

# Mobile County Public Schools

Aug 13, 2018 thru Aug 17, 2018

Base Menu Spreadsheet

MCPSS BREAKFAST K-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 08/13/2018							
MCPSS BREAKFAST K-12	Total	960					
French Toast Sticks WG	1 each	930	210	240	37.0	5.0	1.50
Sausage Patty	1 each	600	190	320	0.0	18.0	6.00
Milk, Skim - FF Unflavored	1 cup	30	80	125	12.0	0.0	0.00
Milk - FF Flavored Strawberry	1 cup	50	110	100	18.0	0.0	0.00
Milk - FF Flavored Choc	1 cup	700	110	100	19.0	0.0	0.00
Milk - 1% Low Fat	1 cup	50	100	125	12.0	2.5	1.50
Syrup S/S	1 oz.	900	100	10	25.0	0.0	0.00
Juice, Orange Pineapple	4 oz.	930	60	0	15.0	0.0	0.00
Peach Cup, Diced 4.2 oz.	4.2 oz. cup	700	60	5	17.0	0.0	0.00
Weighted Daily Average			611	534	102.00	16.22	5.28
% of Calories					66.7%	23.9%	7.8%
Nutrient Guideline			450-500	540		<=35.0	<10.00

Tue - 08/14/2018							
MCPSS BREAKFAST K-12	Total	960					
Grits, WG Corn	4 oz. serving	800	220	284	33.0	8.4	4.60
Quesadilla, Cheese	1 each	700	190	390	17.99	9.0	6.00
Milk - FF Flavored Strawberry	1 cup	40	110	100	18.0	0.0	0.00
Milk - FF Flavored Choc	1 cup	850	110	100	19.0	0.0	0.00
Milk - 1% Low Fat	1 cup	60	100	125	12.0	2.5	1.50
Milk, Skim - FF Unflavored	1 cup	0	80	125	12.0	0.0	0.00
Juice, Orange	4 oz.	900	60	0	14.0	0.0	0.00
USDA Mixed Fruit, ex light #10	1/2 cup	800	60	10	17.0	0.0	0.00
Weighted Daily Average			536	630	86.23	13.72	8.30
% of Calories					64.3%	23.0%	13.9%
Nutrient Guideline			450-500	540		<=35.0	<10.00

Wed - 08/15/2018							
MCPSS BREAKFAST K-12	Total	960					
Oatmeal, WG	1/2 cup	450	150	0	28.0	2.5	0.50
USDA Yogurt Cup, Blueberry	4 oz. cup	900	100	45	16.0	0.0	0.00
Milk - 1% Low Fat	1 cup	25	100	125	12.0	2.5	1.50
Milk - FF Flavored Choc	1 cup	875	110	100	19.0	0.0	0.00
Milk - FF Flavored Strawberry	1 cup	50	110	100	18.0	0.0	0.00
Milk, Skim - FF Unflavored	1 cup	10	80	125	12.0	0.0	0.00
Juice, Fruit Blend	4 oz.	900	60	5	14.0	0.0	0.00
USDA Strawberry Cup, diced S/S	4.5 oz. cup	940	90	0	22.0	0.0	0.00
Weighted Daily Average			418	148	81.49	1.24	0.27
% of Calories					78.0%	2.7%	0.6%
Nutrient Guideline			450-500	540		<=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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 08/16/2018							
MCPSS BREAKFAST K-12	Total	960					
Biscuit, Southern Style 2 oz.	2.51 oz	900	210	340	27.0	9.0	4.50
Omelet, Egg & Cheese	1 Each	550	130	300	1.0	10.0	3.50
Milk - 1% Low Fat	1 cup	0	100	125	12.0	2.5	1.50
Milk - FF Flavored Choc	1 cup	350	110	100	19.0	0.0	0.00
Milk - FF Flavored Strawberry	1 cup	100	110	100	18.0	0.0	0.00
Milk, Skim - FF Unflavored	1 cup	0	80	125	12.0	0.0	0.00
Juice, Orange	4 oz.	960	60	0	14.0	0.0	0.00
Jam, Strawberry S/S	.5 pack	450	35	5	9.0	0.0	0.00
Jelly, Grape S/S	.5 oz. pack	500	35	0	9.0	0.0	0.00
Peach Cup, Diced 4.2 oz.	4.2 oz. cup	950	60	5	17.0	0.0	0.00
Weighted Daily Average			477	545	74.42	14.17	6.22
% of Calories					62.4%	26.7%	11.7%
Nutrient Guideline			450-500	540		<=35.0	<10.00

Fri - 08/17/2018							
MCPSS BREAKFAST K-12	Total	960					
Bagel,WG Turkey Sausage/Cheese	2.72 oz.	500	160	370	19.0	6.0	2.00
Cereal, Golden Grahams	bowl	460	110	220	24.0	1.0	0.00
Cheese String	1 oz. String	200	80	190	1.0	5.0	3.00
Milk - 1% Low Fat	1 cup	460	100	125	12.0	2.5	1.50
Milk - FF Flavored Choc	1 cup	400	110	100	19.0	0.0	0.00
Milk - FF Flavored Strawberry	1 cup	100	110	100	18.0	0.0	0.00
Milk, Skim - FF Unflavored	1 cup	0	80	125	12.0	0.0	0.00
Juice, Fruit Blend	4 oz.	940	60	5	14.0	0.0	0.00
Pineapple Chunks, # 10 Can	1/2 cup	900	78	0	21.46	0.0	0.00
Weighted Daily Average			390	455	70.98	5.84	2.38
% of Calories					72.8%	13.5%	5.5%
Nutrient Guideline			450-500	540		<=35.0	<10.00

Weighted Average			486	462	83.02	10.24	4.49
					68.3%	18.9%	8.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	486		450 - 500	100%				
Sodium 1 (mg)	462		540					
Sodium 2 (mg)	462		485					
Carbohydrate (g)	83.02	68.27%						
Total Fat (g)	10.24	18.94%	<=35.00%					
Saturated Fat (g)	4.49	8.31%	<10.00%					

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