target (USDA Lunch K-5)			550 - 650	< 10% <sup>+1</sup>	≤ 1230
Weekly Target (USDA Lunch 6-8)			600 - 700	< 10% <sup>+1</sup>	≤ 1360

Thu - 8/29/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Mozzarella Cheese Stick	2 cheese sticks	300	300	4	740
Broccoli Florets FRZ 20#	0.5 cup	200	33	0	106
Juice, Grape, Frz	1 (4 oz.)	300	80	0	10
Milk - 1% Low Fat	1 each	5	100	1	125
Milk - FF Flavored Choc	1 each	100	110	0	100
Milk - FF Flavored Strawberry	1 each	5	110	0	100
Oranges, Mandarin #10 Can	0.5 cup	300	80	0	9
Baked Potato Soup	0.75 cup	100	244	7	544
Weighted Daily Average			603	6	1048
% of calories				9.6%	
Weekly Target (USDA Lunch K-5)			550 - 650	< 10% <sup>+1</sup>	≤ 1230
Weekly Target (USDA Lunch 6-8)			600 - 700	< 10% <sup>+1</sup>	≤ 1360

Fri - 8/30/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Hot Dog	1 each	300	182	7	527
Bun, Hot Dog	1 (2 oz. Bun)	290	139	0	298
Ketchup S/S	1 each	300	10	0	25
Mustard S/S	1 each	250	0	0	70
Milk - FF Flavored Choc	1 each	200	110	0	100
Milk - FF Flavored Strawberry	1 each	5	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Beans, Vegetarian #10	0.5 cup	150	157	0	281
Potato Wedges FF 30#	0.5 cup	277	84	0	100
Strawberry Cup, diced S/S	1 each	300	90	0	0
Weighted Daily Average			650	7	1202
% of calories				10%	
Weekly Target (USDA Lunch K-5)			550 - 650	< 10% <sup>+1</sup>	≤ 1230
Weekly Target (USDA Lunch 6-8)			600 - 700	< 10% <sup>+1</sup>	≤ 1360

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Weighted Average			624	6	1081
% of calories				8.3%	
Weekly Target (USDA Lunch K-5)			550 - 650	< 10% <sup>+1</sup>	≤ 1230
Weekly Target (USDA Lunch 6-8)			600 - 700	< 10% <sup>+1</sup>	≤ 1360

**Legend:**

- Highlighted values do not meet nutrient standards
- \*Asterisk indicates missing nutrient data
- <sup>+1</sup> Target is less than 10% of calories from saturated fat