

Mobile County Public Schools

Child Nutrition

Meal Pattern Analysis

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

Monday, Aug 26

French Toast Sticks & Sausage Link (Sausage Link)

	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	
Sausage Link	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
Fruit Cocktail, #10 Can (Breakfast)				0.500												
French Toast, Choc Chip Mini			2.000													

Rule Description	Value	Breakfast K-5
Percentage of Total Fruit that is Juice	50 %	
Total Grains	2 oz	>=1 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 27

Breakfast Pizza (Pizza, Breakfast WG)

	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	
Pizza, Breakfast WG	1.000		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
Nectarine, fresh (Breakfast)				0.500												

Rule Description **Value** **Breakfast K-5**

Percentage of Total Fruit that is Juice	50 %	
Total Grains	1 oz	>=1 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 28

Muffin & Yogurt (Yogurt Cup, Straw Banana)

	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, Straw Banana	1.000																
Muffin, Banana			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	
Melon, Cantaloupe, fresh (Breakfast)					0.500												
Cereal, Cinnamon Toast Crunch			1.000														

Rule Description	Value	Breakfast K-5
Percentage of Total Fruit that is Juice	50 %	
Total Grains	2 oz	>=1 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

Thursday, Aug 29

Sausage Biscuit (Biscuit, Sausage)

	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	
Biscuit, Sausage	0.750		1.250													
Milk - FF Flavored Choc																1.000
Milk - FF Flavored Strawberry																1.000
Milk, Skim - FF Unflavored																1.000
Juice, Apple, Frz					0.500											
Grapefruit, fresh (Breakfast)				0.500												

Rule Description	Value	Breakfast K-5
Percentage of Total Fruit that is Juice	50 %	
Total Grains	1 1/4 oz	>=1 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 30

Yogurt w/Cereal (Yogurt Cup, Raspberry /Harvest)

	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, Raspberry /Harvest	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
Orange, Fresh (Breakfast)				0.500												
Cereal Bar, Trix			1.000													

Rule Description **Value** **Breakfast K-5**

Percentage of Total Fruit that is Juice	50 %	
Total Grains	1 oz	>=1 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)									
						Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	
Shiver Shock Smoothie	0.500				0.500											
Juice, Grape, Frz																
Milk - FF Flavored Choc																1.000
Milk - FF Flavored Strawberry																1.000
Milk, Skim - FF Unflavored																1.000
Orange, Fresh (Breakfast)					0.500											
Cereal Bar, Trix			1.000													
Rule Description			Value			Breakfast K-5										

Percentage of Total Fruit that is Juice	33 1/3 %	
Total Grains	1 oz	>=1 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

Total for Week

Rule Description	Value	Breakfast K-5
Percentage of Total Fruit that is Juice	45.455 %	<=50 %
Total Grains	7 1/4 oz	7 - 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