

Mobile County Public Schools

Child Nutrition

**Meal Pattern Analysis**

Analyzing Lunch menus for site (SY19-20) 9-12 Lunch Nutrient Analysis (Test) compared against standards for 9-12 (5-day week)

**Monday, Aug 26**

**Chicken Tenders (Chicken, Tenderloins Breaded)**

	Meat / Alt (oz eq)	Grains (oz eq)		Fruits		Vegetables					Fluid Milk (cups)					
		Not Whole Grain- Rich	Whole Grain- Rich	Fruit (cups)	Juice (cups)	Vegetables (cups)										
						Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	
Chicken, Tenderloins Breaded	2.000															
Potato Pearls, instant									0.500							
Peas, Sweet, Green #10										0.500						
Biscuit, Southern Style WG			2.000													
Apples, Gala				0.500												
Milk - FF Flavored Choc																1.000
Milk - FF Flavored Strawberry																1.000
Milk, Skim - FF Unflavored																1.000
Juice, Grape, Frz					0.500											

Rule Description	Value	Lunch 9-12
Total Fruit	1 cup	>=1 cup
Percentage of Total Fruit that is Juice	50 %	
Total Vegetables	1 cup	>=1 cup
Vegetables (Dark Green)	0 cup	
Vegetables (Red/Orange)	0 cup	
Vegetables (Beans/Peas)	0 cup	
Vegetables (Starchy)	1/2 cup	
Vegetables (Other)	1/2 cup	
Percentage of Total Vegetables that is Juice	0 %	
Meat/Meat Alternate	2 oz	>=2 oz
Total Grains	2 oz	>=2 oz

Percentage of grains that are whole grain-rich	100 %	
Grain-Based Desserts	0 %	
Fluid Milk	3 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices



Wednesday, Aug 28

Hamburger w/Cheese (Beef Patty, Flame Broiled)

	Meat / Alt (oz eq)	Grains (oz eq)		Fruits		Vegetables										Fluid Milk (cups)
		Not Whole Grain- Rich	Whole Grain- Rich	Fruit (cups)	Juice (cups)	Vegetables (cups)					Vegetable Juice (cups)					
						Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	
Beef Patty, Flame Broiled	2.000															
Cheese American Sliced.5oz	0.500															
Bun, Hamburger			2.000													
Carrots, sliced #10							0.500									
Potato, French Fries, Crinkle									0.500							
Juice, Apple, Frz					0.500											
Milk - FF Flavored Choc																1.000
Milk - FF Flavored Strawberry																1.000
Milk, Skim - FF Unflavored																1.000
Banana, fresh				0.500												

Rule Description	Value	Lunch 9-12
Total Fruit	1 cup	>=1 cup
Percentage of Total Fruit that is Juice	50 %	
Total Vegetables	1 cup	>=1 cup
Vegetables (Dark Green)	0 cup	
Vegetables (Red/Orange)	1/2 cup	
Vegetables (Beans/Peas)	0 cup	
Vegetables (Starchy)	1/2 cup	
Vegetables (Other)	0 cup	
Percentage of Total Vegetables that is Juice	0 %	
Meat/Meat Alternate	2 1/2 oz	>=2 oz
Total Grains	2 oz	>=2 oz
Percentage of grains that are whole grain-rich	100 %	
Grain-Based Desserts	0 %	
Fluid Milk	3 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices

Valid Fluid Milk Choices

2 choices

>=2 choices

Thursday, Aug 29

Teriyaki Chicken (Teriyaki Chicken)

	Meat / Alt (oz eq)	Grains (oz eq)		Fruits		Vegetables					Fluid Milk (cups)					
		Not Whole Grain- Rich	Whole Grain- Rich	Fruit (cups)	Juice (cups)	Vegetables (cups)										
						Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	
Teriyaki Chicken	2.000															
Fried Rice			1.000													
Egg, Roll Vegetable			1.000							0.500						
Vegetables, Stir Fry FRZ 24#										0.500						
Milk - FF Flavored Choc																1.000
Milk - FF Flavored Strawberry																1.000
Milk, Skim - FF Unflavored																1.000
Pears, Bosc, fresh				0.500												
Juice, Grape, Frz					0.500											

Rule Description	Value	Lunch 9-12
Total Fruit	1 cup	>=1 cup
Percentage of Total Fruit that is Juice	50 %	
Total Vegetables	1 cup	>=1 cup
Vegetables (Dark Green)	0 cup	
Vegetables (Red/Orange)	0 cup	
Vegetables (Beans/Peas)	0 cup	
Vegetables (Starchy)	0 cup	
Vegetables (Other)	1 cup	
Percentage of Total Vegetables that is Juice	0 %	
Meat/Meat Alternate	2 oz	>=2 oz
Total Grains	2 oz	>=2 oz
Percentage of grains that are whole grain-rich	100 %	
Grain-Based Desserts	0 %	
Fluid Milk	3 cup	>=1 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices

Friday, Aug 30

Crispito (Chicken Chilli Crispito)

	Meat / Alt (oz eq)	Grains (oz eq)			Fruits		Vegetables										Fluid Milk (cups)	
		Not Whole Grain- Rich	Whole Grain- Rich	D	Fruit (cups)	Juice (cups)	Vegetables (cups)					Vegetable Juice (cups)						
							Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other		
Chicken Chilli Crispito	2.000		2.000															
Beans, Black #10																		
Salad, Garden, High							1.000	0.250										
Brownies			0.500	X														
Juice, Fruit Blend, Frz						0.500												
Milk - FF Flavored Choc																		1.000
Milk - FF Flavored Strawberry																		1.000
Milk, Skim - FF Unflavored																		1.000
Nectarine, fresh					0.500													
Mexicali Corn									0.500									
Crackers, Graham, Honey			1.000	X														

Rule Description	Value	Lunch 9-12
Total Fruit	1 cup	>=1 cup
Percentage of Total Fruit that is Juice	50 %	
Total Vegetables	2 1/2 cup	>=1 cup
Vegetables (Dark Green)	1 cup	
Vegetables (Red/Orange)	1/4 cup	
Vegetables (Beans/Peas)	1/2 cup	
Vegetables (Starchy)	1/2 cup	
Vegetables (Other)	1/4 cup	
Percentage of Total Vegetables that is Juice	0 %	
Meat/Meat Alternate	2 oz	>=2 oz
Total Grains	3 1/2 oz	>=2 oz
Percentage of grains that are whole grain-rich	100 %	
Grain-Based Desserts	1 1/2 %	
Fluid Milk	3 cup	>=1 cup

Invalid Fluid Milk Choices

0 choices

$\leq 0$  choices

Valid Fluid Milk Choices

2 choices

$\geq 2$  choices



**Total for Week**

<b>Rule Description</b>	<b>Value</b>	<b>Lunch 9-12</b>
Total Fruit	5 cup	>=5 cup
Percentage of Total Fruit that is Juice	50 %	<=50 %
Total Vegetables	7 1/8 cup	>=5 cup
Vegetables (Dark Green)	1 1/2 cup	>=1/2 cup
Vegetables (Red/Orange)	1 1/2 cup	>=1 1/4 cup
Vegetables (Beans/Peas)	1/2 cup	>=1/2 cup
Vegetables (Starchy)	1 1/2 cup	>=1/2 cup
Vegetables (Other)	2 1/8 cup	>=3/4 cup
Percentage of Total Vegetables that is Juice	0 %	<=50 %
Meat/Meat Alternate	10 1/2 oz	10 - 12* oz
Total Grains	12 oz	10 - 12* oz
Percentage of grains that are whole grain-rich	100 %	>=100 %
Grain-Based Desserts	1 1/2 %	<=2 %
Fluid Milk	15 cup	>=5 cup
Invalid Fluid Milk Choices	0 choices	<=0 choices
Valid Fluid Milk Choices	2 choices	>=2 choices

\* Indicates target value is a warning level and not a failure to meet requirements

All daily and weekly requirements have been met