

Mobile County Public Schools

Child Nutrition

Weighted Nutrient Analysis - Detail by Recipe

Planned Breakfast Counts for 6-8 Breakfast Nutrient Analysis (Test), 8/5/2019 - 8/9/2019, Breakfast, 6-8 Breakfast

Mon - 8/5/2019	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Pancakes, Mini Blueberry	1 pouch	300	210	1	310
Sausage Link	2 EACH	100	162	4	360
Syrup, Individual	1 each	300	100	0	10
Juice, Apple, Frz	1 (4 oz)	300	60	0	5
Milk - FF Flavored Choc	1 each	75	110	0	100
Milk - FF Flavored Strawberry	1 each	10	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Fruit Cocktail, #10 Can (Breakfast)	0.5 cup	200	61	0	10
Weighted Daily Average			497	2	482
% of calories				4.3%	
Weekly Target (USDA Breakfast 6-8)			400 - 550	< 10% ⁺¹	≤ 600

Tue - 8/6/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Parfait	1 each	300	483	1	396
Juice, Fruit Blend, Frz	1 (4 oz.)	20	60	0	5
Milk - FF Flavored Choc	1 each	20	110	0	100
Milk - FF Flavored Strawberry	1 each	10	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Muffin, Banana	1 muffin	75	159	0	134
Weighted Daily Average			539	1	442
% of calories				2.1%	
Weekly Target (USDA Breakfast 6-8)			400 - 550	< 10% ⁺¹	≤ 600

Wed - 8/7/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Chicken Patty, Breakfast	1 patty	300	125	1	230
Biscuit, Southern Style WG	1 each	200	110	3	250
Jelly, Grape S/S	1 each	200	35	0	0
Jam, Strawberry S/S	1 each	100	35	0	5
Juice, Fruit Blend, Frz	1 (4 oz.)	300	60	0	5
Milk - FF Flavored Choc	1 each	175	110	0	100
Milk - FF Flavored Strawberry	1 each	10	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Peaches, diced #10 (Breakfast)	0.5 cup	200	59	0	5
Weighted Daily Average			402	3	470
% of calories				7.7%	
Weekly Target (USDA Breakfast 6-8)			400 - 550	< 10% ⁺¹	≤ 600

Thu - 8/8/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Ham for Biscuit	1 each	300	39	0	241
Croissant 1.25 oz. WG	1 Croissant	300	111	2	152
CheeseAmericanSliced.5oz	1 slice	100	46	2	243
Jam, Strawberry S/S	1 each	300	35	0	5
Juice, Grape, Frz	1 (4 oz.)	300	80	0	10
Milk - FF Flavored Choc	1 each	200	110	0	100
Milk - FF Flavored Strawberry	1 each	5	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Pineapple Chunks, # 10 Can (Breakfast)	0.5 cup	300	69	0	0
Weighted Daily Average			426	3	559
% of calories				6.6%	
Weekly Target (USDA Breakfast 6-8)			400 - 550	< 10%+1	≤ 600

Fri - 8/9/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Breakfast Sandwich WG	1 sandwich	300	160	3	280
Juice, Orange Pineapple, Frz	1 (4 oz.)	300	60	0	0
Milk - FF Flavored Choc	1 each	250	110	0	100
Milk - FF Flavored Strawberry	1 each	5	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Banana, fresh (Breakfast)	1 banana	300	147	0	2
Weighted Daily Average			462	3	369
% of calories				5.2%	
Weekly Target (USDA Breakfast 6-8)			400 - 550	< 10%+1	≤ 600

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Weighted Average			465	3	464
% of calories				5%	
Weekly Target (USDA Breakfast 6-8)			400 - 550	< 10%† ¹	≤ 600

Legend:

Highlighted values do not meet nutrient standards

*Asterisk indicates missing nutrient data

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