

# Mobile County Public Schools

Aug 6, 2018 thru Aug 10, 2018

Base Menu Spreadsheet

MCPSS HIGH

Portion Values - Detailed

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Generated on: 8/5/2018 12:31:07 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 08/06/2018							
MCPSS HIGH	Total	1600					
Chicken, Wings Precooked	3 piece serving	1600	240	615	1.5	16.5	3.75
Potato, Wedges	1/2 cup serv	900	120	140	20.0	4.0	0.50
Broccoli Florets FRZ 20#	servings	500	33	106	4.52	0.0	0.00
Hushpuppies, 2 oz.	4 hushpuppies	1600	187	360	24.0	9.33	1.33
Milk - 1% Low Fat	1 cup	500	100	125	12.0	2.5	1.50
Milk - FF Flavored Choc	1 cup	750	110	100	19.0	0.0	0.00
Milk - FF Flavored Strawberry	1 cup	100	110	100	18.0	0.0	0.00
Juice, Orange	4 oz.	1600	60	0	14.0	0.0	0.00
Pineapple, Chunks #10	1/2 cup drained	1600	80	0	22.0	0.0	0.00
Weighted Daily Average			734	1179	87.94	28.86	5.83
% of Calories					47.9%	35.4%	7.2%
Nutrient Guideline			750-850	1420		<=35.0	<10.00

Tue - 08/07/2018							
MCPSS HIGH	Total	1600					
Pork Rib Shaped Patty w/BBQ	3.10 oz. patty	1600	210	730	11.0	13.0	4.50
Bun, Hamburger	2 oz. Bun	500	140	300	27.0	2.0	0.00
Beans, Vegetarian #10	1/2 cup	200	160	284	30.65	0.89	0.26
Potato Salad, fresh	1/2 cup	600	166	418	19.42	7.97	1.18
Apple Crisp	3/4 cup	1600	298	183	55.81	6.96	0.99
Milk - 1% Low Fat	1 cup	500	100	125	12.0	2.5	1.50
Milk - FF Flavored Choc	1 cup	400	110	100	19.0	0.0	0.00
Milk, Skim - FF Unflavored	1 cup	0	80	125	12.0	0.0	0.00
Juice, Grape	4 oz.	1600	80	10	19.0	0.0	0.00
Raisins, Seedless Individual	1 Each	1600	120	0	29.0	0.0	0.00
Weighted Daily Average			893	1273	142.86	24.47	6.44
% of Calories					64.0%	24.7%	6.5%
Nutrient Guideline			750-850	1420		<=35.0	<10.00

Wed - 08/08/2018							
MCPSS HIGH	Total	1600					
Meat Sauce for Pasta	servings	1600	209	401	8.84	13.12	*4.29
Pasta, Spaghetti	1/2 cup, cooked	1600	87	2	18.6	0.4	0.05
Salad, Garden, High	serving	1000	136	371	14.29	8.41	1.06
Beans, Green #10	1/2 cup	20	47	243	8.36	0.88	0.26
Breadstick, WW	1 each	600	80	100	15.0	1.0	0.00
Pear, fresh	whole fruit	1600	101	2	27.11	0.25	0.04
Milk - 1% Low Fat	1 cup	100	100	125	12.0	2.5	1.50
Milk - FF Flavored Choc	1 cup	900	110	100	19.0	0.0	0.00
Milk - FF Flavored Strawberry	1 cup	0	110	100	18.0	0.0	0.00
Juice, Fruit Blend	4 oz.	1600	60	5	14.0	0.0	0.00
Weighted Daily Average			641	747	94.65	19.57	*5.14
% of Calories					59.0%	27.5%	*7.2%
Nutrient Guideline			750-850	1420		<=35.0	<10.00

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 08/09/2018							
MCPSS HIGH	Total	1600					
Chicken, Tenderloins Breaded	3 piece serving	1600	250	690	17.0	11.0	2.00
Waffle Sticks (3)	Serving	1000	150	220	22.0	5.0	0.50
Sweet Potato Fries	1/2 cup	1200	100	80	16.0	3.5	0.00
Cole Slaw	2/3 cup	200	247	518	19.5	18.9	2.46
Syrup S/S	1 oz.	1600	100	10	25.0	0.0	0.00
Milk - 1% Low Fat	1 cup	400	100	125	12.0	2.5	1.50
Milk - FF Flavored Choc	1 cup	1300	110	100	19.0	0.0	0.00
Milk - FF Flavored Strawberry	1 cup	25	110	100	18.0	0.0	0.00
Raisins, Seedless Individual	1 Each	1600	120	0	29.0	0.0	0.00
Juice, Grape	4 oz.	1600	80	10	19.0	0.0	0.00
Weighted Daily Average			866	1086	136.91	19.74	3.00
% of Calories					63.3%	20.5%	3.1%
Nutrient Guideline			750-850	1420		<=35.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 08/10/2018							
MCPSS HIGH	Total	1600					
Ham, thin sliced	1.22 oz.	1600	33	344	2.77	1.11	0.28
Bun, Hoagie Sub	1 each	1600	200	330	36.0	3.0	0.00
USDA Carrots sliced 30# frozen	1/2 cup	400	29	105	6.38	1.0	0.00
Chips, Doritos Nacho Cheese	Bag	1400	130	200	20.0	5.0	0.50
Milk - 1% Low Fat	1 cup	500	100	125	12.0	2.5	1.50
Milk - FF Flavored Choc	1 cup	200	110	100	19.0	0.0	0.00
Mayonnaise S/S	12 gram pack	400	40	90	1.0	4.0	0.50
Mustard S/S	6 gram pack	150	0	70	1.0	0.0	0.00
Milk - FF Flavored Strawberry	1 cup	100	110	100	18.0	0.0	0.00
Romaine & Tomatoes, High	serving	400	35	13	7.05	0.5	0.07
Cheese, Sliced American	1 oz. serving	400	90	480	3.0	7.0	4.50
Banana, fresh	whole banana	1600	90	1	23.07	0.33	0.11
Juice, Grape	4 oz.	1600	80	10	19.0	0.0	0.00
Pickle Spears, kosher dill	1-1/3 spears	40	0	380	0.0	0.0	0.00
Weighted Daily Average			617	1106	110.04	12.72	2.56
% of Calories					71.3%	18.6%	3.7%
Nutrient Guideline			750-850	1420		<=35.0	<10.00

Weighted Average			750	1078	114.48	21.07	*4.59
					61.0%	25.3%	*5.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	750		750 - 850	100%				
Sodium 1 (mg)	1078		1420					
Sodium 2 (mg)	1078		1080					
Carbohydrate (g)	114.48	61.03%						
Total Fat (g)	21.07	25.28%	<=35.00%					
Saturated Fat (g)	4.59	5.51%	<10.00%		Missing			

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