

# Mobile County Public Schools

## Child Nutrition

### Carbohydrate Analysis

Carbohydrate grams per serving in Lunch menus for template 9-12 Lunch for 9-12

Monday, 5 August	Tuesday, 6 August	Wednesday, 7 August	Thursday, 8 August	Friday, 9 August
<b>Chicken Tenders</b>	<b>Spaghetti</b>	<b>Chili Dog</b>	<b>Oven Roasted Crispy Chicken Wings</b>	<b>Pizza</b>
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Chicken, Tenderloins Breade 8.2g	Meat Sauce for Pasta 8.6g	Hot Dog 1.0g	Chicken, Oven Roasted, 8 pc 0.0g	Pizza, Pepperoni 4x6 33.0g
<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	Oven Roasted Crispy Chicke 0.0g*	Pizza, Pepperoni Pocket 32.0g
Biscuit, 2 oz 27.0g	Pasta, Spaghetti 31.7g	Beans, Vegetarian #10 30.2g	<i>Side Dish</i>	<i>Side Dish</i>
Biscuit, Southern Style WG ( 15.0g	Juice, Grape, Frz 19.0g	Bun, Hot Dog 26.9g	Potato, Roasted Diced, Skin 25.0g	Juice, Grape, Frz 19.0g
Mixed Vegetables, 5 Way Mi 11.6g	Salad, Garden, High 15.4g	Juice, Grape, Frz 19.0g	Beans, Lima, Green #10 20.7g	Cookie, WG Sugar 18.2g
Gravy Mix, Brown 6.2g	Breadstick, WG 15.0g	Potato, French Fries, Straigh 17.2g	Juice, Grape, Frz 19.0g	Salad, Caesar, High 17.2g
Potato, Pearls, instant 5.9g	Juice, Orange Pineapple, Frz 15.0g	Juice, Orange Pineapple, Frz 15.0g	Potato, Whole Roasted Seas 17.3g	Juice, Orange Pineapple, Frz 15.0g
Fruit Choice - REMOVE AND 0.0g*	Juice, Orange, Frz 14.0g	Juice, Orange, Frz 14.0g	Juice, Orange Pineapple, Frz 15.0g	Juice, Orange, Frz 14.0g
<i>Milk</i>	Juice, Fruit Blend Frz 14.0g	Juice, Fruit Blend Frz 14.0g	Juice, Orange, Frz 14.0g	Juice, Fruit Blend Frz 14.0g
Milk - FF Flavored Choc 19.0g	Juice, Apple, Frz 14.0g	Juice, Apple, Frz 14.0g	Juice, Fruit Blend Frz 14.0g	Juice, Apple, Frz 14.0g
Milk - FF Flavored Strawberr 18.0g	Beans, Green #10 7.2g	Sauce, Hot Dog Chili 6.3g	Juice, Apple, Frz 14.0g	Carrots, sliced #10 8.9g
Milk, Skim - FF Unflavored 12.0g	Fruit Choice - REMOVE AND 0.0g*	Fruit Choice - REMOVE AND 0.0g*	Cornbread, (Using Mix) 2 oz. 0.0g*	Fruit Choice - REMOVE AND 0.0g*
Milk - 1% Low Fat 12.0g	<i>Milk</i>	<i>Milk</i>	Fruit Choice - REMOVE AND 0.0g*	<i>Milk</i>
	Milk - FF Flavored Choc 19.0g	Milk - FF Flavored Choc 19.0g		Milk - FF Flavored Choc 19.0g
	Milk - FF Flavored Strawberr 18.0g	Milk - FF Flavored Strawberr 18.0g	<i>Milk</i>	Milk - FF Flavored Strawberr 18.0g
	Milk, Skim - FF Unflavored 12.0g	Milk, Skim - FF Unflavored 12.0g	Milk - FF Flavored Choc 19.0g	Milk, Skim - FF Unflavored 12.0g
	Milk - 1% Low Fat 12.0g	Milk - 1% Low Fat 12.0g	Milk - FF Flavored Strawberr 18.0g	Milk - 1% Low Fat 12.0g
		<i>Condiment</i>	Milk, Skim - FF Unflavored 12.0g	
		Ketchup S/S 3.0g	Milk - 1% Low Fat 12.0g	
		Mustard S/S 1.0g		

\* Indicates incomplete or missing nutrient information.

Monday, 12 August		Tuesday, 13 August		Wednesday, 14 August		Thursday, 15 August		Friday, 16 August	
<b>Wings</b>		<b>Beefy Macaroni</b>		<b>BBQ Fajita</b>		<b>Mozzarella Cheese Sticks</b>		<b>Corndog</b>	
<i>Entree</i>		<i>Entree</i>		<i>Entree</i>		<i>Entree</i>		<i>Entree</i>	
Chicken, Tenderloins Breade	8.2g	Meat Sauce for Pasta	8.6g	Chicken, Fajita Meat	0.0g	Mozzarella Cheese Stick	34.0g	Corndog, WG	30.4g
Chicken, Wings Precooked	4.4g	<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>	
<i>Side Dish</i>		Yam Patties		Rice Krispie Treat, Original		Juice, Grape, Frz		Beans, Vegetarian #10	
Hushpuppies	24.2g	Juice, Grape, Frz	19.0g	Tortilla, Soft WW	28.4g	Juice, Orange Pineapple, Frz	15.0g	Potato, Wedges	20.1g
Juice, Grape, Frz	19.0g	Juice, Orange Pineapple, Frz	15.0g	Juice, Grape, Frz	19.0g	Juice, Orange, Frz	14.0g	Juice, Grape, Frz	19.0g
Salad, Garden, High	15.4g	Roll Dough, Whole Wheat 1.	14.0g	Juice, Orange Pineapple, Frz	15.0g	Juice, Fruit Blend Frz	14.0g	Juice, Orange Pineapple, Frz	15.0g
Juice, Orange Pineapple, Frz	15.0g	Juice, Orange, Frz	14.0g	Juice, Orange, Frz	14.0g	Juice, Apple, Frz	14.0g	Juice, Orange, Frz	14.0g
Juice, Orange, Frz	14.0g	Juice, Fruit Blend Frz	14.0g	Juice, Fruit Blend Frz	14.0g	Broccoli Florets FRZ 20#	4.5g	Juice, Fruit Blend Frz	14.0g
Juice, Fruit Blend Frz	14.0g	Juice, Apple, Frz	14.0g	Juice, Apple, Frz	14.0g	Baked Potato Soup w/Turke	0.0g*	Juice, Apple, Frz	14.0g
Juice, Apple, Frz	14.0g	Beans, Green #10	7.2g	Carrots, sliced #10	8.9g	Fruit Choice - REMOVE AND	0.0g*	Fruit Choice - REMOVE AND	0.0g*
Potato, French Fries, Crinkle	13.7g	Pasta, Macaroni	6.5g	Romaine & Tomatoes, High	7.0g	<i>Milk</i>		<i>Milk</i>	
Fruit Choice - REMOVE AND	0.0g*	Fruit Choice - REMOVE AND	0.0g*	Fruit Choice - REMOVE AND	0.0g*	Milk - FF Flavored Choc	19.0g	Milk - FF Flavored Choc	19.0g
<i>Milk</i>		<i>Milk</i>		<i>Milk</i>		<i>Milk</i>		<i>Milk</i>	
Milk - FF Flavored Choc	19.0g	Milk - FF Flavored Choc	19.0g	Milk - FF Flavored Choc	19.0g	Milk - FF Flavored Strawberr	18.0g	Milk - FF Flavored Strawberr	18.0g
Milk - FF Flavored Strawberr	18.0g	Milk - FF Flavored Strawberr	18.0g	Milk - FF Flavored Strawberr	18.0g	Milk, Skim - FF Unflavored	12.0g	Milk, Skim - FF Unflavored	12.0g
Milk, Skim - FF Unflavored	12.0g	Milk, Skim - FF Unflavored	12.0g	Milk, Skim - FF Unflavored	12.0g	Milk - 1% Low Fat	12.0g	Milk - 1% Low Fat	12.0g
Milk - 1% Low Fat	12.0g	Milk - 1% Low Fat	12.0g	Milk - 1% Low Fat	12.0g			<i>Condiment</i>	
								Ketchup S/S	3.0g
								Mustard S/S	1.0g

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Monday, 19 August	Tuesday, 20 August	Wednesday, 21 August	Thursday, 22 August	Friday, 23 August
<b>Chicken Bites</b>	<b>Tacos</b>	<b>Rib Patty on Bun</b>	<b>Salisbury Steak</b>	<b>Deli Sub</b>
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Chicken, Bites Breaded 22.0g	Beef Taco Meat 5.7g	Beef Rib Shaped Patty w/BB 7.7g	Beef Patty, Salisbury 4.1g	Turkey, Deli Breast 2 oz 2.0g
Chicken, Nuggets 16.2g	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>
<i>Side Dish</i>	Chips, Tortilla Bulk 2 oz. 38.5g	Beans, Vegetarian #10 30.2g	Peas, Sweet, Green #10 64.0g	Bun, Hoagie Sub 35.9g
Juice, Grape, Frz 19.0g	Corn on Cob FRZ 28.4g	Bun, Hamburger 26.9g	Juice, Grape, Frz 19.0g	Juice, Grape, Frz 19.0g
Sweet Potato Fries 17.3g	Juice, Grape, Frz 19.0g	Potato Salad (fresh potatoes) 19.2g	Biscuit, Southern Style WG ( 15.0g	Juice, Orange Pineapple, Frz 15.0g
Juice, Orange Pineapple, Frz 15.0g	Beans, Black #10 16.0g	Juice, Grape, Frz 19.0g	Juice, Orange Pineapple, Frz 15.0g	Juice, Orange, Frz 14.0g
Roll Dough, Whole Wheat 1. 14.0g	Juice, Orange Pineapple, Frz 15.0g	Juice, Orange Pineapple, Frz 15.0g	Juice, Orange, Frz 14.0g	Juice, Fruit Blend Frz 14.0g
Juice, Orange, Frz 14.0g	Juice, Orange, Frz 14.0g	Juice, Orange, Frz 14.0g	Juice, Fruit Blend Frz 14.0g	Juice, Apple, Frz 14.0g
Juice, Fruit Blend Frz 14.0g	Juice, Fruit Blend Frz 14.0g	Juice, Fruit Blend Frz 14.0g	Juice, Apple, Frz 14.0g	Carrots, sliced #10 8.9g
Juice, Apple, Frz 14.0g	Juice, Apple, Frz 14.0g	Juice, Apple, Frz 14.0g	Gravy Mix, Brown 6.2g	Romaine & Tomatoes, High 7.0g
Beans, Green #10 7.2g	Romaine & Tomatoes, High 7.0g	Fruit Choice - REMOVE AND 0.0g*	Potato, Pearls, instant 5.9g	Cheese, Sliced American.5oz 1.5g
Fruit Choice - REMOVE AND 0.0g*	Fruit Choice - REMOVE AND 0.0g*	<i>Milk</i>	Fruit Choice - REMOVE AND 0.0g*	Fruit Choice - REMOVE AND 0.0g*
<i>Milk</i>	<i>Milk</i>	Milk - FF Flavored Choc 19.0g	<i>Milk</i>	Pickle Spears, kosher dill 0.0g
Milk - FF Flavored Choc 19.0g	Milk - FF Flavored Choc 19.0g	Milk - FF Flavored Strawberr 18.0g	Milk - FF Flavored Choc 19.0g	<i>Milk</i>
Milk - FF Flavored Strawberr 18.0g	Milk - FF Flavored Strawberr 18.0g	Milk, Skim - FF Unflavored 12.0g	Milk - FF Flavored Strawberr 18.0g	Milk - FF Flavored Choc 19.0g
Milk, Skim - FF Unflavored 12.0g	Milk, Skim - FF Unflavored 12.0g	Milk - 1% Low Fat 12.0g	Milk, Skim - FF Unflavored 12.0g	Milk - FF Flavored Strawberr 18.0g
Milk - 1% Low Fat 12.0g	Milk - 1% Low Fat 12.0g		Milk - 1% Low Fat 12.0g	Milk, Skim - FF Unflavored 12.0g
<i>Condiment</i>	<i>Condiment</i>			Milk - 1% Low Fat 12.0g
Sauce, Honey Mustard S/S 7.1g	Sauce, Taco S/S 1.0g			<i>Condiment</i>
				Mustard S/S 1.0g
				Mayonnaise S/S 1.0g

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Monday, 26 August	Tuesday, 27 August	Wednesday, 28 August	Thursday, 29 August	Friday, 30 August
<b>Chicken Tenders</b>	<b>Sante Fe Soup</b>	<b>Hamburger w/Cheese</b>	<b>Teriyaki Chicken</b>	<b>Crispito</b>
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Chicken, Tenderloins Breade 8.2g	Soup, Santa Fe 24.1g	Beef Patty, All Meat 0.7g	Teriyaki Chicken 10.5g	Chicken Chilli Crispito 23.0g
<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>
Biscuit, 2 oz 27.0g	Chips, Corn Bulk 20.3g	Bun, Hamburger 26.9g	Fried Rice 86.9g	Brownies 21.9g
Juice, Grape, Frz 19.0g	Juice, Grape, Frz 19.0g	Juice, Grape, Frz 19.0g	Juice, Grape, Frz 19.0g	Crackers, Graham, Chocolat 21.3g
Juice, Orange Pineapple, Frz 15.0g	Juice, Orange Pineapple, Frz 15.0g	Juice, Orange Pineapple, Frz 15.0g	Juice, Orange Pineapple, Frz 15.0g	Crackers, Graham, Honey 20.3g
Peas, Sweet Green FRZ 20# 14.7g	Juice, Orange, Frz 14.0g	Juice, Orange, Frz 14.0g	Juice, Orange, Frz 14.0g	Juice, Grape, Frz 19.0g
Juice, Orange, Frz 14.0g	Juice, Fruit Blend Frz 14.0g	Juice, Fruit Blend Frz 14.0g	Juice, Fruit Blend Frz 14.0g	Beans, Black #10 16.0g
Juice, Fruit Blend Frz 14.0g	Juice, Apple, Frz 14.0g	Juice, Apple, Frz 14.0g	Juice, Apple, Frz 14.0g	Salad, Garden, High 15.4g
Juice, Apple, Frz 14.0g	Salad, Garden, E&M 13.1g	Potato, French Fries, Crinkle 13.7g	Vegetables, Stir Fry FRZ 24 6.4g	Juice, Orange Pineapple, Frz 15.0g
Gravy Mix, Brown 6.2g	Carrots, sliced FRZ 20# 8.2g	Carrots, sliced #10 8.9g	Egg, Roll Vegetable 0.3g	Juice, Orange, Frz 14.0g
Potato, Pearls, instant 5.9g	Fruit Choice - REMOVE AND 0.0g*	Cheese, Sliced American.5oz 1.5g	Fruit Choice - REMOVE AND 0.0g*	Juice, Fruit Blend Frz 14.0g
Fruit Choice - REMOVE AND 0.0g*	<i>Milk</i>	Fruit Choice - REMOVE AND 0.0g*	<i>Milk</i>	Juice, Apple, Frz 14.0g
<i>Milk</i>	Milk - FF Flavored Choc 19.0g	<i>Milk</i>	Milk - FF Flavored Choc 19.0g	Mexicali Corn 5.5g
Milk - FF Flavored Choc 19.0g	Milk - FF Flavored Strawberr 18.0g	Milk - FF Flavored Choc 19.0g	Milk - FF Flavored Strawberr 18.0g	Fruit Choice - REMOVE AND 0.0g*
Milk - FF Flavored Strawberr 18.0g	Milk, Skim - FF Unflavored 12.0g	Milk - FF Flavored Strawberr 18.0g	Milk, Skim - FF Unflavored 12.0g	<i>Milk</i>
Milk, Skim - FF Unflavored 12.0g	Milk - 1% Low Fat 12.0g	Milk, Skim - FF Unflavored 12.0g	Milk - 1% Low Fat 12.0g	Milk - FF Flavored Choc 19.0g
Milk - 1% Low Fat 12.0g		Milk - 1% Low Fat 12.0g	<i>Condiment</i>	Milk - FF Flavored Strawberr 18.0g
		<i>Condiment</i>	Sauce, Sweet & Sour S/S 12.1g	Milk, Skim - FF Unflavored 12.0g
		Ketchup S/S 3.0g		Milk - 1% Low Fat 12.0g
		Mustard S/S 1.0g		
		Mayonnaise S/S 1.0g		

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