

Mobile County Public Schools

Aug 27, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

MCPSS K-8

Portion Values - Detailed

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Generated on: 8/5/2018 12:29:01 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 08/27/2018							
MCPSS K-8	Total	1222					
Beef Patty, Salisbury	1 serving	1222	200	350	4.0	14.0	6.00
Potato Pearls, instant	1/2 cup	1200	70	320	15.0	1.0	0.00
Gravy Mix, Brown	100 grams	50	1006	7645	131.36	50.64	12.75
Peas & Carrots #10	1/2 cup	20	70	333	13.09	0.0	0.00
Roll Dough, Whole Wheat	1.25 oz	1220	80	70	14.01	1.5	0.00
Milk - 1% Low Fat	1 cup	100	100	125	12.0	2.5	1.50
Milk - FF Flavored Strawberry	1 cup	25	110	100	18.0	0.0	0.00
Milk - FF Flavored Choc	1 cup	800	110	100	19.0	0.0	0.00
USDA Strawberry Cup, diced S/S	4.5 oz. cup	1222	90	0	22.0	0.0	0.00
Weighted Daily Average			563	1130	74.10	18.76	6.64
% of Calories					52.6%	30.0%	10.6%
Nutrient Guideline			600-650	1230		<=35.0	<10.00

Tue - 08/28/2018							
MCPSS K-8	Total	1222					
Chicken, Patty Breaded	1 Patty	1222	220	580	17.0	8.0	1.50
Bun, Hamburger	2 oz. Bun	1222	140	300	27.0	2.0	0.00
USDA Broccoli 30#	1/2 cup	500	28	78	5.35	0.0	0.00
Sweet Potato Fries	1/2 cup	200	100	80	16.0	3.5	0.00
Milk, Skim - FF Unflavored	1 cup	15	80	125	12.0	0.0	0.00
Milk - FF Flavored Strawberry	1 cup	10	110	100	18.0	0.0	0.00
Juice, Grape	4 oz.	1222	80	10	19.0	0.0	0.00
Pear, fresh	whole fruit	1222	101	2	27.11	0.25	0.04
Milk - FF Flavored Choc	cup	200	110	100	19.0	0.0	0.00
Weighted Daily Average			589	956	98.32	10.82	1.54
% of Calories					66.8%	16.5%	2.3%
Nutrient Guideline			600-650	1230		<=35.0	<10.00

Wed - 08/29/2018							
MCPSS K-8	Total	1222					
Soup, Sante Fe	1 cup	1222	216	349	22.68	7.53	*2.39
USDA Carrots, sliced #10	1/2 cup	200	26	197	5.52	0.0	0.00
Romaine & Tomatoes, E/M	1 Cup	1222	25	9	5.27	0.34	0.05
Chips, Tortilla Bulk 1 oz.	10 chips	1200	130	170	19.0	5.0	0.00
Milk - 1% Low Fat	1 cup	150	100	125	12.0	2.5	1.50
Milk - FF Flavored Choc	1 cup	800	110	100	19.0	0.0	0.00
Milk - FF Flavored Strawberry	1 cup	250	110	100	18.0	0.0	0.00
USDA Strawberries Sliced 1/2 cup	1/2 cup	1222	90	0	23.0	0.0	0.00
Weighted Daily Average			570	659	88.11	13.09	*2.62
% of Calories					61.8%	20.7%	*4.1%
Nutrient Guideline			600-650	1230		<=35.0	<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 08/30/2018							
MCPSS K-8	Total	1222					
Chicken, Oven Roasted	serving	1222	272	390	0.51	15.01	4.50
Rice Pilaf, Chicken Flavor	1/2 cup	500	100	425	21.5	*N/A*	*N/A*
Vegetables, 5 Way Mix FRZ 20#	1/2 cup	250	57	126	11.55	0.85	0.00
Squash, Yellow FRZ 20#	1/2 cup	100	27	122	6.46	0.0	0.00
Biscuit, Mini 1 oz.	biscuit	800	110	250	15.0	5.0	3.00
Milk - 1% Low Fat	1 cup	150	100	125	12.0	2.5	1.50
Milk - FF Flavored Choc	1 cup	900	110	100	19.0	0.0	0.00
Milk - FF Flavored Strawberry	1 cup	150	110	100	18.0	0.0	0.00
Juice, Fruit Blend	4 oz.	1222	60	5	14.0	0.0	0.00
Raisins, Seedless Individual	1 Each	1222	120	0	29.0	0.0	0.00
Weighted Daily Average			686	870	82.69	*18.76	*6.65
% of Calories					48.2%	*24.6%	*8.7%
Nutrient Guideline			600-650	1230		<=35.0	<10.00

Fri - 08/31/2018							
MCPSS K-8	Total	1222					
Chicken Chilli Crispito	2 crispitos	1222	220	270	26.0	10.0	2.00
Beans, Black #10	1/2 cup	400	90	140	16.0	0.0	0.00
Corn Nuggets, 7 nuggets=Veg	7 nuggets	650	228	508	36.78	7.01	1.75
Pudding Cup, Chocolate	3.5 oz. cup	700	80	140	20.0	0.0	0.00
Milk - FF Flavored Choc	1 cup	750	110	100	19.0	0.0	0.00
Milk - FF Flavored Strawberry	1 cup	300	110	100	18.0	0.0	0.00
Sauce, Taco S/S	9 gram pack	50	5	55	1.0	0.0	0.00
Fruit Cocktail, #10 Can	1/2 cup serving	1222	80	10	21.0	0.0	0.00
Milk - 1% Low Fat	1 cup	100	100	125	12.0	2.5	1.50
Weighted Daily Average			599	775	100.36	13.93	3.05
% of Calories					67.0%	20.9%	4.6%
Nutrient Guideline			600-650	1230		<=35.0	<10.00

Weighted Average			602	878	88.72	*15.07	*4.10
					59.0%	*22.6%	*6.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	602		600 - 650	100%				
Sodium 1 (mg)	878		1230					
Sodium 2 (mg)	878		935					
Carbohydrate (g)	88.72	58.99%						
Total Fat (g)	15.07	22.55%	<=35.00%		Missing			
Saturated Fat (g)	4.10	6.13%	<10.00%		Missing			

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