

# Mobile County Public Schools

Aug 6, 2018 thru Aug 10, 2018

Base Menu Spreadsheet

MCPSS BREAKFAST K-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 08/06/2018							
MCPSS BREAKFAST K-12	Total	960					
Roll, Cinnamon	2.5 oz. Roll	900	220	240	36.0	7.0	2.00
Sausage Patty	1 each	600	190	320	0.0	18.0	6.00
Milk - 1% Low Fat	1 cup	100	100	125	12.0	2.5	1.50
Juice, Fruit Blend	4 oz.	960	60	5	14.0	0.0	0.00
Pear, fresh	whole fruit	600	101	2	27.11	0.25	0.04
Milk - FF Flavored Choc	1 cup	400	110	100	19.0	0.0	0.00
Milk - FF Flavored Strawberry	1 cup	0	110	100	18.0	0.0	0.00
Weighted Daily Average			505	486	73.86	18.23	5.80
% of Calories					58.5%	32.5%	10.3%
Nutrient Guideline			450-500	540		<=35.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 08/07/2018							
MCPSS BREAKFAST K-12	Total	960					
Croissant 1.25 oz. WG	Croissant	900	110	150	15.0	4.5	2.00
Ham for Biscuit 1.22 oz.	1.22 oz.	700	38	238	1.73	0.96	0.35
Cheese, Sliced American	1 oz. serving	260	90	480	3.0	7.0	4.50
Milk - FF Flavored Strawberry	1 cup	200	110	100	18.0	0.0	0.00
Milk - FF Flavored Choc	1 cup	400	110	100	19.0	0.0	0.00
Milk, Skim - FF Unflavored	1 cup	160	80	125	12.0	0.0	0.00
Jam, Strawberry S/S	.5 pack	670	35	5	9.0	0.0	0.00
Jelly, Grape S/S	.5 oz. pack	960	35	0	9.0	0.0	0.00
Peach Slice, Cling # 10 Can	1/2 cup	660	60	5	14.55	0.0	0.00
Juice, Apple	4 oz.	960	60	5	14.0	0.0	0.00
Weighted Daily Average			398	539	69.09	6.81	3.35
% of Calories					69.4%	15.4%	7.6%
Nutrient Guideline			450-500	540		<=35.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 08/08/2018							
MCPSS BREAKFAST K-12	Total	960					
Cereal Bar, Cinna Toast Crunch	1.42 oz bar	950	150	115	30.0	3.0	0.50
Milk, Skim - FF Unflavored	cup	0	80	125	12.0	0.0	0.00
Milk - 1% Low Fat	1 cup	800	100	125	12.0	2.5	1.50
Milk - FF Flavored Strawberry	1 cup	100	110	100	18.0	0.0	0.00
Applesauce Cup, Frozen	4.6 oz cup	400	60	5	17.0	0.0	0.00
Juice, Grape	4 oz.	910	80	10	19.0	0.0	0.00
Cheese String	1 oz. String	500	80	190	1.0	5.0	3.00
Yogurt Cup, Straw Banana	4 oz. cup	300	80	65	16.0	0.0	0.00
Weighted Daily Average			411	359	72.18	7.66	3.31
% of Calories					70.3%	16.8%	7.2%
Nutrient Guideline			450-500	540		<=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.

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MCPSS BREAKFAST K-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 08/09/2018							
MCPSS BREAKFAST K-12	Total	960					
Pancakes, Mini Blueberry	pouch	800	210	310	35.0	6.0	1.00
Sausage Patty	1 each	550	190	320	0.0	18.0	6.00
Syrup S/S	1 oz.	710	100	10	25.0	0.0	0.00
Milk - FF Flavored Strawberry	1 cup	50	110	100	18.0	0.0	0.00
Milk - FF Flavored Choc	1 cup	300	110	100	19.0	0.0	0.00
Milk, Skim - FF Unflavored	1 cup	25	80	125	12.0	0.0	0.00
Juice, Apple	4 oz.	860	60	5	14.0	0.0	0.00
Oranges, Mandarin #10 Can	4 oz serving	810	90	10	23.0	0.0	0.00
Weighted Daily Average			530	502	86.79	15.31	4.27
% of Calories					65.5%	26.0%	7.3%
Nutrient Guideline			450-500	540		<=35.0	<10.00

Fri - 08/10/2018							
MCPSS BREAKFAST K-12	Total	960					
Pizza, Breakfast WG	1 each	600	160	500	16.0	7.0	2.50
Cereal, Cinnamon Toast Crunch	bowl	360	110	160	22.0	3.0	0.50
Yogurt Cup, Straw Banana	4 oz. cup	960	80	65	16.0	0.0	0.00
Milk - 1% Low Fat	1 cup	150	100	125	12.0	2.5	1.50
Milk - FF Flavored Choc	1 cup	600	110	100	19.0	0.0	0.00
Milk, Skim - FF Unflavored	1 cup	110	80	125	12.0	0.0	0.00
Juice, Orange Pineapple	4 oz.	960	60	0	15.0	0.0	0.00
USDA Apples, Braeburn	1 whole apple	960	32	1	8.0	0.0	0.00
Weighted Daily Average			407	535	72.38	5.89	1.98
% of Calories					71.2%	13.0%	4.4%
Nutrient Guideline			450-500	540		<=35.0	<10.00

Weighted Average			450	484	74.86	10.78	3.74
					66.5%	21.6%	7.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	450		450 - 500	100%				
Sodium 1 (mg)	484		540					
Sodium 2 (mg)	484		485					
Carbohydrate (g)	74.86	66.54%						
Total Fat (g)	10.78	21.56%	<=35.00%					
Saturated Fat (g)	3.74	7.49%	<10.00%					

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