

Mobile County Public Schools

Child Nutrition

Meal Pattern Analysis

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

Monday, Aug 19

Mini Pancake & Sausage (Pancake Bite/Pup)

| | 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 | |
| Pancake Bite/Pup | 1.000 | | 1.000 | | | | | | | | | | | | | |
| Juice, Grape, 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 | | | | | | | | | | | | |

| Rule Description | Value | Breakfast K-5 |
|--|-----------|---------------|
| Percentage of Total Fruit that is Juice | 50 % | |
| Total Grains | 1 oz | >=1 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 20

Cheese Toast (Cheese Toast)

| | 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 | | |
| Cheese Toast | 0.500 | | 1.000 | | | | | | | | | | | | | | | |
| Juice, Fruit Blend, 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 | | | | | | | | | | | | | |
| Grits, WG Corn | | | 1.000 | | | | | | | | | | | | | | | |

| Rule Description | Value | Breakfast K-5 |
|--|-----------|---------------|
| Percentage of Total Fruit that is Juice | 50 % | |
| Total Grains | 2 oz | >=1 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 21

Yogurt w/Cereal (Yogurt Cup, Raspberry /Harvest)

| | 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 | |
| Yogurt Cup, Raspberry /Harvest | 1.000 | | | | | | | | | | | | | | | | |
| Juice, Grape, Frz | | | | | | 0.500 | | | | | | | | | | | |
| Cereal Bar, Trix | | | 1.000 | | | | | | | | | | | | | | |
| Milk - FF Flavored Choc | | | | | | | | | | | | | | | | | 1.000 |
| Milk - FF Flavored Strawberry | | | | | | | | | | | | | | | | | 1.000 |
| Milk, Skim - FF Unflavored | | | | | | | | | | | | | | | | | 1.000 |
| Orange, Fresh (Breakfast) | | | | | 0.500 | | | | | | | | | | | | |

| Rule Description | Value | Breakfast K-5 |
|--|-----------|---------------|
| Percentage of Total Fruit that is Juice | 50 % | |
| Total Grains | 1 oz | >=1 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 |

Yogurt w/Cereal (Shiver Shock Smoothie)

| | 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 |
| Shiver Shock Smoothie | 0.500 | | | | 0.500 | | | | | | | | | | | |
| Juice, Grape, Frz | | | | | | 0.500 | | | | | | | | | | |
| Cereal Bar, Trix | | | 1.000 | | | | | | | | | | | | | |
| Milk - FF Flavored Choc | | | | | | | | | | | | | | | | 1.000 |
| Milk - FF Flavored Strawberry | | | | | | | | | | | | | | | | 1.000 |
| Milk, Skim - FF Unflavored | | | | | | | | | | | | | | | | 1.000 |
| Orange, Fresh (Breakfast) | | | | | 0.500 | | | | | | | | | | | |

| Rule Description | Value | Breakfast K-5 |
|--|-----------|---------------|
| Percentage of Total Fruit that is Juice | 33 1/3 % | |
| Total Grains | 1 oz | >=1 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 1/2 cup | >=1 cup |

Thursday, Aug 22

Egg Patty Croissant/Biscuit (Egg, Scrambled Square 1.25 oz.)

| | 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 | | |
| Egg, Scrambled Square 1.25 oz. | 0.750 | | | | | | | | | | | | | | | | |
| Croissant 1.25 oz. WG | | | 1.000 | | | | | | | | | | | | | | |
| Juice, Grape, Frz | | | | | 0.500 | | | | | | | | | | | | |
| Milk - FF Flavored Choc | | | | | | | | | | | | | | | | 1.000 | |
| Milk - FF Flavored Strawberry | | | | | | | | | | | | | | | | 1.000 | |
| Milk, Skim - FF Unflavored | | | | | | | | | | | | | | | | 1.000 | |
| Banana, fresh (Breakfast) | | | | 0.500 | | | | | | | | | | | | | |

| Rule Description | Value | Breakfast K-5 |
|--|-----------|---------------|
| Percentage of Total Fruit that is Juice | 50 % | |
| Total Grains | 1 oz | >=1 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 23

Sausage & Cream Cheese Bagel (Sausage Link)

| | 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 | |
| Sausage Link | 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 |
| Bagel, Strawberry Cream Cheese | | | 2.000 | | | | | | | | | | | | | | |
| Banana, fresh (Breakfast) | | | | | 0.500 | | | | | | | | | | | | |

| Rule Description | Value | Breakfast K-5 |
|--|-----------|---------------|
| Percentage of Total Fruit that is Juice | 50 % | |
| Total Grains | 2 oz | >=1 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 K-5 |
|--|---------------|----------------------|
| Percentage of Total Fruit that is Juice | 45.455 % | <=50 % |
| Total Grains | 7 oz | 7 - 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 - 5 1/2 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