

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), 8/26/2019 - 8/30/2019, Breakfast, 9-12 Breakfast

Mon - 8/26/2019	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Sausage Link	2 EACH	300	162	4	360
Syrup, Individual	1 each	300	100	0	10
Juice, Apple, Frz	1 (4 oz)	200	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	5	80	0	125
Oranges, Mandarin #10 Can (Breakfast)	0.5 cup	300	80	0	9
French Toast, Mini	1 Package	300	1	0	1
Weighted Daily Average			477	4	471
% of calories				7.6%	
Weekly Target (USDA Breakfast 9-12)			450 - 600	< 10% ⁺¹	≤ 640

Tue - 8/27/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Juice, Fruit Blend, Frz	1 (4 oz.)	300	60	0	5
Milk - FF Flavored Choc	1 each	150	110	0	100
Milk - FF Flavored Strawberry	1 each	5	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Pineapple Chunks, # 10 Can (Breakfast)	0.5 cup	300	69	0	0
Pizza, Breakfast WG	1 each	300	198	2	442
Pop Tart, Strawberry	1 Poptart	120	180	1	180
Weighted Daily Average			456	2	573
% of calories				4.5%	
Weekly Target (USDA Breakfast 9-12)			450 - 600	< 10% ⁺¹	≤ 640

Wed - 8/28/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Yogurt Cup, Raspberry /Harvest	1 each	300	113	1	74
Muffin, Apple Cinnamon WG	1 muffin	200	117	0	74
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	5	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Grapes, fresh (Breakfast)	0.5 cup	300	58	0	2
Cereal, Cinnamon Toast Crunch	1 bowl	300	110	1	160
Weighted Daily Average			497	2	349
% of calories				3.6%	
Weekly Target (USDA Breakfast 9-12)			450 - 600	< 10% ⁺¹	≤ 640

Thu - 8/29/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Milk - FF Flavored Choc	1 each	120	110	0	100
Milk - FF Flavored Strawberry	1 each	5	110	0	100
Milk, Skim - FF Unflavored	1 each	50	80	0	125
Jelly, Grape S/S	1 each	150	35	0	0
Jam, Strawberry S/S	1 each	150	35	0	5
Juice, Orange Pineapple, Frz	1 (4 oz.)	300	60	0	0
Cereal Bar, Cocoa Puffs	1 bar	150	151	1	111
Biscuit, Sausage	1 each	300	257	6	358
Grapefruit, fresh (Breakfast)	1 grapefruit	300	82	0	0
Weighted Daily Average			569	6	478
% of calories				9.3%	
Weekly Target (USDA Breakfast 9-12)			450 - 600	< 10% ⁺¹	≤ 640

Fri - 8/30/2019

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

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Weighted Average			495	4	496
% of calories				6.4%	
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