

Mobile County Public Schools

Child Nutrition

Meal Pattern Analysis

Analyzing Breakfast menus for site (SY 19-20) 9-12 Breakfast Nutrient Analysis (Test) compared against standards for 9-12 Breakfast (5-day week)

Monday, Aug 05

Pancakes & Sausage (Pancakes, Mini Maple)

	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)										
						Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	
Pancakes, Mini Maple			2.000													
Juice, Apple, Frz					0.500											
Milk - FF Flavored Choc																1.000
Milk - FF Flavored Strawberry																1.000
Milk, Skim - FF Unflavored																1.000
Strawberries, fresh (Breakfast)				0.500												
Sausage Patty	1.000															

Rule Description	Value	Breakfast 9-12
Percentage of Total Fruit that is Juice	50 %	
Total Grains	2 oz	>=2 oz
Percentage of grains that are whole grain-rich	100 %	
Fluid Milk	3 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices
Total Fruit or SBP Substitute	1 cup	>=1 cup

Tuesday, Aug 06

Parfait (Parfait)

	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	
Parfait	1.000		1.000	0.500												
Juice, Fruit Blend, Frz					0.500											
Milk - FF Flavored Choc																1.000
Milk - FF Flavored Strawberry																1.000
Milk, Skim - FF Unflavored																1.000
Muffin, Banana			1.000													

Rule Description	Value	Breakfast 9-12
Percentage of Total Fruit that is Juice	50 %	
Total Grains	2 oz	>=2 oz
Percentage of grains that are whole grain-rich	100 %	
Fluid Milk	3 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices
Total Fruit or SBP Substitute	1 cup	>=1 cup

Wednesday, Aug 07

Biscuit & Chicken Patty (Chicken Patty, Breakfast)

	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	
Chicken Patty, Breakfast	1.000																
Biscuit, Southern Style WG			2.000														
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 (Breakfast)					0.500												

Rule Description	Value	Breakfast 9-12
Percentage of Total Fruit that is Juice	50 %	
Total Grains	2 oz	>=2 oz
Percentage of grains that are whole grain-rich	100 %	
Fluid Milk	3 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices
Total Fruit or SBP Substitute	1 cup	>=1 cup

Thursday, Aug 08

Ham & Cheese Croissant (Ham for Biscuit)

	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	
Ham for Biscuit	1.000																
Juice, Orange, Frz						0.500											
Milk - FF Flavored Choc																	1.000
Milk - FF Flavored Strawberry																	1.000
Milk, Skim - FF Unflavored																	1.000
Croissant 1.25 oz. WG			1.000														
CheeseAmericanSliced.5oz	0.500																
Cereal, Cinnamon Toast Crunch			1.000														
Banana, fresh (Breakfast)				0.500													

Rule Description	Value	Breakfast 9-12
Percentage of Total Fruit that is Juice	50 %	
Total Grains	2 oz	>=2 oz
Percentage of grains that are whole grain-rich	100 %	
Fluid Milk	3 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices
Total Fruit or SBP Substitute	1 cup	>=1 cup

Friday, Aug 09

Breakfast Sandwich (Breakfast Wrap WG)

	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	
Breakfast Wrap WG	1.000		1.000														
Juice, Orange Pineapple, Frz						0.500											
Milk - FF Flavored Choc																	1.000
Milk - FF Flavored Strawberry																	1.000
Milk, Skim - FF Unflavored																	1.000
Peach Slice, Cling # 10 Can (Breakfast)					0.500												
Cereal Bar, Trix			1.000														

Rule Description	Value	Breakfast 9-12
Percentage of Total Fruit that is Juice	50 %	
Total Grains	2 oz	>=2 oz
Percentage of grains that are whole grain-rich	100 %	
Fluid Milk	3 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices
Total Fruit or SBP Substitute	1 cup	>=1 cup

Total for Week

Rule Description	Value	Breakfast 9-12
Percentage of Total Fruit that is Juice	50 %	<=50 %
Total Grains	10 oz	9 - 10* oz
Percentage of grains that are whole grain-rich	100 %	>=100 %
Fluid Milk	15 cup	>=5 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices
Total Fruit or SBP Substitute	5 cup	>=5 cup

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

All daily and weekly requirements have been met