

Mobile County Public Schools

Aug 20, 2018 thru Aug 24, 2018

Base Menu Spreadsheet

MCPSS K-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 08/20/2018							
MCPSS K-8	Total	1222					
Chicken, Wings Precooked	3 piece serving	1100	240	615	1.5	16.5	3.75
Potato, Wedges	1/2 cup serv	1000	120	140	20.0	4.0	0.50
Broccoli Florets FRZ 20#	servings	400	33	106	4.52	0.0	0.00
Hushpuppies, 2 oz.	4 hushpuppies	600	187	360	24.0	9.33	1.33
Milk - 1% Low Fat	1 cup	350	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	25	110	100	18.0	0.0	0.00
USDA Peach Cup, diced, S/S	4.4 oz cup	1222	80	0	19.0	0.0	0.00
Weighted Daily Average			599	983	66.22	23.42	4.87
% of Calories					44.2%	35.2%	7.3%
Nutrient Guideline			600-650	1230		<=35.0	<10.00

Tue - 08/21/2018							
MCPSS K-8	Total	1222					
Pork Rib Shaped Patty w/BBQ	3.10 oz. patty	1000	210	730	11.0	13.0	4.50
Bun, Hamburger	2 oz. Bun	1000	140	300	27.0	2.0	0.00
Beans, Vegetarian #10	1/2 cup	300	160	284	30.65	0.89	0.26
Potato Salad, fresh	1/2 cup	100	166	418	19.42	7.97	1.18
Apple Crisp	3/4 cup	300	298	183	55.81	6.96	0.99
Milk - 1% Low Fat	1 cup	75	100	125	12.0	2.5	1.50
Milk - FF Flavored Choc	1 cup	700	110	100	19.0	0.0	0.00
Milk, Skim - FF Unflavored	1 cup	0	80	125	12.0	0.0	0.00
Juice, Grape	4 oz.	1222	80	10	19.0	0.0	0.00
Banana, fresh	whole banana	1222	90	1	23.07	0.33	0.11
Weighted Daily Average			652	1068	107.60	15.34	4.29
% of Calories					66.1%	21.2%	5.9%
Nutrient Guideline			600-650	1230		<=35.0	<10.00

Wed - 08/22/2018							
MCPSS K-8	Total	1222					
Meat Sauce for Pasta	servings	1222	209	401	8.84	13.12	*4.29
Pasta, Spaghetti	1/2 cup, cooked	1222	87	2	18.6	0.4	0.05
Salad, Garden, E&M	servings	300	123	365	11.65	8.21	1.03
Beans, Green #10	1/2 cup	300	47	243	8.36	0.88	0.26
Breadstick, WW	1 each	960	80	100	15.0	1.0	0.00
Pear, fresh	whole fruit	1222	101	2	27.11	0.25	0.04
Milk - 1% Low Fat	1 cup	25	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	122	110	100	18.0	0.0	0.00
Weighted Daily Average			596	719	87.29	16.83	*4.73
% of Calories					58.6%	25.4%	*7.1%
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 - 08/23/2018							
MCPSS K-8	Total	1222					
Chicken, Tenderloins Breaded	3 piece serving	1150	250	690	17.0	11.0	2.00
Waffle Sticks (3)	Serving	1000	150	220	22.0	5.0	0.50
Sweet Potato Fries	1/2 cup	500	100	80	16.0	3.5	0.00
Cole Slaw	2/3 cup	10	247	518	19.5	18.9	2.46
Syrup S/S	1 oz.	500	100	10	25.0	0.0	0.00
Milk - 1% Low Fat	1 cup	25	100	125	12.0	2.5	1.50
Milk - FF Flavored Choc	1 cup	500	110	100	19.0	0.0	0.00
Milk - FF Flavored Strawberry	1 cup	25	110	100	18.0	0.0	0.00
Raisins, Seedless Individual	1 Each	1222	120	0	29.0	0.0	0.00
Juice, Orange	4 oz.	1222	60	0	14.0	0.0	0.00
Weighted Daily Average			671	916	102.32	16.08	2.34
% of Calories					61.0%	21.6%	3.1%
Nutrient Guideline			600-650	1230		<=35.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 08/24/2018							
MCPSS K-8	Total	1222					
Ham, thin sliced	1.22 oz.	1200	33	344	2.77	1.11	0.28
Bun, Hoagie Sub	1 each	1100	200	330	36.0	3.0	0.00
Carrots, sliced #10	1/2 cup	200	41	183	9.13	0.0	0.00
Chips, Doritos Nacho Cheese	Bag	800	130	200	20.0	5.0	0.50
Milk - 1% Low Fat	1 cup	10	100	125	12.0	2.5	1.50
Milk - FF Flavored Choc	1 cup	700	110	100	19.0	0.0	0.00
Mayonnaise S/S	12 gram pack	10	40	90	1.0	4.0	0.50
Mustard S/S	6 gram pack	10	0	70	1.0	0.0	0.00
Milk - FF Flavored Strawberry	1 cup	0	110	100	18.0	0.0	0.00
Romaine & Tomatoes, E/M	serving	300	25	9	5.27	0.34	0.05
Cheese, Sliced American	1 oz. serving	200	90	480	3.0	7.0	4.50
Oranges, Mandarin #10 Can	4 oz serving	1222	90	10	23.0	0.0	0.00
Weighted Daily Average			480	946	85.50	8.35	1.36
% of Calories					71.3%	15.7%	2.6%
Nutrient Guideline			600-650	1230		<=35.0	<10.00

Weighted Average			600	926	89.79	16.01	*3.52
					59.9%	24.0%	*5.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	600		600 - 650	100%				
Sodium 1 (mg)	926		1230					
Sodium 2 (mg)	926		935					
Carbohydrate (g)	89.79	59.90%						
Total Fat (g)	16.01	24.03%	<=35.00%					
Saturated Fat (g)	3.52	5.28%	<10.00%		Missing			

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