

Mobile County Public Schools

Child Nutrition

Meal Pattern Analysis

Analyzing Breakfast menus for site (SY 19-20) 9-12 Breakfast Nutrient Analysis (Test) compared against standards for 9-12 Breakfast (5-day week)

Monday, Aug 19

Mini Pancake & Sausage (Pancake Bite/Pup)

	Meat / Alt (oz eq)	Grains (oz eq)		Fruits		Vegetables					Fluid Milk (cups)					
		Not Whole Grain- Rich	Whole Grain- Rich	Fruit (cups)	Juice (cups)	Vegetables (cups)										
						Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	
Pancake Bite/Pup	1.000		1.000													
Juice, Grape, Frz					0.500											
Milk - FF Flavored Choc																1.000
Milk - FF Flavored Strawberry																1.000
Milk, Skim - FF Unflavored																1.000
Cereal, Honey Nut Cheerios			1.000													
Oranges, Mandarin #10 Can (Breakfast)				0.500												

Rule Description	Value	Breakfast 9-12
Percentage of Total Fruit that is Juice	50 %	
Total Grains	2 oz	>=2 oz
Percentage of grains that are whole grain-rich	100 %	
Fluid Milk	3 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices
Total Fruit or SBP Substitute	1 cup	>=1 cup

Tuesday, Aug 20

Cheese Toast (Cheese Toast)

	Meat / Alt (oz eq)	Grains (oz eq)		Fruits		Vegetables										Fluid Milk (cups)
		Not Whole Grain- Rich	Whole Grain- Rich	Fruit (cups)	Juice (cups)	Vegetables (cups)					Vegetable Juice (cups)					
						Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	
Cheese Toast	0.500		1.000													
Juice, Apple, Frz					0.500											
Milk - FF Flavored Choc																1.000
Milk - FF Flavored Strawberry																1.000
Milk, Skim - FF Unflavored																1.000
Grits, WG Corn			1.000													
Banana, fresh (Breakfast)				0.500												

Rule Description **Value** **Breakfast 9-12**

Percentage of Total Fruit that is Juice	50 %	
Total Grains	2 oz	>=2 oz
Percentage of grains that are whole grain-rich	100 %	
Fluid Milk	3 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices
Total Fruit or SBP Substitute	1 cup	>=1 cup

Wednesday, Aug 21

Yogurt w/Cereal (Yogurt Cup, Blueberry)

	Meat / Alt (oz eq)	Grains (oz eq)			Fruits		Vegetables										Fluid Milk (cups)
		Not Whole Grain- Rich	Whole Grain- Rich	D	Fruit (cups)	Juice (cups)	Vegetables (cups)					Vegetable Juice (cups)					
							Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	
Yogurt Cup, Blueberry	1.000																
Cereal, Golden Grahams			1.000														
Juice, Orange, Frz					0.500												
Milk - FF Flavored Choc																	1.000
Milk - FF Flavored Strawberry																	1.000
Milk, Skim - FF Unflavored																	1.000
Cereal, Golden Grahams			1.000														
Raisins, Seedless Individual					0.500												

Rule Description	Value	Breakfast 9-12
Percentage of Total Fruit that is Juice	50 %	
Total Grains	2 oz	>=2 oz
Percentage of grains that are whole grain-rich	100 %	
Fluid Milk	3 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices
Total Fruit or SBP Substitute	1 cup	>=1 cup

Yogurt w/Cereal (Shiver Shock Smoothie)

	Meat / Alt (oz eq)	Grains (oz eq)			Fruits		Vegetables								Fluid Milk (cups)	
		Not Whole Grain- Rich	Whole Grain- Rich	D	Fruit (cups)	Juice (cups)	Vegetables (cups)					Vegetable Juice (cups)				
							Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	Dark Green	Red/ Orange	Beans/ Peas		Starchy
Shiver Shock Smoothie	0.500				0.500											
Cereal, Golden Grahams			1.000													
Juice, Orange, Frz					0.500											
Milk - FF Flavored Choc																1.000
Milk - FF Flavored Strawberry																1.000
Milk, Skim - FF Unflavored																1.000
Cereal, Golden Grahams			1.000													
Raisins, Seedless Individual					0.500											

Rule Description	Value	Breakfast 9-12
Percentage of Total Fruit that is Juice	33 1/3 %	
Total Grains	2 oz	>=2 oz
Percentage of grains that are whole grain-rich	100 %	
Fluid Milk	3 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices
Total Fruit or SBP Substitute	1 1/2 cup	>=1 cup

Thursday, Aug 22

Egg Patty Croissant/Biscuit (Egg, Scrambled Square 1.25 oz.)

	Meat / Alt (oz eq)	Grains (oz eq)			Fruits		Vegetables										Fluid Milk (cups)
		Not Whole Grain- Rich	Whole Grain- Rich	D	Fruit (cups)	Juice (cups)	Vegetables (cups)					Vegetable Juice (cups)					
							Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	
Egg, Scrambled Square 1.25 oz.	0.750																
Cheese American Sliced .5oz	0.500																
Juice, Grape, Frz						0.500											
Milk - FF Flavored Choc																	1.000
Milk - FF Flavored Strawberry																	1.000
Milk, Skim - FF Unflavored																	1.000
Biscuit, Southern Style WG			2.000														
Apple, Fresh (Breakfast)					0.500												

Rule Description	Value	Breakfast 9-12
Percentage of Total Fruit that is Juice	50 %	
Total Grains	2 oz	>=2 oz
Percentage of grains that are whole grain-rich	100 %	
Fluid Milk	3 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices
Total Fruit or SBP Substitute	1 cup	>=1 cup

Friday, Aug 23

Cream Cheese Bagel (Bagel, Strawberry Cream Cheese)

	Meat / Alt (oz eq)	Grains (oz eq)			Fruits		Vegetables										Fluid Milk (cups)
		Not Whole Grain- Rich	Whole Grain- Rich	D	Fruit (cups)	Juice (cups)	Vegetables (cups)					Vegetable Juice (cups)					
							Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	
Bagel, Strawberry Cream Cheese			2.000														
Milk - FF Flavored Choc																	1.000
Milk - FF Flavored Strawberry																	1.000
Milk, Skim - FF Unflavored																	1.000
Juice, Grape, Frz						0.500											
Pears, fresh				0.500													

Rule Description **Value** **Breakfast 9-12**

Percentage of Total Fruit that is Juice	50 %	
Total Grains	2 oz	>=2 oz
Percentage of grains that are whole grain-rich	100 %	
Fluid Milk	3 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices
Total Fruit or SBP Substitute	1 cup	>=1 cup

Total for Week

Rule Description	Value	Breakfast 9-12
Percentage of Total Fruit that is Juice	45.455 %	<=50 %
Total Grains	10 oz	9 - 10* oz
Percentage of grains that are whole grain-rich	100 %	>=100 %
Fluid Milk	15 cup	>=5 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices
Total Fruit or SBP Substitute	5 - 5 1/2 cup	>=5 cup

* Indicates target value is a warning level and not a failure to meet requirements

All daily and weekly requirements have been met