

Mobile County Public Schools

Child Nutrition

**Weighted Nutrient Analysis - Detail by Recipe**

Planned Lunch Counts for (SY19-20) 9-12 Lunch Nutrient Analysis (Test), 8/12/2019 - 8/16/2019, Lunch, 9-12

<b>Mon - 8/12/2019</b>	<b>Portion Size</b>	<b>Qty</b>	<b>FE (kCal)</b>	<b>Sfat (g)</b>	<b>Na (mg)</b>
Total Feeding Figure	1 plate	1100			
Chicken, Wings Precooked	3 wings	300	697	11	1786
Chicken, Tenderloins Breaded	3 tenders	800	121	1	333
Salad, Garden, High	1 2.5 cup serving	400	142	1	376
Potato, French Fries, Crinkle	0.5 cup	1100	79	0	30
Hushpuppies	4 hushpuppies	900	188	1	362
Juice, Apple, Frz	1 (4 oz)	1100	60	0	5
Milk - FF Flavored Choc	1 each	750	110	0	100
Milk - FF Flavored Strawberry	1 each	20	110	0	100
Milk, Skim - FF Unflavored	1 each	10	80	0	125
Pears, fresh	1 pear	1000	101	0	2
Ketchup S/S	1 each	900	10	0	25
Weighted Daily Average			800	6	1291
% of calories				6.2%	
Weekly Target (USDA Lunch 9-12)			750 - 850	< 10% <sup>+1</sup>	≤ 1420

Tue - 8/13/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	1100			
Meat Sauce for Pasta	0.5 cup	1100	206	5	402
Pasta, Macaroni	0.5 cup	950	30	0	1
Beans, Green #10	0.5 cup	1100	48	0	329
Yam Patties	2 yam patties	1100	119	0	169
Roll Dough, Whole Wheat	1 (1.25 oz roll)	1000	80	0	70
Juice, Fruit Blend, Frz	1 (4 oz.)	1100	60	0	5
Milk - FF Flavored Choc	1 each	900	110	0	100
Milk - FF Flavored Strawberry	1 each	20	110	0	100
Milk, Skim - FF Unflavored	1 each	10	80	0	125
Banana, fresh	1 banana	1100	147	0	2
Weighted Daily Average			772	5	1055
% of calories				5.9%	
Weekly Target (USDA Lunch 9-12)			750 - 850	< 10% <sup>+1</sup>	≤ 1420

Wed - 8/14/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	1100			
Chicken, Fajita Meat	3.4 ounce	1100	138	2	643
Juice, Grape, Frz	1 (4 oz.)	1100	80	0	10
Milk - FF Flavored Choc	1 each	1000	110	0	100
Milk - FF Flavored Strawberry	1 each	20	110	0	100
Milk, Skim - FF Unflavored	1 each	10	80	0	125
Raisins, Seedless Individual	1 Each	1100	113	0	4
Romaine & Tomatoes, High	1 2.50 Cup salad	750	35	0	13
Carrots, sliced #10	0.5 cup	900	39	0	178
Tortilla, Soft WW	1 tortilla	1050	164	2	142
Rice Krispie Treat, Original	1 Bar	900	160	1	140
Weighted Daily Average			777	5	1154
% of calories				6.1%	
Weekly Target (USDA Lunch 9-12)			750 - 850	< 10% <sup>+1</sup>	≤ 1420

Thu - 8/15/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	1100			
Mozzarella Cheese Stick	2 cheese sticks	1100	300	4	740
Milk - FF Flavored Choc	1 each	1080	110	0	100
Milk - FF Flavored Strawberry	1 each	15	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Baked Potato Soup	0.75 cup	620	244	7	544
Broccoli Cuts FRZ 20#	0.5 cup	1100	33	0	109
Juice, Grape, Frz	1 (4 oz.)	1100	80	0	10
Fruit Cocktail, #10 Can	0.5 cup	1100	90	0	11
Weighted Daily Average			750	8	1277
% of calories				9.6%	
Weekly Target (USDA Lunch 9-12)			750 - 850	< 10% <sup>+1</sup>	≤ 1420

Fri - 8/16/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	1100			
Corndog, WG	1 each (2m 2g)	1100	243	3	395
Beans, Vegetarian #10	0.5 cup	1050	157	0	281
Juice, Orange Pineapple, Frz	1 (4 oz.)	1100	60	0	0
Milk - FF Flavored Choc	1 each	1070	110	0	100
Milk - FF Flavored Strawberry	1 each	20	110	0	100
Milk, Skim - FF Unflavored	1 each	10	80	0	125
Apples, Granny Smith	1 apple	1100	94	0	3
Potato Wedges FF 30#	0.5 cup	1100	84	0	100
Ketchup S/S	1 each	1100	10	0	25
Mustard S/S	1 each	850	0	0	70
Weighted Daily Average			752	3	945
% of calories				3.3%	
Weekly Target (USDA Lunch 9-12)			750 - 850	< 10%† <sup>1</sup>	≤ 1420

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Weighted Average			770	5	1145
% of calories				6.2%	
Weekly Target (USDA Lunch 9-12)			750 - 850	< 10%† <sup>1</sup>	≤ 1420

**Legend:**

Highlighted values do not meet nutrient standards

\*Asterisk indicates missing nutrient data

†<sup>1</sup> Target is less than 10% of calories from saturated fat