

Mobile County Public Schools

Child Nutrition

Weighted Nutrient Analysis - Detail by Recipe

Planned Breakfast Counts for (SY 19-20) 9-12 Breakfast Nutrient Analysis (Test), 8/5/2019 - 8/9/2019, Breakfast, 9-12 Breakfast

Mon - 8/5/2019	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Juice, Apple, Frz	1 (4 oz)	200	60	0	5
Milk - FF Flavored Choc	1 each	100	110	0	100
Milk - FF Flavored Strawberry	1 each	20	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Syrup, Individual	1 each	260	100	0	10
Strawberries, fresh (Breakfast)	0.5 cup	150	28	0	1
Pancakes, Mini Maple	1 pouch	300	210	1	320
Sausage Patty	1 each	225	192	6	324
Weighted Daily Average			540	6	617
% of calories				9.3%	
Weekly Target (USDA Breakfast 9-12)			450 - 600	< 10% ⁺¹	≤ 640

Tue - 8/6/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Parfait	1 each	300	483	1	396
Juice, Fruit Blend, Frz	1 (4 oz.)	150	60	0	5
Milk - FF Flavored Choc	1 each	50	110	0	100
Milk - FF Flavored Strawberry	1 each	20	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Muffin, Banana	1 muffin	100	159	0	134
Weighted Daily Average			593	1	469
% of calories				2%	
Weekly Target (USDA Breakfast 9-12)			450 - 600	< 10%+ ¹	≤ 640

Wed - 8/7/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Chicken Patty, Breakfast	1 patty	300	125	1	230
Biscuit, Southern Style WG	1 each	300	110	3	250
Jelly, Grape S/S	1 each	150	35	0	0
Jam, Strawberry S/S	1 each	150	35	0	5
Juice, Grape, Frz	1 (4 oz.)	300	80	0	10
Milk - FF Flavored Choc	1 each	150	110	0	100
Milk - FF Flavored Strawberry	1 each	10	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Fruit Cocktail, #10 Can (Breakfast)	0.5 cup	200	61	0	10
Weighted Daily Average			451	4	555
% of calories				8.9%	
Weekly Target (USDA Breakfast 9-12)			450 - 600	< 10%+ ¹	≤ 640

Thu - 8/8/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Juice, Orange, Frz	1 (4 oz.)	300	60	0	0
Milk - FF Flavored Choc	1 each	100	110	0	100
Milk - FF Flavored Strawberry	1 each	10	110	0	100
Milk, Skim - FF Unflavored	1 each	100	80	0	125
Ham for Biscuit	1 each	300	39	0	241
Croissant 1.25 oz. WG	1 Croissant	300	111	2	152
CheeseAmericanSliced.5oz	1 slice	100	46	2	243
Cereal, Cinnamon Toast Crunch	1 bowl	100	110	1	160
Banana, fresh (Breakfast)	1 banana	300	147	0	2
Weighted Daily Average			476	3	607
% of calories				6.6%	
Weekly Target (USDA Breakfast 9-12)			450 - 600	< 10% ⁺¹	≤ 640

Fri - 8/9/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Juice, Orange Pineapple, Frz	1 (4 oz.)	300	60	0	0
Milk - FF Flavored Choc	1 each	80	110	0	100
Milk - FF Flavored Strawberry	1 each	10	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Peach Slice, Cling # 10 Can (Breakfast)	0.5 cup	250	63	0	5
Breakfast Wrap WG	1 Wrap	300	199	4	289
Cereal Bar, Trix	1 bar	300	151	1	106
Weighted Daily Average			497	4	431
% of calories				8.1%	
Weekly Target (USDA Breakfast 9-12)			450 - 600	< 10% ⁺¹	≤ 640

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Weighted Average			511	4	536
% of calories				6.8%	
Weekly Target (USDA Breakfast 9-12)			450 - 600	< 10% ^{†1}	≤ 640

Legend:

Highlighted values do not meet nutrient standards

*Asterisk indicates missing nutrient data

^{†1} Target is less than 10% of calories from saturated fat