

Mobile County Public Schools

Child Nutrition

**Weighted Nutrient Analysis - Detail by Recipe**

Planned Breakfast Counts for (SY 19-20) 9-12 Breakfast Nutrient Analysis (Test), 8/19/2019 - 8/23/2019, Breakfast, 9-12 Breakfast

<b>Mon - 8/19/2019</b>	<b>Portion Size</b>	<b>Qty</b>	<b>FE (kCal)</b>	<b>Sfat (g)</b>	<b>Na (mg)</b>
Total Feeding Figure	1 plate	300			
Pancake Bite/Pup	3 each	300	211	3	432
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	20	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Syrup, Individual	1 each	300	100	0	10
Cereal, Honey Nut Cheerios	1 bowl	100	111	0	162
Oranges, Mandarin #10 Can (Breakfast)	0.5 cup	280	80	0	9
Weighted Daily Average			585	3	589
% of calories				4.6%	
Weekly Target (USDA Breakfast 9-12)			450 - 600	< 10% <sup>+1</sup>	≤ 640

**Tue - 8/20/2019**

	<b>Portion Size</b>	<b>Qty</b>	<b>FE (kCal)</b>	<b>Sfat (g)</b>	<b>Na (mg)</b>
Total Feeding Figure	1 plate	300			
Jelly, Grape S/S	1 each	150	35	0	0
Jam, Strawberry S/S	1 each	150	35	0	5
Juice, Apple, Frz	1 (4 oz)	300	60	0	5
Milk - FF Flavored Choc	1 each	200	110	0	100
Milk - FF Flavored Strawberry	1 each	20	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Cheese Toast	1 piece	300	127	2	405
Grits, WG Corn	0.5 cup	50	110	2	142
Banana, fresh (Breakfast)	1 banana	300	147	0	2
Weighted Daily Average			469	3	513
% of calories				5.5%	
Weekly Target (USDA Breakfast 9-12)			450 - 600	< 10% <sup>+1</sup>	≤ 640

**Wed - 8/21/2019**

	<b>Portion Size</b>	<b>Qty</b>	<b>FE (kCal)</b>	<b>Sfat (g)</b>	<b>Na (mg)</b>
Total Feeding Figure	1 plate	300			
Yogurt Cup, Blueberry	1 each	150	100	0	45
Shiver Shock Smoothie	8 ounce	150	0	0	0
Cereal, Golden Grahams	1 bowl	300	110	0	220
Juice, Orange, Frz	1 (4 oz.)	250	60	0	0
Milk - FF Flavored Choc	1 each	50	110	0	100
Milk - FF Flavored Strawberry	1 each	10	110	0	100
Milk, Skim - FF Unflavored	1 each	200	80	0	125
Cereal, Golden Grahams	1 bowl	300	110	0	220
Raisins, Seedless Individual	1 Each	300	113	0	4
Weighted Daily Average			509	0	570
% of calories				0%	
Weekly Target (USDA Breakfast 9-12)			450 - 600	< 10% <sup>+1</sup>	≤ 640

Thu - 8/22/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Cheese American Sliced .5oz	1 slice	100	46	2	243
Jelly, Grape S/S	1 each	150	35	0	0
Jam, Strawberry S/S	1 each	150	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	20	110	0	100
Milk, Skim - FF Unflavored	1 each	10	80	0	125
Egg, Scrambled Square 1.25 oz.	1 square	300	46	1	127
Biscuit, Southern Style WG	1 each	300	110	3	250
Apple, Fresh (Breakfast)	1 each	300	96	0	3
Weighted Daily Average			465	5	551
% of calories				9.2%	
Weekly Target (USDA Breakfast 9-12)			450 - 600	< 10% <sup>+1</sup>	≤ 640

Fri - 8/23/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Bagel, Strawberry Cream Cheese	1 each	300	165	2	124
Milk - FF Flavored Choc	1 each	290	110	0	100
Milk - FF Flavored Strawberry	1 each	5	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Juice, Grape, Frz	1 (4 oz.)	300	80	0	10
Pears, fresh	1 pear	300	101	0	2
Weighted Daily Average			456	2	236
% of calories				3.5%	
Weekly Target (USDA Breakfast 9-12)			450 - 600	< 10% <sup>+1</sup>	≤ 640

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Weighted Average			497	2	492
% of calories				4.5%	
Weekly Target (USDA Breakfast 9-12)			450 - 600	< 10%† <sup>1</sup>	≤ 640

**Legend:**

Highlighted values do not meet nutrient standards

\*Asterisk indicates missing nutrient data

†<sup>1</sup> Target is less than 10% of calories from saturated fat