

# Mobile County Public Schools

Sep 3, 2018 thru Sep 7, 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 - 09/03/2018               |              |           |             |           |          |           |           |
| MCPSS K-8                      | Total        | 1222      |             |           |          |           |           |
| Fish, Cod Square               | cod square   | 1222      | 101         | 300       | 16.0     | 6.5       | 1.50      |
| Bun, Hamburger                 | 2 oz. Bun    | 1222      | 140         | 300       | 27.0     | 2.0       | 0.00      |
| Vegetables, California FRZ 20# | 1/2 cup      | 100       | 26          | 126       | 5.21     | 0.0       | 0.00      |
| Potato, French Fries, Crinkle  | 1/2 cup      | 1200      | 78          | 29        | 13.5     | 1.9       | 0.32      |
| Milk - 1% Low Fat              | 1 cup        | 15        | 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        | 25        | 110         | 100       | 18.0     | 0.0       | 0.00      |
| USDA Strawberry Cup, diced S/S | 4.5 oz. cup  | 1222      | 90          | 0         | 22.0     | 0.0       | 0.00      |
| Sauce, Tartar S/S              | 12 gram pack | 700       | 45          | 85        | 2.0      | 4.0       | 0.50      |
| Ketchup S/S                    | 9 gram pack  | 800       | 10          | 25        | 3.0      | 0.0       | 0.00      |
| Weighted Daily Average         |              |           | 526         | 781       | 96.30    | 12.69     | 2.12      |
| % of Calories                  |              |           |             |           | 73.2%    | 21.7%     | 3.6%      |
| Nutrient Guideline             |              |           | 600-650     | 1230      |          | <=35.0    | <10.00    |

|                               |                 |      |         |      |        |        |        |
|-------------------------------|-----------------|------|---------|------|--------|--------|--------|
| Tue - 09/04/2018              |                 |      |         |      |        |        |        |
| MCPSS K-8                     | Total           | 1222 |         |      |        |        |        |
| Sloppy Joe on Hamburger Bun   | sloppy joe      | 1222 | 219     | 770  | 39.7   | 4.04   | *0.68  |
| Potato, Tater Tots            | 1/2 cup= 8 tots | 1222 | 120     | 180  | 14.0   | 7.0    | 1.00   |
| Carrots, sliced #10           | 1/2 cup         | 50   | 41      | 183  | 9.13   | 0.0    | 0.00   |
| Juice, Apple                  | 4 oz.           | 1222 | 60      | 5    | 14.0   | 0.0    | 0.00   |
| Banana, fresh                 | whole banana    | 1222 | 90      | 1    | 23.07  | 0.33   | 0.11   |
| Milk - 1% Low Fat             | 1 cup           | 80   | 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           | 100  | 110     | 100  | 18.0   | 0.0    | 0.00   |
| Ketchup S/S                   | 9 gram pack     | 1000 | 10      | 25   | 3.0    | 0.0    | 0.00   |
| Weighted Daily Average        |                 |      | 595     | 1074 | 109.85 | 11.54  | *1.89  |
| % of Calories                 |                 |      |         |      | 73.8%  | 17.4%  | *2.9%  |
| Nutrient Guideline            |                 |      | 600-650 | 1230 |        | <=35.0 | <10.00 |

|                               |                 |      |         |      |       |        |        |
|-------------------------------|-----------------|------|---------|------|-------|--------|--------|
| Wed - 09/05/2018              |                 |      |         |      |       |        |        |
| MCPSS K-8                     | Total           | 1222 |         |      |       |        |        |
| Soup, Potato w/Turkey Bacon   | 3/4 cup         | 1222 | 145     | 381  | 12.65 | 8.63   | 5.32   |
| USDA Broccoli 30#             | 1/2 cup         | 300  | 28      | 78   | 5.35  | 0.0    | 0.00   |
| Mozzarella Cheese Stick 2 oz. | 2 cheese sticks | 900  | 300     | 740  | 34.0  | 12.0   | 4.00   |
| Milk - 1% Low Fat             | 1 cup           | 10   | 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           | 5    | 110     | 100  | 18.0  | 0.0    | 0.00   |
| Juice, Fruit Blend            | 4 oz.           | 1222 | 60      | 5    | 14.0  | 0.0    | 0.00   |
| Pineapple, Chunks #10         | 1/2 cup drained | 1222 | 80      | 0    | 22.0  | 0.0    | 0.00   |
| Weighted Daily Average        |                 |      | 586     | 1018 | 87.61 | 17.49  | 8.28   |
| % of Calories                 |                 |      |         |      | 59.8% | 26.9%  | 12.7%  |
| 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 - 09/06/2018              |              |           |             |           |          |           |           |
| MCPSS K-8                     | Total        | 1222      |             |           |          |           |           |
| Chicken, Bites Breaded        | 6 piece      | 1222      | 360         | 870       | 21.0     | 18.0      | 3.00      |
| Beans, Green #10              | 1/2 cup      | 200       | 47          | 243       | 8.36     | 0.88      | 0.26      |
| Sweet Potato Fries            | 1/2 cup      | 500       | 100         | 80        | 16.0     | 3.5       | 0.00      |
| Roll Dough, Whole Wheat       | 1.25 oz      | 600       | 80          | 70        | 14.01    | 1.5       | 0.00      |
| Juice, Orange Pineapple       | 4 oz.        | 1222      | 60          | 0         | 15.0     | 0.0       | 0.00      |
| Applesauce Cup, Frozen        | 4.6 oz cup   | 1222      | 60          | 5         | 17.0     | 0.0       | 0.00      |
| Milk - 1% Low Fat             | 1 cup        | 20        | 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        | 15        | 110         | 100       | 18.0     | 0.0       | 0.00      |
| Weighted Daily Average        |              |           | 643         | 1051      | 80.65    | 20.35     | 3.07      |
| % of Calories                 |              |           |             |           | 50.2%    | 28.5%     | 4.3%      |
| Nutrient Guideline            |              |           | 600-650     | 1230      |          | <=35.0    | <10.00    |

|                               |              |      |         |      |        |        |        |
|-------------------------------|--------------|------|---------|------|--------|--------|--------|
| Fri - 09/07/2018              |              |      |         |      |        |        |        |
| MCPSS K-8                     | Total        | 1222 |         |      |        |        |        |
| Corndog, WG                   | each (2m 2g) | 1222 | 240     | 390  | 30.0   | 8.0    | 2.50   |
| Cole Slaw                     | 2/3 cup      | 50   | 247     | 518  | 19.5   | 18.9   | 2.46   |
| Beans, Vegetarian #10         | 1/2 cup      | 500  | 160     | 284  | 30.65  | 0.89   | 0.26   |
| Rice Krispie Treat, Original  | Bar          | 800  | 160     | 140  | 30.0   | 4.0    | 1.00   |
| Milk - 1% Low Fat             | 1 cup        | 150  | 100     | 125  | 12.0   | 2.5    | 1.50   |
| Milk - FF Flavored Choc       | 1 cup        | 850  | 110     | 100  | 19.0   | 0.0    | 0.00   |
| Milk - FF Flavored Strawberry | 1 cup        | 222  | 110     | 100  | 18.0   | 0.0    | 0.00   |
| Raisins, Seedless Individual  | 1 Each       | 1222 | 120     | 0    | 29.0   | 0.0    | 0.00   |
| Weighted Daily Average        |              |      | 649     | 722  | 109.94 | 12.06  | 3.55   |
| % of Calories                 |              |      |         |      | 67.8%  | 16.7%  | 4.9%   |
| Nutrient Guideline            |              |      | 600-650 | 1230 |        | <=35.0 | <10.00 |

|                  |  |  |     |     |                |                |                |
|------------------|--|--|-----|-----|----------------|----------------|----------------|
| Weighted Average |  |  | 600 | 929 | 96.87<br>64.6% | 14.83<br>22.2% | *3.78<br>*5.7% |
|------------------|--|--|-----|-----|----------------|----------------|----------------|

| 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)     | 929      |           | 1230          |             |           |           |         |                         |
| Sodium 2 (mg)     | 929      |           | 935           |             |           |           |         |                         |
| Carbohydrate (g)  | 96.87    | 64.60%    |               |             |           |           |         |                         |
| Total Fat (g)     | 14.83    | 22.25%    | <=35.00%      |             |           |           |         |                         |
| Saturated Fat (g) | 3.78     | 5.67%     | <10.00%       |             | Missing   |           |         |                         |

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