

Mobile County Public Schools

Child Nutrition

**Meal Pattern Analysis**

Analyzing Lunch menus for site (SY19-20) K-8 Lunch Nutrient Analysis (Test) compared against standards for K-8 (5-day week)

**Monday, Aug 19**

**Chicken Patty (Chicken, Patty Breaded)**

	Meat / Alt (oz eq)	Grains (oz eq)		Fruits		Vegetables					Fluid Milk (cups)						
		Not Whole Grain- Rich	Whole Grain- Rich	Fruit (cups)	Juice (cups)	Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other		Vegetable Juice (cups)					
Chicken, Patty Breaded	2.000		1.000														
Bun, Hamburger			2.000														
Milk - FF Flavored Choc																	1.000
Milk - FF Flavored Strawberry																	1.000
Milk, Skim - FF Unflavored																	1.000
Banana, fresh				0.500													
Sweet Potato Fries							0.500										
Beans, Vegetarian #10								0.500									

Rule Description	Value	Lunch K-5	Lunch 6-8
Total Fruit	1/2 cup	>=1/2 cup	>=1/2 cup
Percentage of Total Fruit that is Juice	0 %		
Total Vegetables	1 cup	>=3/4 cup	>=3/4 cup
Vegetables (Dark Green)	0 cup		
Vegetables (Red/Orange)	1/2 cup		
Vegetables (Beans/Peas)	1/2 cup		
Vegetables (Starchy)	0 cup		
Vegetables (Other)	0 cup		
Percentage of Total Vegetables that is Juice	0 %		
Meat/Meat Alternate	2 oz	>=1 oz	>=1 oz
Total Grains	3 oz	>=1 oz	>=1 oz
Percentage of grains that are whole grain-rich	100 %		

Grain-Based Desserts	0 %		
Fluid Milk	3 cup	>=1 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices	>=2 choices

**Chicken Patty (Chicken, Breast Grilled)**

	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	
Chicken, Breast Grilled	2.000															
Bun, Hamburger			2.000													
Milk - FF Flavored Choc																1.000
Milk - FF Flavored Strawberry																1.000
Milk, Skim - FF Unflavored																1.000
Banana, fresh				0.500												
Sweet Potato Fries							0.500									
Beans, Vegetarian #10								0.500								

Rule Description	Value	Lunch K-5	Lunch 6-8
Total Fruit	1/2 cup	>=1/2 cup	>=1/2 cup
Percentage of Total Fruit that is Juice	0 %		
Total Vegetables	1 cup	>=3/4 cup	>=3/4 cup
Vegetables (Dark Green)	0 cup		
Vegetables (Red/Orange)	1/2 cup		
Vegetables (Beans/Peas)	1/2 cup		
Vegetables (Starchy)	0 cup		
Vegetables (Other)	0 cup		
Percentage of Total Vegetables that is Juice	0 %		
Meat/Meat Alternate	2 oz	>=1 oz	>=1 oz
Total Grains	2 oz	>=1 oz	>=1 oz
Percentage of grains that are whole grain-rich	100 %		
Grain-Based Desserts	0 %		
Fluid Milk	3 cup	>=1 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices	>=2 choices

Tuesday, Aug 20

Spaghetti (Meat Sauce for Pasta)

	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		
Meat Sauce for Pasta	2.000																
Pasta, Spaghetti			1.000														
Beans, Green #10										0.500							
Breadstick, WG			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	
Salad, Garden, E&M						0.500	0.250										
Pineapple Chunks, # 10 Can					0.500												

Rule Description	Value	Lunch K-5	Lunch 6-8
Total Fruit	1 cup	>=1/2 cup	>=1/2 cup
Percentage of Total Fruit that is Juice	50 %		
Total Vegetables	1 3/8 cup	>=3/4 cup	>=3/4 cup
Vegetables (Dark Green)	1/2 cup		
Vegetables (Red/Orange)	3/8 cup		
Vegetables (Beans/Peas)	0 cup		
Vegetables (Starchy)	0 cup		
Vegetables (Other)	1/2 cup		
Percentage of Total Vegetables that is Juice	0 %		
Meat/Meat Alternate	2 oz	>=1 oz	>=1 oz
Total Grains	2 oz	>=1 oz	>=1 oz
Percentage of grains that are whole grain-rich	100 %		
Grain-Based Desserts	0 %		
Fluid Milk	3 cup	>=1 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices	<=0 choices

Valid Fluid Milk Choices

2 choices

>=2 choices

>=2 choices

Wednesday, Aug 21

Corndog (Corndog, WG)

	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	
Corndog, WG	2.000		2.000													
Milk - FF Flavored Choc																1.000
Milk, Skim - FF Unflavored																1.000
Cole Slaw										0.500						
Pears, fresh				0.500												
Potato, French Fries, Crinkle									0.500							

Rule Description	Value	Lunch K-5	Lunch 6-8
Total Fruit	1/2 cup	>=1/2 cup	>=1/2 cup
Percentage of Total Fruit that is Juice	0 %		
Total Vegetables	1 cup	>=3/4 cup	>=3/4 cup
Vegetables (Dark Green)	0 cup		
Vegetables (Red/Orange)	0 cup		
Vegetables (Beans/Peas)	0 cup		
Vegetables (Starchy)	1/2 cup		
Vegetables (Other)	1/2 cup		
Percentage of Total Vegetables that is Juice	0 %		
Meat/Meat Alternate	2 oz	>=1 oz	>=1 oz
Total Grains	2 oz	>=1 oz	>=1 oz
Percentage of grains that are whole grain-rich	100 %		
Grain-Based Desserts	0 %		
Fluid Milk	2 cup	>=1 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices	>=2 choices

Thursday, Aug 22

Oven Roasted Crispy Chicken Wings (Oven Roasted Crispy Chicken Wings, Fully Cooked)

	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)									
						Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	
Oven Roasted Crispy Chicken Wings, Fully Cooked	2.000															
Juice, Grape, Frz					0.500											
Milk - 1% Low Fat																1.000
Milk - FF Flavored Choc																1.000
Milk - FF Flavored Strawberry																1.000
Potato, Whole Roasted Seasoned									0.500							
Raisins, Seedless Individual					0.500											
Beans, Lima, Green #10								0.500								
Cornbread, 1 oz.			1.000													

Rule Description	Value	Lunch K-5	Lunch 6-8
Total Fruit	1 cup	>=1/2 cup	>=1/2 cup
Percentage of Total Fruit that is Juice	50 %		
Total Vegetables	1 cup	>=3/4 cup	>=3/4 cup
Vegetables (Dark Green)	0 cup		
Vegetables (Red/Orange)	0 cup		
Vegetables (Beans/Peas)	1/2 cup		
Vegetables (Starchy)	1/2 cup		
Vegetables (Other)	0 cup		
Percentage of Total Vegetables that is Juice	0 %		
Meat/Meat Alternate	2 oz	>=1 oz	>=1 oz
Total Grains	1 oz	>=1 oz	>=1 oz
Percentage of grains that are whole grain-rich	100 %		
Grain-Based Desserts	0 %		
Fluid Milk	3 cup	>=1 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices	<=0 choices

Valid Fluid Milk Choices

2 choices

>=2 choices

>=2 choices



**Oven Roasted Crispy Chicken Wings (Chicken, Oven Roasted, 8 pc)**

	Meat / Alt (oz eq)	Grains (oz eq)		Fruits		Vegetables					Fluid Milk (cups)				
		Not Whole Grain- Rich	Whole Grain- Rich	Fruit (cups)	Juice (cups)	Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other		Dark Green	Red/ Orange	Beans/ Peas	Starchy
Chicken, Oven Roasted, 8 pc	2.000														
Juice, Grape, Frz					0.500										
Milk - 1% Low Fat															1.000
Milk - FF Flavored Choc															1.000
Milk - FF Flavored Strawberry															1.000
Potato, Whole Roasted Seasoned									0.500						
Raisins, Seedless Individual				0.500											
Beans, Lima, Green #10								0.500							
Cornbread, 1 oz.			1.000												

Rule Description	Value	Lunch K-5	Lunch 6-8
Total Fruit	1 cup	>=1/2 cup	>=1/2 cup
Percentage of Total Fruit that is Juice	50 %		
Total Vegetables	1 cup	>=3/4 cup	>=3/4 cup
Vegetables (Dark Green)	0 cup		
Vegetables (Red/Orange)	0 cup		
Vegetables (Beans/Peas)	1/2 cup		
Vegetables (Starchy)	1/2 cup		
Vegetables (Other)	0 cup		
Percentage of Total Vegetables that is Juice	0 %		
Meat/Meat Alternate	2 oz	>=1 oz	>=1 oz
Total Grains	1 oz	>=1 oz	>=1 oz
Percentage of grains that are whole grain-rich	100 %		
Grain-Based Desserts	0 %		
Fluid Milk	3 cup	>=1 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices	>=2 choices

Friday, Aug 23

Pizza (Pizza, Pepperoni 4x6)

	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		
Pizza, Pepperoni 4x6	2.000		2.000					0.125									
Milk - 1% Low Fat																	1.000
Milk - FF Flavored Choc																	1.000
Milk - FF Flavored Strawberry																	1.000
Corn on Cob FRZ									0.500								
Rice Krispie Treat, Mini			0.250 X														
Brownies			0.500 X														
Banana, fresh				0.500													
Salad, Caesar, E&M			0.250								0.500						

Rule Description	Value	Lunch K-5	Lunch 6-8
Total Fruit	1/2 cup	>=1/2 cup	>=1/2 cup
Percentage of Total Fruit that is Juice	0 %		
Total Vegetables	1 1/8 cup	>=3/4 cup	>=3/4 cup
Vegetables (Dark Green)	0 cup		
Vegetables (Red/Orange)	1/8 cup		
Vegetables (Beans/Peas)	0 cup		
Vegetables (Starchy)	1/2 cup		
Vegetables (Other)	1/2 cup		
Percentage of Total Vegetables that is Juice	0 %		
Meat/Meat Alternate	2 oz	>=1 oz	>=1 oz
Total Grains	3 oz	>=1 oz	>=1 oz
Percentage of grains that are whole grain-rich	100 %		
Grain-Based Desserts	3/4 %		
Fluid Milk	3 cup	>=1 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices	>=2 choices

**Pizza (Pizza, Pepperoni Pocket)**

	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
Pizza, Pepperoni Pocket	2.000		2.000								0.125						
Milk - 1% Low Fat																	1.000
Milk - FF Flavored Choc																	1.000
Milk - FF Flavored Strawberry																	1.000
Corn on Cob FRZ									0.500								
Rice Krispie Treat, Mini			0.250	X													
Brownies			0.500	X													
Banana, fresh					0.500												
Salad, Caesar, E&M			0.250								0.500						

Rule Description	Value	Lunch K-5	Lunch 6-8
Total Fruit	1/2 cup	>=1/2 cup	>=1/2 cup
Percentage of Total Fruit that is Juice	0 %		
Total Vegetables	1 1/8 cup	>=3/4 cup	>=3/4 cup
Vegetables (Dark Green)	0 cup		
Vegetables (Red/Orange)	0 cup		
Vegetables (Beans/Peas)	0 cup		
Vegetables (Starchy)	1/2 cup		
Vegetables (Other)	5/8 cup		
Percentage of Total Vegetables that is Juice	0 %		
Meat/Meat Alternate	2 oz	>=1 oz	>=1 oz
Total Grains	3 oz	>=1 oz	>=1 oz
Percentage of grains that are whole grain-rich	100 %		
Grain-Based Desserts	3/4 %		
Fluid Milk	3 cup	>=1 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices	>=2 choices

**Total for Week**

<b>Rule Description</b>	<b>Value</b>	<b>Lunch K-5</b>	<b>Lunch 6-8</b>
Total Fruit	3 1/2 cup	>=2 1/2 cup	>=2 1/2 cup
Percentage of Total Fruit that is Juice	28.571 %	<=50 %	<=50 %
Total Vegetables	5 1/2 cup	>=3 3/4 cup	>=3 3/4 cup
Vegetables (Dark Green)	1/2 cup	>=1/2 cup	>=1/2 cup
Vegetables (Red/Orange)	1 cup	>=3/4 cup	>=3/4 cup
Vegetables (Beans/Peas)	1 cup	>=1/2 cup	>=1/2 cup
Vegetables (Starchy)	1 1/2 cup	>=1/2 cup	>=1/2 cup
Vegetables (Other)	1 5/8 cup	>=1/2 cup	>=1/2 cup
Percentage of Total Vegetables that is Juice	0 %	<=50 %	<=50 %
Meat/Meat Alternate	10 oz	8 - 10* oz	9 - 10* oz
Total Grains	10 - 11 oz	8 - 9* oz	8 - 10* oz
Percentage of grains that are whole grain-rich	100 %	>=100 %	>=100 %
Grain-Based Desserts	3/4 %	<=2 %	<=2 %
Fluid Milk	14 cup	>=5 cup	>=5 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices	>=2 choices

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

Weekly maximum target has not been met