

# Mobile County Public Schools

Aug 13, 2018 thru Aug 17, 2018

Base Menu Spreadsheet

MCPSS K-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 08/13/2018							
MCPSS K-8	Total	1222					
Beef, Patty Breaded	Patty	1222	329	384	14.8	23.4	9.10
Peas, Black-Eyed #10	1/2 cup	500	103	202	16.47	0.92	0.28
Greens, Collard FRZ 36#	1/2 cup	600	43	134	6.89	0.49	0.15
Cornbread, 1 oz.	1 oz. serving	900	102	250	18.1	2.72	*0.57
Milk - FF Flavored Strawberry	1 cup	50	110	100	18.0	0.0	0.00
Milk - 1% Low Fat	1 cup	50	100	125	12.0	2.5	1.50
Milk - FF Flavored Choc	1 cup	800	110	100	19.0	0.0	0.00
USDA Strawberry Cup, diced S/S	4.5 oz. cup	1222	90	0	22.0	0.0	0.00
Weighted Daily Average			638	791	73.92	26.12	*9.77
% of Calories					46.4%	36.9%	*13.8%
Nutrient Guideline			600-650	1230		<=35.0	<10.00

Tue - 08/14/2018							
MCPSS K-8	Total	1222					
Chicken Teriyaki	2 oz.	1222	121	473	9.6	2.02	0.00
Vegetables, Stir Fry FRZ 24#	1/2 cup	400	32	107	6.42	0.0	0.00
Rice, Fried	1/2 cup cooked	800	123	315	24.95	1.0	0.00
Egg, Roll Vegetable	Egg Roll	850	140	150	22.0	3.5	1.00
Juice, Apple	4 oz.	1100	60	5	14.0	0.0	0.00
Grapes, fresh	14 grapes	1222	52	2	13.67	0.12	0.04
Milk - 1% Low Fat	1 cup	25	100	125	12.0	2.5	1.50
Milk - FF Flavored Choc	1 cup	900	110	100	19.0	0.0	0.00
Milk - FF Flavored Strawberry	1 cup	250	110	100	18.0	0.0	0.00
Weighted Daily Average			521	921	87.52	5.28	0.77
% of Calories					67.2%	9.1%	1.3%
Nutrient Guideline			600-650	1230		<=35.0	<10.00

Wed - 08/15/2018							
MCPSS K-8	Total	1222					
Beef-A-Roni	servings	1200	385	541	28.24	20.72	*8.34
Beans, Italian, Green #10	1/2 cup	800	46	238	8.27	0.84	0.25
Yam Patties	2 yam patties	900	120	170	28.0	0.0	0.00
Roll Dough, Whole Wheat	1.25 oz	1000	80	70	14.01	1.5	0.00
Milk - 1% Low Fat	1 cup	250	100	125	12.0	2.5	1.50
Milk - FF Flavored Choc	1 cup	700	110	100	19.0	0.0	0.00
Milk - FF Flavored Strawberry	1 cup	15	110	100	18.0	0.0	0.00
Plum, fresh	plum	1222	30	0	7.54	0.18	0.01
Weighted Daily Average			677	954	86.33	22.82	*8.68
% of Calories					51.0%	30.3%	*11.5%
Nutrient Guideline			600-650	1230		<=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.

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 08/16/2018							
MCPSS K-8	Total	1222					
Chicken, Fajita Meat	2.5 oz	1200	146	680	0.0	8.5	2.43
Potato, French Fries, Straight	1/2 cup	1000	110	240	17.0	3.5	0.00
Carrots, sliced FRZ 20#	1/2 cup	0	41	159	8.2	0.0	0.00
Milk - FF Flavored Choc	cup	750	110	100	19.0	0.0	0.00
Juice, Apple	4 oz.	1200	60	5	14.0	0.0	0.00
Ketchup S/S	9 gram pack	100	10	25	3.0	0.0	0.00
Pear, fresh	whole fruit	1200	101	2	27.11	0.25	0.04
Bun, Hamburger	2 oz. Bun	1000	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
Weighted Daily Average			575	1180	88.28	13.10	2.42
% of Calories					61.5%	20.5%	3.8%
Nutrient Guideline			600-650	1230		<=35.0	<10.00

Fri - 08/17/2018							
MCPSS K-8	Total	1222					
Pizza, Pepperoni 4x6	slice	1222	300	550	33.0	11.0	4.00
Corn, whole kernel #10	1/2 cup	600	96	184	19.18	1.0	0.00
Salad, Chef, E&M	serving	60	319	911	22.53	17.91	4.32
Cookie, WG Sugar	1 each	1200	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	0	110	360	9.0	8.0	1.00
Milk - 1% Low Fat	1 cup	10	100	125	12.0	2.5	1.50
Milk - FF Flavored Choc	1 cup	700	110	100	19.0	0.0	0.00
Banana, fresh	whole banana	1222	90	1	23.07	0.33	0.11
Weighted Daily Average			626	824	95.47	16.70	5.33
% of Calories					61.0%	24.0%	7.7%
Nutrient Guideline			600-650	1230		<=35.0	<10.00

Weighted Average			607	934	86.31	16.81	*5.39
					56.8%	24.9%	*8.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	607		600 - 650	100%				
Sodium 1 (mg)	934		1230					
Sodium 2 (mg)	934		935					
Carbohydrate (g)	86.31	56.85%						
Total Fat (g)	16.81	24.91%	<=35.00%					
Saturated Fat (g)	5.39	7.99%	<10.00%		Missing			

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