

Mobile County Public Schools

Child Nutrition

Carbohydrate Analysis

Carbohydrate grams per serving in Lunch menus for template K-8 Lunch for K-8

Tuesday, 6 August		Wednesday, 7 August		Thursday, 8 August		Friday, 9 August		Monday, 12 August	
Tacos		Pork Patty on Bun		Salisbury Steak		Deli Sub		Chicken Tenders	
<i>Entree</i>		<i>Entree</i>		<i>Entree</i>		<i>Entree</i>		<i>Entree</i>	
Beef Taco Meat	5.7g	Pork Rib Shaped Patty w/BB	11.1g	Beef Patty, Salisbury	4.1g	Turkey, Deli Breast 2 oz	2.0g	Chicken, Tenderloins Breade	8.2g
<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>	
Corn on Cob FRZ	28.4g	Beef Patty, Flame Broiled	0.8g	Peas, Sweet, Green #10	64.0g	Bun, Hoagie Sub	35.9g	Peas, Sweet, Green #10	64.0g
Chips, Tortilla Bulk 1 oz.	19.2g	Beans, Vegetarian #10	30.2g	Juice, Grape, Frz	19.0g	Carrots, sliced #10	8.9g	Biscuit, Mini 1 oz.	15.0g
Juice, Grape, Frz	19.0g	Bun, Hamburger	26.9g	Biscuit, Mini 1 oz.	15.0g	Romaine & Tomatoes, E/M	4.7g	Potato, Pearls, instant	5.9g
Beans, Black #10	16.0g	Potato Salad (fresh potatoes	19.2g	Juice, Orange Pineapple, Frz	15.0g	Fruit Choice - REMOVE AND	0.0g*	Fruit Choice - REMOVE AND	0.0g*
Juice, Orange Pineapple, Frz	15.0g	Fruit Choice - REMOVE AND	0.0g*	Juice, Orange, Frz	14.0g	Pickle Spears, kosher dill	0.0g	<i>Milk</i>	
Juice, Orange, Frz	14.0g	<i>Milk</i>		Juice, Fruit Blend Frz	14.0g	<i>Milk</i>		Milk - FF Flavored Choc	19.0g
Juice, Fruit Blend Frz	14.0g	Milk - FF Flavored Choc	19.0g	Juice, Apple, Frz	14.0g	Milk - FF Flavored Choc	19.0g	Milk - FF Flavored Strawberr	18.0g
Juice, Apple, Frz	14.0g	Milk - FF Flavored Strawberr	18.0g	Gravy Mix, Brown	6.2g	Milk - FF Flavored Strawberr	18.0g	Milk, Skim - FF Unflavored	12.0g
Romaine & Tomatoes, E/M	4.7g	Milk, Skim - FF Unflavored	12.0g	Potato, Pearls, instant	5.9g	Milk, Skim - FF Unflavored	12.0g	Milk - 1% Low Fat	12.0g
Fruit Choice - REMOVE AND	0.0g*	Milk - 1% Low Fat	12.0g	Fruit Choice - REMOVE AND	0.0g*	Milk - 1% Low Fat	12.0g	<i>Condiment</i>	
<i>Milk</i>		<i>Milk</i>		<i>Milk</i>		<i>Milk</i>		<i>Condiment</i>	
Milk - FF Flavored Choc	19.0g	<i>Milk</i>		Milk - FF Flavored Choc	19.0g	Mustard S/S	1.0g	<i>Condiment</i>	
Milk - FF Flavored Strawberr	18.0g	<i>Milk</i>		Milk - FF Flavored Strawberr	18.0g	Mayonnaise S/S	1.0g	<i>Condiment</i>	
Milk, Skim - FF Unflavored	12.0g	<i>Milk</i>		Milk, Skim - FF Unflavored	12.0g	<i>Condiment</i>		<i>Condiment</i>	
Milk - 1% Low Fat	12.0g	<i>Milk</i>		Milk - 1% Low Fat	12.0g	<i>Condiment</i>		<i>Condiment</i>	
<i>Condiment</i>		<i>Condiment</i>		<i>Condiment</i>		<i>Condiment</i>		<i>Condiment</i>	
Sauce, Taco S/S	1.0g	<i>Condiment</i>		<i>Condiment</i>		<i>Condiment</i>		<i>Condiment</i>	

* Indicates incomplete or missing nutrient information.

Tuesday, 13 August		Wednesday, 14 August		Thursday, 15 August		Friday, 16 August		Monday, 19 August	
Sante Fe Soup		Hamburger		Teriyaki Chicken		Crispito		Chicken Patty	
<i>Entree</i>		<i>Entree</i>		<i>Entree</i>		<i>Entree</i>		<i>Entree</i>	
Soup, Santa Fe	24.1g	Beef Patty, All Meat	0.7g	Teriyaki Chicken	10.5g	Chicken Chilli Crispito	23.0g	Chicken, Patty Breaded	17.2g
<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>		Chicken, Breast Grilled	
Chips, Corn Bulk	20.3g	Bun, Hamburger	26.9g	Fried Rice	86.9g	Beans, Black #10	16.0g	<i>Side Dish</i>	
Juice, Grape, Frz	19.0g	Potato, French Fries, Crinkle	13.7g	Juice, Grape, Frz	19.0g	Salad, Garden, E&M	13.1g	Beans, Vegetarian #10	30.2g
Juice, Orange Pineapple, Frz	15.0g	Carrots, sliced #10	8.9g	Juice, Orange Pineapple, Frz	15.0g	Mexicali Corn	5.5g	Sweet Potato Fries	17.3g
Juice, Orange, Frz	14.0g	Fruit Choice - REMOVE AND	0.0g*	Juice, Orange, Frz	14.0g	Fruit Choice - REMOVE AND	0.0g*	Fruit Choice - REMOVE AND	0.0g*
Juice, Fruit Blend Frz	14.0g	<i>Milk</i>		Juice, Fruit Blend Frz	14.0g	<i>Milk</i>		<i>Milk</i>	
Juice, Apple, Frz	14.0g	Milk - FF Flavored Choc	19.0g	Juice, Apple, Frz	14.0g	Milk - FF Flavored Choc	19.0g	Milk - FF Flavored Choc	19.0g
Salad, Garden, E&M	13.1g	Milk - FF Flavored Strawberr	18.0g	Vegetables, Stir Fry FRZ 24	6.4g	Milk - FF Flavored Strawberr	18.0g	Milk - FF Flavored Strawberr	18.0g
Carrots, sliced FRZ 20#	8.2g	Milk, Skim - FF Unflavored	12.0g	Egg, Roll Vegetable	0.3g	Milk, Skim - FF Unflavored	12.0g	Milk, Skim - FF Unflavored	12.0g
Fruit Choice - REMOVE AND	0.0g*	Milk - 1% Low Fat	12.0g	Fruit Choice - REMOVE AND	0.0g*	Milk - 1% Low Fat	12.0g	Milk - 1% Low Fat	12.0g
<i>Milk</i>		<i>Condiment</i>		<i>Milk</i>		<i>Condiment</i>		<i>Condiment</i>	
Milk - FF Flavored Choc	19.0g	Ketchup S/S	3.0g	Milk - FF Flavored Choc	19.0g			Sauce, Honey Mustard S/S	7.1g
Milk - FF Flavored Strawberr	18.0g	Mustard S/S	1.0g	Milk - FF Flavored Strawberr	18.0g			Mayonnaise S/S	1.0g
Milk, Skim - FF Unflavored	12.0g	Mayonnaise S/S	1.0g	Milk, Skim - FF Unflavored	12.0g				
Milk - 1% Low Fat	12.0g			Milk - 1% Low Fat	12.0g				
				<i>Condiment</i>					
				Sauce, Sweet & Sour S/S	12.1g				

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Tuesday, 20 August	Wednesday, 21 August	Thursday, 22 August	Friday, 23 August	Monday, 26 August
Spaghetti	Corndog	Oven Roasted Crispy Chicken Wings	Pizza	Wings
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Meat Sauce for Pasta 8.6g	Corndog, WG 30.4g	Chicken, Oven Roasted, 8 pc 0.0g	Pizza, Pepperoni 4x6 33.0g	Chicken, Tenderloins Breasted 8.2g
<i>Side Dish</i>	<i>Side Dish</i>	Oven Roasted Crispy Chicken 0.0g*	Pizza, Pepperoni Pocket 32.0g	Chicken, Wings Precooked 4.4g
Pasta, Spaghetti 31.7g	Potato, French Fries, Crinkle 13.7g	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>
Juice, Grape, Frz 19.0g	Cole Slaw 8.5g	Beans, Lima, Green #10 20.7g	Corn on Cob FRZ 28.4g	Potato, French Fries, Crinkle 13.7g
Breadstick, WG 15.0g	Fruit Choice - REMOVE AND 0.0g*	Juice, Grape, Frz 19.0g	Brownies 21.9g	Salad, Garden, E&M 13.1g
Juice, Orange Pineapple, Frz 15.0g	<i>Milk</i>	Potato, Whole Roasted Seasoned 17.3g	Salad, Caesar, E&M 15.4g	Hushpuppies 1 oz. 12.1g
Juice, Orange, Frz 14.0g	Milk - FF Flavored Choc 19.0g	Juice, Orange Pineapple, Frz 15.0g	Rice Krispie Treat, Mini 8.9g	Fruit Choice - REMOVE AND 0.0g*
Juice, Fruit Blend Frz 14.0g	Milk - FF Flavored Strawberry 18.0g	Juice, Orange, Frz 14.0g	Fruit Choice - REMOVE AND 0.0g*	<i>Milk</i>
Juice, Apple, Frz 14.0g	Milk, Skim - FF Unflavored 12.0g	Juice, Fruit Blend Frz 14.0g	<i>Milk</i>	Milk - FF Flavored Choc 19.0g
Salad, Garden, E&M 13.1g	Milk - 1% Low Fat 12.0g	Juice, Apple, Frz 14.0g	Milk - FF Flavored Choc 19.0g	Milk - FF Flavored Strawberry 18.0g
Beans, Green #10 7.2g	<i>Condiment</i>	Cornbread, (Using Mix) 1 oz. 0.0g*	Milk - FF Flavored Strawberry 18.0g	Milk, Skim - FF Unflavored 12.0g
Fruit Choice - REMOVE AND 0.0g*	Ketchup S/S 3.0g	Fruit Choice - REMOVE AND 0.0g*	Milk, Skim - FF Unflavored 12.0g	Milk - 1% Low Fat 12.0g
<i>Milk</i>	Mustard S/S 1.0g	<i>Milk</i>	Milk - 1% Low Fat 12.0g	
Milk - FF Flavored Choc 19.0g		Milk - FF Flavored Choc 19.0g		
Milk - FF Flavored Strawberry 18.0g		Milk - FF Flavored Strawberry 18.0g		
Milk, Skim - FF Unflavored 12.0g		Milk, Skim - FF Unflavored 12.0g		
Milk - 1% Low Fat 12.0g		Milk - 1% Low Fat 12.0g		

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Tuesday, 27 August		Wednesday, 28 August		Thursday, 29 August		Friday, 30 August	
Beefy Macaroni		BBQ Fajita		Mozzarella Cheese Sticks		Hotdog	
<i>Entree</i>		<i>Entree</i>		<i>Entree</i>		<i>Entree</i>	
Beef A Roni	16.9g	Chicken, Fajita Meat	0.0g	Mozzarella Cheese Stick	34.0g	Hot Dog	1.0g
<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>	
Yam Patties	27.9g	Tortilla, Soft WW	28.4g	Juice, Grape, Frz	19.0g	Beans, Vegetarian #10	30.2g
Juice, Grape, Frz	19.0g	Carrots, sliced FRZ 20#	8.2g	Juice, Orange Pineapple, Frz	15.0g	Bun, Hot Dog	26.9g
Juice, Orange Pineapple, Frz	15.0g	Romaine & Tomatoes, E/M	4.7g	Juice, Orange, Frz	14.0g	Potato, Wedges	20.1g
Roll Dough, Whole Wheat 1.	14.0g	Fruit Choice - REMOVE AND	0.0g*	Juice, Fruit Blend Frz	14.0g	Fruit Choice - REMOVE AND	0.0g*
Juice, Orange, Frz	14.0g	<i>Milk</i>		Juice, Apple, Frz	14.0g	<i>Milk</i>	
Juice, Fruit Blend Frz	14.0g	Milk - FF Flavored Choc	19.0g	Broccoli Florets FRZ 20#	4.5g	Milk - FF Flavored Choc	19.0g
Juice, Apple, Frz	14.0g	Milk - FF Flavored Strawberr	18.0g	Baked Potato Soup w/Turke	0.0g*	Milk - FF Flavored Strawberr	18.0g
Beans, Green #10	7.2g	Milk, Skim - FF Unflavored	12.0g	Fruit Choice - REMOVE AND	0.0g*	Milk, Skim - FF Unflavored	12.0g
Fruit Choice - REMOVE AND	0.0g*	Milk - 1% Low Fat	12.0g	<i>Milk</i>		Milk - 1% Low Fat	12.0g
<i>Milk</i>				Milk - FF Flavored Choc	19.0g	<i>Condiment</i>	
Milk - FF Flavored Choc	19.0g			Milk - FF Flavored Strawberr	18.0g	Ketchup S/S	3.0g
Milk - FF Flavored Strawberr	18.0g			Milk, Skim - FF Unflavored	12.0g	Mustard S/S	1.0g
Milk, Skim - FF Unflavored	12.0g			Milk - 1% Low Fat	12.0g		
Milk - 1% Low Fat	12.0g						

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