

Mobile County Public Schools

Child Nutrition

Weighted Nutrient Analysis - Detail by Recipe

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

Mon - 8/5/2019	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Pancakes, Mini Blueberry	1 pouch	300	210	1	310
Sausage Link	2 EACH	100	162	4	360
Syrup, Individual	1 each	300	100	0	10
Juice, Apple, Frz	1 (4 oz)	300	60	0	5
Milk - FF Flavored Choc	1 each	75	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			497	2	482
% of calories				4.3%	
Weekly Target (USDA Breakfast K-5)			350 - 500	< 10%+1	≤ 540

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.)	20	60	0	5
Milk - FF Flavored Choc	1 each	20	110	0	100
Milk - FF Flavored Strawberry	1 each	10	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Weighted Daily Average			499	1	408
% of calories				2%	
Weekly Target (USDA Breakfast K-5)			350 - 500	< 10%+1	≤ 540

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	200	110	3	250
Jelly, Grape S/S	1 each	100	35	0	0
Jam, Strawberry S/S	1 each	100	35	0	5
Juice, Fruit Blend, Frz	1 (4 oz.)	300	60	0	5
Milk - FF Flavored Choc	1 each	75	110	0	100
Milk - FF Flavored Strawberry	1 each	10	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Peaches, diced #10 (Breakfast)	0.5 cup	200	59	0	5
Weighted Daily Average			353	3	437
% of calories				8.8%	
Weekly Target (USDA Breakfast K-5)			350 - 500	< 10%+ ¹	≤ 540

Thu - 8/8/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Jam, Strawberry S/S	1 each	100	35	0	5
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
Juice, Grape, Frz	1 (4 oz.)	300	80	0	10
Milk - FF Flavored Choc	1 each	100	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
Weighted Daily Average			366	3	523
% of calories				7.7%	
Weekly Target (USDA Breakfast K-5)			350 - 500	< 10%+ ¹	≤ 540

Fri - 8/9/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Breakfast Sandwich WG	1 sandwich	300	160	3	280
Juice, Orange Pineapple, Frz	1 (4 oz.)	300	60	0	0
Milk - FF Flavored Choc	1 each	50	110	0	100
Milk - FF Flavored Strawberry	1 each	5	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Banana, fresh (Breakfast)	1 banana	300	147	0	2
Weighted Daily Average			388	3	302
% of calories				6.2%	
Weekly Target (USDA Breakfast K-5)			350 - 500	< 10% ⁺¹	≤ 540

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Weighted Average			421	3	430
% of calories				5.4%	
Weekly Target (USDA Breakfast K-5)			350 - 500	< 10% ⁺¹	≤ 540

Legend:

Highlighted values do not meet nutrient standards

*Asterisk indicates missing nutrient data

⁺¹ Target is less than 10% of calories from saturated fat