

Mobile County Public Schools

Child Nutrition

Meal Pattern Analysis

Analyzing Lunch menus for site (SY19-20) 9-12 Lunch Nutrient Analysis (Test) compared against standards for 9-12 (5-day week)

Monday, Aug 19

Chicken Bites (Chicken, Bites Breaded)

| | Meat / Alt (oz eq) | Grains (oz eq) | | Fruits | | Vegetables | | | | | Fluid Milk (cups) | | | | | | |
|-------------------------------|--------------------------|--------------------------------|-------------------------|-----------------|-----------------|---------------|----------------|----------------|---------|-------|-------------------------|------------------------|--|--|--|--|-------|
| | | Not Whole Grain- Rich | Whole Grain- Rich | Fruit (cups) | Juice (cups) | Dark Green | Red/ Orange | Beans/ Peas | Starchy | Other | | Vegetable Juice (cups) | | | | | |
| | | | | | | | | | | | | | | | | | |
| Chicken, Bites Breaded | 2.000 | | 1.500 | | | | | | | | | | | | | | |
| Sweet Potato Fries | | | | | | | 0.500 | | | | | | | | | | |
| Roll Dough, Whole Wheat | | | 1.000 | | | | | | | | | | | | | | |
| Juice, Apple, Frz | | | | | 0.500 | | | | | | | | | | | | |
| Milk - FF Flavored Choc | | | | | | | | | | | | | | | | | 1.000 |
| Milk - FF Flavored Strawberry | | | | | | | | | | | | | | | | | 1.000 |
| Milk, Skim - FF Unflavored | | | | | | | | | | | | | | | | | 1.000 |
| Grapes, fresh | | | | 0.500 | | | | | | | | | | | | | |
| Beans, Green #10 | | | | | | | | | | 0.500 | | | | | | | |

| Rule Description | Value | Lunch 9-12 |
|--|----------|------------|
| Total Fruit | 1 cup | >=1 cup |
| Percentage of Total Fruit that is Juice | 50 % | |
| Total Vegetables | 1 cup | >=1 cup |
| Vegetables (Dark Green) | 0 cup | |
| Vegetables (Red/Orange) | 1/2 cup | |
| Vegetables (Beans/Peas) | 0 cup | |
| Vegetables (Starchy) | 0 cup | |
| Vegetables (Other) | 1/2 cup | |
| Percentage of Total Vegetables that is Juice | 0 % | |
| Meat/Meat Alternate | 2 oz | >=2 oz |
| Total Grains | 2 1/2 oz | >=2 oz |

| | | |
|--|-----------|-------------|
| Percentage of grains that are whole grain-rich | 100 % | |
| Grain-Based Desserts | 0 % | |
| Fluid Milk | 3 cup | >=1 cup |
| Invalid Fluid Milk Choices | 0 choices | <=0 choices |
| Valid Fluid Milk Choices | 2 choices | >=2 choices |

Chicken Bites (Chicken, Nuggets)

| | Meat / Alt (oz eq) | Grains (oz eq) | | Fruits | | Vegetables | | | | | | | | | | Fluid Milk (cups) | |
|-------------------------------|--------------------------|--------------------------------|-------------------------|-----------------|-----------------|-------------------|----------------|----------------|---------|-------|------------------------|----------------|----------------|---------|-------|-------------------------|-------|
| | | Not Whole Grain- Rich | Whole Grain- Rich | Fruit (cups) | Juice (cups) | Vegetables (cups) | | | | | Vegetable Juice (cups) | | | | | | |
| | | | | | | Dark Green | Red/ Orange | Beans/ Peas | Starchy | Other | Dark Green | Red/ Orange | Beans/ Peas | Starchy | Other | | |
| Chicken, Nuggets | 2.000 | | 1.000 | | | | | | | | | | | | | | |
| Sweet Potato Fries | | | | | | | 0.500 | | | | | | | | | | |
| Roll Dough, Whole Wheat | | | 1.000 | | | | | | | | | | | | | | |
| Juice, Apple, Frz | | | | | 0.500 | | | | | | | | | | | | |
| Milk - FF Flavored Choc | | | | | | | | | | | | | | | | | 1.000 |
| Milk - FF Flavored Strawberry | | | | | | | | | | | | | | | | | 1.000 |
| Milk, Skim - FF Unflavored | | | | | | | | | | | | | | | | | 1.000 |
| Grapes, fresh | | | | 0.500 | | | | | | | | | | | | | |
| Beans, Green #10 | | | | | | | | | | | 0.500 | | | | | | |

| Rule Description | Value | Lunch 9-12 |
|--|-----------|-------------|
| Total Fruit | 1 cup | >=1 cup |
| Percentage of Total Fruit that is Juice | 50 % | |
| Total Vegetables | 1 cup | >=1 cup |
| Vegetables (Dark Green) | 0 cup | |
| Vegetables (Red/Orange) | 1/2 cup | |
| Vegetables (Beans/Peas) | 0 cup | |
| Vegetables (Starchy) | 0 cup | |
| Vegetables (Other) | 1/2 cup | |
| Percentage of Total Vegetables that is Juice | 0 % | |
| Meat/Meat Alternate | 2 oz | >=2 oz |
| Total Grains | 2 oz | >=2 oz |
| Percentage of grains that are whole grain-rich | 100 % | |
| Grain-Based Desserts | 0 % | |
| Fluid Milk | 3 cup | >=1 cup |
| Invalid Fluid Milk Choices | 0 choices | <=0 choices |
| Valid Fluid Milk Choices | 2 choices | >=2 choices |

Tuesday, Aug 20

Tacos (Beef Taco Meat)

| | Meat / Alt (oz eq) | Grains (oz eq) | | | Fruits | | Vegetables | | | | | | | | | Fluid Milk (cups) |
|--|--------------------------|--------------------------------|-------------------------|---|-----------------|-----------------|-------------------|----------------|----------------|---------|-------|------------------------|----------------|----------------|---------|-------------------------|
| | | Not Whole Grain- Rich | Whole Grain- Rich | D | Fruit (cups) | Juice (cups) | Vegetables (cups) | | | | | Vegetable Juice (cups) | | | | |
| | | | | | | | Dark Green | Red/ Orange | Beans/ Peas | Starchy | Other | Dark Green | Red/ Orange | Beans/ Peas | Starchy | |
| Beef Taco Meat | 2.000 | | | | | | | | | | | | | | | |
| Corn on Cob FRZ | | | | | | | | | 0.500 | | | | | | | |
| Beans, Black #10 | | | | | | | | | | 0.500 | | | | | | |
| Romaine & Tomatoes, High Chips, Tortilla Bulk 2 oz. | | | 2.500 | | | | 1.000 | 0.500 | | | | | | | | |
| Juice, Apple, Frz | | | | | 0.500 | | | | | | | | | | | |
| Milk - FF Flavored Choc | | | | | | | | | | | | | | | | 1.000 |
| Milk - FF Flavored Strawberry | | | | | | | | | | | | | | | | 1.000 |
| Milk, Skim - FF Unflavored | | | | | | | | | | | | | | | | 1.000 |
| Oranges, Mandarin #10 Can | | | | | 0.500 | | | | | | | | | | | |

| Rule Description | Value | Lunch 9-12 |
|--|-----------|-------------|
| Total Fruit | 1 cup | >=1 cup |
| Percentage of Total Fruit that is Juice | 50 % | |
| Total Vegetables | 2 1/2 cup | >=1 cup |
| Vegetables (Dark Green) | 1 cup | |
| Vegetables (Red/Orange) | 1/2 cup | |
| Vegetables (Beans/Peas) | 1/2 cup | |
| Vegetables (Starchy) | 1/2 cup | |
| Vegetables (Other) | 0 cup | |
| Percentage of Total Vegetables that is Juice | 0 % | |
| Meat/Meat Alternate | 2 oz | >=2 oz |
| Total Grains | 2 1/2 oz | >=2 oz |
| Percentage of grains that are whole grain-rich | 100 % | |
| Grain-Based Desserts | 0 % | |
| Fluid Milk | 3 cup | >=1 cup |
| Invalid Fluid Milk Choices | 0 choices | <=0 choices |

Valid Fluid Milk Choices

2 choices

>=2 choices

Wednesday, Aug 21

Rib Patty on Bun (Beef Rib Shaped Patty w/BBQ)

| | Meat / Alt (oz eq) | Grains (oz eq) | | | Fruits | | Vegetables | | | | | | | | | | Fluid Milk (cups) | |
|-------------------------------|--------------------------|--------------------------------|-------------------------|---|-----------------|-----------------|-------------------|----------------|----------------|---------|-------|------------------------|----------------|----------------|---------|-------|-------------------------|-------|
| | | Not Whole Grain- Rich | Whole Grain- Rich | D | Fruit (cups) | Juice (cups) | Vegetables (cups) | | | | | Vegetable Juice (cups) | | | | | | |
| | | | | | | | Dark Green | Red/ Orange | Beans/ Peas | Starchy | Other | Dark Green | Red/ Orange | Beans/ Peas | Starchy | Other | | |
| Beef Rib Shaped Patty w/BBQ | 2.000 | | | | | | | | | | | | | | | | | |
| Bun, Hamburger | | | 2.000 | | | | | | | | | | | | | | | |
| Potato Salad | | | | | | | | | 0.500 | | | | | | | | | |
| Beans, Vegetarian #10 | | | | | | | | | | 0.500 | | | | | | | | |
| Juice, Grape, Frz | | | | | | 0.500 | | | | | | | | | | | | |
| Milk - FF Flavored Choc | | | | | | | | | | | | | | | | | | 1.000 |
| Milk - FF Flavored Strawberry | | | | | | | | | | | | | | | | | | 1.000 |
| Milk, Skim - FF Unflavored | | | | | | | | | | | | | | | | | | 1.000 |
| Fruit Cocktail, #10 Can | | | | | 0.500 | | | | | | | | | | | | | |

| Rule Description | Value | Lunch 9-12 |
|--|-----------|-------------|
| Total Fruit | 1 cup | >=1 cup |
| Percentage of Total Fruit that is Juice | 50 % | |
| Total Vegetables | 1 cup | >=1 cup |
| Vegetables (Dark Green) | 0 cup | |
| Vegetables (Red/Orange) | 0 cup | |
| Vegetables (Beans/Peas) | 1/2 cup | |
| Vegetables (Starchy) | 1/2 cup | |
| Vegetables (Other) | 0 cup | |
| Percentage of Total Vegetables that is Juice | 0 % | |
| Meat/Meat Alternate | 2 oz | >=2 oz |
| Total Grains | 2 oz | >=2 oz |
| Percentage of grains that are whole grain-rich | 100 % | |
| Grain-Based Desserts | 0 % | |
| Fluid Milk | 3 cup | >=1 cup |
| Invalid Fluid Milk Choices | 0 choices | <=0 choices |
| Valid Fluid Milk Choices | 2 choices | >=2 choices |

Thursday, Aug 22

Salisbury Steak (Beef Patty, Salisbury)

| | Meat / Alt (oz eq) | Grains (oz eq) | | | Fruits | | Vegetables | | | | | | | | | | Fluid Milk (cups) | |
|-------------------------------|--------------------------|--------------------------------|-------------------------|---|-----------------|-----------------|-------------------|----------------|----------------|---------|-------|------------------------|----------------|----------------|---------|-------|-------------------------|-------|
| | | Not Whole Grain- Rich | Whole Grain- Rich | D | Fruit (cups) | Juice (cups) | Vegetables (cups) | | | | | Vegetable Juice (cups) | | | | | | |
| | | | | | | | Dark Green | Red/ Orange | Beans/ Peas | Starchy | Other | Dark Green | Red/ Orange | Beans/ Peas | Starchy | Other | | |
| Beef Patty, Salisbury | 2.000 | | | | | | | | | | | | | | | | | |
| Potato Pearls, instant | | | | | | | | | 0.500 | | | | | | | | | |
| Peas, Sweet, Green #10 | | | | | | | | | | | 0.500 | | | | | | | |
| Biscuit, Southern Style WG | | | 2.000 | | | | | | | | | | | | | | | |
| Juice, Orange Pineapple, Frz | | | | | | 0.500 | | | | | | | | | | | | |
| Milk - FF Flavored Choc | | | | | | | | | | | | | | | | | | 1.000 |
| Milk - FF Flavored Strawberry | | | | | | | | | | | | | | | | | | 1.000 |
| Milk, Skim - FF Unflavored | | | | | | | | | | | | | | | | | | 1.000 |
| Pears, fresh | | | | | 0.500 | | | | | | | | | | | | | |

| Rule Description | Value | Lunch 9-12 |
|--|-----------|-------------|
| Total Fruit | 1 cup | >=1 cup |
| Percentage of Total Fruit that is Juice | 50 % | |
| Total Vegetables | 1 cup | >=1 cup |
| Vegetables (Dark Green) | 0 cup | |
| Vegetables (Red/Orange) | 0 cup | |
| Vegetables (Beans/Peas) | 0 cup | |
| Vegetables (Starchy) | 1/2 cup | |
| Vegetables (Other) | 1/2 cup | |
| Percentage of Total Vegetables that is Juice | 0 % | |
| Meat/Meat Alternate | 2 oz | >=2 oz |
| Total Grains | 2 oz | >=2 oz |
| Percentage of grains that are whole grain-rich | 100 % | |
| Grain-Based Desserts | 0 % | |
| Fluid Milk | 3 cup | >=1 cup |
| Invalid Fluid Milk Choices | 0 choices | <=0 choices |
| Valid Fluid Milk Choices | 2 choices | >=2 choices |

Friday, Aug 23

Deli Sub (Turkey, Deli Breast 2 oz)

| | Meat / Alt (oz eq) | Grains (oz eq) | | | Fruits | | Vegetables | | | | | | | | | Fluid Milk (cups) |
|-------------------------------|--------------------------|--------------------------------|-------------------------|-------|-----------------|-----------------|-------------------|----------------|----------------|---------|-------|------------------------|----------------|----------------|---------|-------------------------|
| | | Not Whole Grain- Rich | Whole Grain- Rich | D | Fruit (cups) | Juice (cups) | Vegetables (cups) | | | | | Vegetable Juice (cups) | | | | |
| | | | | | | | Dark Green | Red/ Orange | Beans/ Peas | Starchy | Other | Dark Green | Red/ Orange | Beans/ Peas | Starchy | |
| Turkey, Deli Breast 2 oz | 2.000 | | | | | | | | | | | | | | | |
| Bun, Hoagie Sub | | | 2.000 | | | | | | | | | | | | | |
| Carrots, sliced #10 | | | | | | | | 0.500 | | | | | | | | |
| Romaine & Tomatoes, High | | | | | | | 1.000 | 0.500 | | | | | | | | |
| Juice, Orange, Frz | | | | | 0.500 | | | | | | | | | | | |
| Milk - FF Flavored Choc | | | | | | | | | | | | | | | | 1.000 |
| Milk - FF Flavored Strawberry | | | | | | | | | | | | | | | | 1.000 |
| Milk, Skim - FF Unflavored | | | | | | | | | | | | | | | | 1.000 |
| Banana, fresh | | | | 0.500 | | | | | | | | | | | | |
| CheeseAmericanSliced.5oz | 0.500 | | | | | | | | | | | | | | | |

| Rule Description | Value | Lunch 9-12 |
|--|-----------|-------------|
| Total Fruit | 1 cup | >=1 cup |
| Percentage of Total Fruit that is Juice | 50 % | |
| Total Vegetables | 2 cup | >=1 cup |
| Vegetables (Dark Green) | 1 cup | |
| Vegetables (Red/Orange) | 1 cup | |
| Vegetables (Beans/Peas) | 0 cup | |
| Vegetables (Starchy) | 0 cup | |
| Vegetables (Other) | 0 cup | |
| Percentage of Total Vegetables that is Juice | 0 % | |
| Meat/Meat Alternate | 2 1/2 oz | >=2 oz |
| Total Grains | 2 oz | >=2 oz |
| Percentage of grains that are whole grain-rich | 100 % | |
| Grain-Based Desserts | 0 % | |
| Fluid Milk | 3 cup | >=1 cup |
| Invalid Fluid Milk Choices | 0 choices | <=0 choices |

Valid Fluid Milk Choices

2 choices

>=2 choices

Total for Week

| Rule Description | Value | Lunch 9-12 |
|--|----------------|-------------------|
| Total Fruit | 5 cup | >=5 cup |
| Percentage of Total Fruit that is Juice | 50 % | <=50 % |
| Total Vegetables | 7 1/2 cup | >=5 cup |
| Vegetables (Dark Green) | 2 cup | >=1/2 cup |
| Vegetables (Red/Orange) | 2 cup | >=1 1/4 cup |
| Vegetables (Beans/Peas) | 1 cup | >=1/2 cup |
| Vegetables (Starchy) | 1 1/2 cup | >=1/2 cup |
| Vegetables (Other) | 1 cup | >=3/4 cup |
| Percentage of Total Vegetables that is Juice | 0 % | <=50 % |
| Meat/Meat Alternate | 10 1/2 oz | 10 - 12* oz |
| Total Grains | 10 1/2 - 11 oz | 10 - 12* oz |
| Percentage of grains that are whole grain-rich | 100 % | >=100 % |
| Grain-Based Desserts | 0 % | <=2 % |
| Fluid Milk | 15 cup | >=5 cup |
| Invalid Fluid Milk Choices | 0 choices | <=0 choices |
| Valid Fluid Milk Choices | 2 choices | >=2 choices |

* Indicates target value is a warning level and not a failure to meet requirements

All daily and weekly requirements have been met