

Mobile County Public Schools

Aug 20, 2018 thru Aug 24, 2018

Base Menu Spreadsheet

MCPSS HIGH

Portion Values - Detailed

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Generated on: 8/5/2018 12:34:44 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-------------------------------|--------------|-----------|-------------|-----------|----------|-----------|-----------|
| Mon - 08/20/2018 | | | | | | | |
| MCPSS HIGH | Total | 1600 | | | | | |
| Fish, Cod Square | cod square | 1600 | 101 | 300 | 16.0 | 6.5 | 1.50 |
| Bun, Hamburger | 2 oz. Bun | 1300 | 140 | 300 | 27.0 | 2.0 | 0.00 |
| Vegetables, 5 way #10 | 1/2 cup | 500 | 41 | 127 | 8.16 | 0.0 | 0.00 |
| Potato, French Fries, Crinkle | 1/2 cup | 1600 | 78 | 29 | 13.5 | 1.9 | 0.32 |
| Banana, fresh | banana | 1600 | 90 | 1 | 23.07 | 0.33 | 0.11 |
| Milk - 1% Low Fat | 1 cup | 10 | 100 | 125 | 12.0 | 2.5 | 1.50 |
| Milk - FF Flavored Choc | 1 cup | 1570 | 110 | 100 | 19.0 | 0.0 | 0.00 |
| Milk - FF Flavored Strawberry | 1 cup | 10 | 110 | 100 | 18.0 | 0.0 | 0.00 |
| Juice, Grape | 4 oz. | 1600 | 80 | 10 | 19.0 | 0.0 | 0.00 |
| Romaine & Tomatoes, High | serving | 1600 | 35 | 13 | 7.05 | 0.5 | 0.07 |
| Sauce, Tartar S/S | 12 gram pack | 800 | 45 | 85 | 2.0 | 4.0 | 0.50 |
| Weighted Daily Average | | | 641 | 779 | 122.93 | 12.88 | 2.26 |
| % of Calories | | | | | 76.7% | 18.1% | 3.2% |
| Nutrient Guideline | | | 750-850 | 1420 | | <=35.0 | <10.00 |

| | | | | | | | |
|-------------------------------|-----------------|------|---------|------|--------|--------|--------|
| Tue - 08/21/2018 | | | | | | | |
| MCPSS HIGH | Total | 1600 | | | | | |
| Sloppy Joe on Hamburger Bun | sloppy joe | 1600 | 219 | 770 | 39.7 | 4.04 | *0.68 |
| Potato, Tater Tots | 1/2 cup= 8 tots | 1600 | 120 | 180 | 14.0 | 7.0 | 1.00 |
| Carrots, sliced #10 | 1/2 cup | 1000 | 41 | 183 | 9.13 | 0.0 | 0.00 |
| Juice, Grape | 4 oz. | 1600 | 80 | 10 | 19.0 | 0.0 | 0.00 |
| Pear, fresh | whole fruit | 1600 | 101 | 2 | 27.11 | 0.25 | 0.04 |
| Milk - 1% Low Fat | 1 cup | 10 | 100 | 125 | 12.0 | 2.5 | 1.50 |
| Milk - FF Flavored Choc | 1 cup | 1480 | 110 | 100 | 19.0 | 0.0 | 0.00 |
| Milk - FF Flavored Strawberry | 1 cup | 10 | 110 | 100 | 18.0 | 0.0 | 0.00 |
| Ketchup S/S | 9 gram pack | 600 | 10 | 25 | 3.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 653 | 1180 | 124.40 | 11.30 | *1.72 |
| % of Calories | | | | | 76.2% | 15.6% | *2.4% |
| Nutrient Guideline | | | 750-850 | 1420 | | <=35.0 | <10.00 |

| | | | | | | | |
|-------------------------------|-----------------|------|---------|------|--------|--------|--------|
| Wed - 08/22/2018 | | | | | | | |
| MCPSS HIGH | Total | 1600 | | | | | |
| Soup, Potato w/Turkey Bacon | 3/4 cup | 1600 | 145 | 381 | 12.65 | 8.63 | 5.32 |
| USDA Broccoli 30# | 1/2 cup | 500 | 28 | 78 | 5.35 | 0.0 | 0.00 |
| Mozzarella Cheese Stick 2 oz. | 2 cheese sticks | 1600 | 300 | 740 | 34.0 | 12.0 | 4.00 |
| Milk - 1% Low Fat | 1 cup | 20 | 100 | 125 | 12.0 | 2.5 | 1.50 |
| Milk - FF Flavored Choc | 1 cup | 1580 | 110 | 100 | 19.0 | 0.0 | 0.00 |
| Milk - FF Flavored Strawberry | 1 cup | 0 | 110 | 100 | 18.0 | 0.0 | 0.00 |
| Juice, Orange | 4 oz. | 1600 | 60 | 0 | 14.0 | 0.0 | 0.00 |
| Raisins, Seedless Individual | 1 Each | 1600 | 120 | 0 | 29.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 743 | 1246 | 110.23 | 20.66 | 9.34 |
| % of Calories | | | | | 59.3% | 25.0% | 11.3% |
| Nutrient Guideline | | | 750-850 | 1420 | | <=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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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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 HIGH | Total | 1600 | | | | | |
| Chicken, Bites Breaded | 6 piece | 1580 | 360 | 870 | 21.0 | 18.0 | 3.00 |
| Beans, Green #10 | 1/2 cup | 400 | 47 | 243 | 8.36 | 0.88 | 0.26 |
| Roll Dough, Whole Wheat | 1.25 oz | 1450 | 80 | 70 | 14.01 | 1.5 | 0.00 |
| Oranges, Mandarin #10 Can | 4 oz serving | 1600 | 90 | 10 | 23.0 | 0.0 | 0.00 |
| Milk - 1% Low Fat | 1 cup | 0 | 100 | 125 | 12.0 | 2.5 | 1.50 |
| Milk - FF Flavored Choc | 1 cup | 1600 | 110 | 100 | 19.0 | 0.0 | 0.00 |
| Milk - FF Flavored Strawberry | 1 cup | 0 | 110 | 100 | 18.0 | 0.0 | 0.00 |
| USDA Juice, Orange S/S carton | 4 oz. carton | 1600 | 61 | 2 | 14.0 | 0.0 | 0.00 |
| Sweet Potatoes #10 | 1/2 cup | 1600 | 137 | 96 | 33.17 | 0.0 | 0.00 |
| Weighted Daily Average | | | 837 | 1191 | 124.70 | 19.36 | 3.03 |
| % of Calories | | | | | 59.6% | 20.8% | 3.3% |
| Nutrient Guideline | | | 750-850 | 1420 | | <=35.0 | <10.00 |

| | | | | | | | |
|-------------------------------|--------------|------|---------|------|--------|--------|--------|
| Fri - 08/24/2018 | | | | | | | |
| MCPSS HIGH | Total | 1600 | | | | | |
| Corndog, WG | each (2m 2g) | 1500 | 240 | 390 | 30.0 | 8.0 | 2.50 |
| Cole Slaw | 2/3 cup | 1056 | 247 | 518 | 19.5 | 18.9 | 2.46 |
| Beans, Vegetarian #10 | 1/2 cup | 300 | 160 | 284 | 30.65 | 0.89 | 0.26 |
| Rice Krispie Treat, Original | Bar | 1502 | 160 | 140 | 30.0 | 4.0 | 1.00 |
| Raisins, Seedless Individual | 1 Each | 1600 | 120 | 0 | 29.0 | 0.0 | 0.00 |
| Milk - 1% Low Fat | 1 cup | 0 | 100 | 125 | 12.0 | 2.5 | 1.50 |
| Milk - FF Flavored Choc | 1 cup | 1530 | 110 | 100 | 19.0 | 0.0 | 0.00 |
| Milk - FF Flavored Strawberry | 1 cup | 0 | 110 | 100 | 18.0 | 0.0 | 0.00 |
| Juice, Grape | 4 oz. | 1600 | 80 | 10 | 19.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 873 | 998 | 141.07 | 23.90 | 4.95 |
| % of Calories | | | | | 64.6% | 24.6% | 5.1% |
| Nutrient Guideline | | | 750-850 | 1420 | | <=35.0 | <10.00 |

| | | | | | | | |
|------------------|--|--|-----|------|--------|-------|-------|
| Weighted Average | | | 750 | 1079 | 124.67 | 17.62 | *4.26 |
| | | | | | 66.5% | 21.2% | *5.1% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|-------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 750 | | 750 - 850 | 100% | | | | |
| Sodium 1 (mg) | 1079 | | 1420 | | | | | |
| Sodium 2 (mg) | 1079 | | 1080 | | | | | |
| Carbohydrate (g) | 124.67 | 66.53% | | | | | | |
| Total Fat (g) | 17.62 | 21.16% | <=35.00% | | | | | |
| Saturated Fat (g) | 4.26 | 5.12% | <10.00% | | Missing | | | |

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