

Mobile County Public Schools

Child Nutrition

Weighted Nutrient Analysis - Detail by Recipe

Planned Lunch Counts for (SY19-20) K-8 Lunch Nutrient Analysis (Test), 8/5/2019 - 8/9/2019, Lunch, K-8

Mon - 8/5/2019	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Chicken, Bites Breaded	6 bites	300	376	3	910
Sweet Potato Fries	0.5 cup	150	136	2	114
Roll Dough, Whole Wheat	1 (1.25 oz roll)	200	80	0	70
Corn, whole kernel #10	0.5 cup	200	2	0	8
Milk - 1% Low Fat	1 each	10	100	1	125
Milk - FF Flavored Choc	1 each	100	110	0	100
Milk - FF Flavored Strawberry	1 each	20	110	0	100
Pineapple Chunks, # 10 Can	0.5 cup	260	69	0	0
Weighted Daily Average			606	4	1062
% of calories				6.1%	
Weekly Target (USDA Lunch K-5)			550 - 650	< 10% ⁺¹	≤ 1230
Weekly Target (USDA Lunch 6-8)			600 - 700	< 10% ⁺¹	≤ 1360

Tue - 8/6/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Beef Taco Meat	2.68 ounce	300	192	4	368
Corn on Cob FRZ	2 cobs	100	117	0	197
Beans, Black #10	0.5 cup	150	90	0	140
Romaine & Tomatoes, E/M	1 1.25	200	23	0	9
Juice, Apple, Frz	1 (4 oz)	300	60	0	5
Milk - 1% Low Fat	1 each	10	100	1	125
Milk - FF Flavored Choc	1 each	100	110	0	100
Milk - FF Flavored Strawberry	1 each	20	110	0	100
Oranges, Mandarin #10 Can	0.5 cup	300	80	0	9
Chips, Tortilla Bulk 1 oz.	1 (serving = 10 chips)	300	132	0	172
Weighted Daily Average			610	4	740
% of calories				6.5%	
Weekly Target (USDA Lunch K-5)			550 - 650	< 10% ⁺¹	≤ 1230
Weekly Target (USDA Lunch 6-8)			600 - 700	< 10% ⁺¹	≤ 1360

Wed - 8/7/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Pork Rib Shaped Patty w/BBQ	1 patty	290	212	5	737
Bun, Hamburger	1 (2 oz. Bun)	230	139	0	298
Beans, Vegetarian #10	0.5 cup	150	157	0	281
Milk - 1% Low Fat	1 each	10	100	1	125
Milk - FF Flavored Choc	1 each	280	110	0	100
Raisins, Seedless Individual	1 Each	300	113	0	4
Potato Salad, #10 diced	0.5 cup	20	87	1	500
Beef Patty, All Meat	1 patty	10	191	7	346
Weighted Daily Average			622	5	1228
% of calories				7%	
Weekly Target (USDA Lunch K-5)			550 - 650	< 10% ⁺¹	≤ 1230
Weekly Target (USDA Lunch 6-8)			600 - 700	< 10% ⁺¹	≤ 1360

Thu - 8/8/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Beef Patty, Salisbury	1 patty	300	203	6	354
Potato Pearls, instant	0.5 cup	175	27	0	125
Gravy Mix, Brown	0.25 cup	50	47	1	360
Peas, Sweet, Green #10	0.5 cup	220	330	0	180
Milk - 1% Low Fat	1 each	10	100	1	125
Milk - FF Flavored Choc	1 each	180	110	0	100
Milk - FF Flavored Strawberry	1 each	20	110	0	100
Fruit Cocktail, #10 Can	0.5 cup	140	90	0	11
Biscuit, Mini 1 oz.	1 biscuit	90	110	3	250
Juice, Orange, Frz	1 (4 oz.)	150	60	0	0
Weighted Daily Average			650	7	771
% of calories				9.9%	
Weekly Target (USDA Lunch K-5)			550 - 650	< 10% ⁺¹	≤ 1230
Weekly Target (USDA Lunch 6-8)			600 - 700	< 10% ⁺¹	≤ 1360

Fri - 8/9/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Turkey, Deli Breast 2 oz	1 (2.86 oz. serv)	300	87	0	433
Bun, Hoagie Sub	1 hoagie	300	200	0	329
Romaine & Tomatoes, E/M	1 1.25	200	23	0	9
Carrots, sliced #10	0.5 cup	50	39	0	178
Chips, Doritos Nacho Cheese	1 Bag	220	130	1	200
Pickle Spears, kosher dill	1 (1-1/3 spears)	50	0	0	385
Mayonnaise S/S	1 each	75	40	1	90
Mustard S/S	1 each	100	0	0	70
Milk - 1% Low Fat	1 each	10	100	1	125
Milk - FF Flavored Choc	1 each	100	110	0	100
Milk - FF Flavored Strawberry	1 each	10	110	0	100
Banana, fresh	1 banana	300	147	0	2
Weighted Daily Average			604	1	1098
% of calories				1.1%	
Weekly Target (USDA Lunch K-5)			550 - 650	< 10% ⁺¹	≤ 1230
Weekly Target (USDA Lunch 6-8)			600 - 700	< 10% ⁺¹	≤ 1360

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Weighted Average			618	4	980
% of calories				6.2%	
Weekly Target (USDA Lunch K-5)			550 - 650	< 10% ⁺¹	≤ 1230
Weekly Target (USDA Lunch 6-8)			600 - 700	< 10% ⁺¹	≤ 1360

Legend:

Highlighted values do not meet nutrient standards

*Asterisk indicates missing nutrient data

⁺¹ Target is less than 10% of calories from saturated fat