

Mobile County Public Schools

Sep 3, 2018 thru Sep 7, 2018

Base Menu Spreadsheet

MCPSS HIGH

Portion Values - Detailed

Page 1

Generated on: 8/5/2018 12:35:37 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 09/03/2018							
MCPSS HIGH	Total	1600					
Beef, Patty Breaded	Patty	1600	329	384	14.8	23.4	9.10
Peas, Black-Eyed #10	1/2 cup	750	103	202	16.47	0.92	0.28
Greens, Collard FRZ 36#	1/2 cup	1400	43	134	6.89	0.49	0.15
Cornbread, 1 oz.	1 oz. serving	1400	102	250	18.1	2.72	*0.57
Milk - FF Flavored Strawberry	1 cup	100	110	100	18.0	0.0	0.00
Banana, fresh	whole banana	1600	90	1	23.07	0.33	0.11
Milk - 1% Low Fat	1 cup	1000	100	125	12.0	2.5	1.50
Milk - FF Flavored Choc	1 cup	500	110	100	19.0	0.0	0.00
Juice, Grape	4 oz.	1600	80	10	19.0	0.0	0.00
Weighted Daily Average			778	941	101.01	28.54	*10.91
% of Calories					52.0%	33.0%	*12.6%
Nutrient Guideline			750-850	1420		<=35.0	<10.00

Tue - 09/04/2018							
MCPSS HIGH	Total	1600					
Chicken Teriyaki	2 oz.	1500	121	473	9.6	2.02	0.00
Vegetables, Stir Fry FRZ 24#	1/2 cup	1600	32	107	6.42	0.0	0.00
Rice, Fried	1/2 cup cooked	1600	123	315	24.95	1.0	0.00
Egg, Roll Vegetable	Egg Roll	1600	140	150	22.0	3.5	1.00
Juice, Orange	4 oz.	1600	60	0	14.0	0.0	0.00
Pear, fresh	whole fruit	1600	101	2	27.11	0.25	0.04
Milk - 1% Low Fat	1 cup	1000	100	125	12.0	2.5	1.50
Milk - FF Flavored Choc	1 cup	500	110	100	19.0	0.0	0.00
Milk - FF Flavored Strawberry	1 cup	100	110	100	18.0	0.0	0.00
Weighted Daily Average			673	1133	118.04	8.21	1.97
% of Calories					70.1%	11.0%	2.6%
Nutrient Guideline			750-850	1420		<=35.0	<10.00

Wed - 09/05/2018							
MCPSS HIGH	Total	1600					
Beef-A-Roni	servings	1490	385	541	28.24	20.72	*8.34
Beans, Italian, Green #10	1/2 cup	600	46	238	8.27	0.84	0.25
Yam Patties	2 yam patties	1600	120	170	28.0	0.0	0.00
Roll Dough, Whole Wheat	1.25 oz	1600	80	70	14.01	1.5	0.00
Milk - 1% Low Fat	1 cup	100	100	125	12.0	2.5	1.50
Pear, fresh	whole fruit	1600	101	2	27.11	0.25	0.04
Milk - FF Flavored Choc	1 cup	1400	110	100	19.0	0.0	0.00
Milk - FF Flavored Strawberry	1 cup	100	110	100	18.0	0.0	0.00
Juice, Orange Pineapple	4 oz.	1600	60	0	15.0	0.0	0.00
Weighted Daily Average			847	937	132.03	21.52	*7.99
% of Calories					62.4%	22.9%	*8.5%
Nutrient Guideline			750-850	1420		<=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.

Mobile County Public Schools

Sep 3, 2018 thru Sep 7, 2018

Base Menu Spreadsheet

MCPSS HIGH

Portion Values - Detailed

Page 2

Generated on: 8/5/2018 12:35:37 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 09/06/2018							
MCPSS HIGH	Total	1600					
Chicken, Fajita Meat	2.5 oz	1500	146	680	0.0	8.5	2.43
Potato, French Fries, Straight	1/2 cup	1600	110	240	17.0	3.5	0.00
Carrots, sliced FRZ 20#	1/2 cup	1000	41	159	8.2	0.0	0.00
Milk - FF Flavored Choc	cup	1600	110	100	19.0	0.0	0.00
Juice, Apple	4 oz.	1600	60	5	14.0	0.0	0.00
Ketchup S/S	9 gram pack	400	10	25	3.0	0.0	0.00
Bun, Hamburger	2 oz. Bun	1500	140	300	27.0	2.0	0.00
Milk - 1% Low Fat	1 cup	0	100	125	12.0	2.5	1.50
Milk - FF Flavored Strawberry	1 cup	0	110	100	18.0	0.0	0.00
Raisins, Seedless Individual	1 Each	1600	120	0	29.0	0.0	0.00
Weighted Daily Average			696	1370	110.19	13.35	2.28
% of Calories					63.3%	17.3%	2.9%
Nutrient Guideline			750-850	1420		<=35.0	<10.00

Fri - 09/07/2018							
MCPSS HIGH	Total	1600					
Pizza, Mexican Fiestada	slice	1230	340	850	39.0	14.0	6.00
Corn, whole kernel #10	1/2 cup	300	96	184	19.18	1.0	0.00
Romaine & Tomatoes, High	serving	1600	35	13	7.05	0.5	0.07
Cookie, WG Sugar	1 each	1600	111	81	18.22	4.05	1.01
Milk, Skim - FF Unflavored	1 cup	0	80	125	12.0	0.0	0.00
Dressing, Ranch 1.5 oz.	1.5 oz. pouch	600	110	360	9.0	8.0	1.00
Milk - 1% Low Fat	1 cup	0	100	125	12.0	2.5	1.50
Milk - FF Flavored Choc	1 cup	1600	110	100	19.0	0.0	0.00
Raisins, Seedless Individual	1 Each	1600	120	0	29.0	0.0	0.00
Juice, Orange Pineapple	4 oz.	1600	60	0	15.0	0.0	0.00
Weighted Daily Average			756	1017	125.22	18.50	6.07
% of Calories					66.2%	22.0%	7.2%
Nutrient Guideline			750-850	1420		<=35.0	<10.00

Weighted Average			750	1080	117.30	18.02	*5.84
					62.6%	21.6%	*7.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	750		750 - 850	100%				
Sodium 1 (mg)	1080		1420					
Sodium 2 (mg)	1080		1080					
Carbohydrate (g)	117.30	62.56%						
Total Fat (g)	18.02	21.63%	<=35.00%					
Saturated Fat (g)	5.84	7.01%	<10.00%		Missing			

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.