

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 05**

**Chicken Patty (Chicken, Patty Breaded)**

	Meat / Alt (oz eq)	Grains (oz eq)		Fruits		Vegetables					Fluid Milk (cups)						
		Not Whole Grain- Rich	Whole Grain- Rich	Fruit (cups)	Juice (cups)	Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other		Vegetable Juice (cups)					
Chicken, Patty Breaded	2.000		1.000														
Sweet Potato Fries							0.500										
Bun, Hamburger			2.000														
Oranges, Mandarin #10 Can				0.500													
Milk - FF Flavored Choc																	1.000
Milk - FF Flavored Strawberry																	1.000
Milk, Skim - FF Unflavored																	1.000
Juice, Apple, Frz					0.500												
Cole Slaw										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)	0 cup	
Vegetables (Other)	1/2 cup	
Percentage of Total Vegetables that is Juice	0 %	
Meat/Meat Alternate	2 oz	>=2 oz
Total Grains	3 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

**Chicken Patty (Chicken, Patty Spicy)**

	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		
Chicken, Patty Spicy	2.000		0.750														
Sweet Potato Fries								0.500									
Bun, Hamburger			2.000														
Oranges, Mandarin #10 Can				0.500													
Milk - FF Flavored Choc																	1.000
Milk - FF Flavored Strawberry																	1.000
Milk, Skim - FF Unflavored																	1.000
Juice, Apple, Frz					0.500												
Cole Slaw											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)	0 cup	
Vegetables (Other)	1/2 cup	
Percentage of Total Vegetables that is Juice	0 %	
Meat/Meat Alternate	2 oz	>=2 oz
Total Grains	2 3/4 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

Tuesday, Aug 06

Spaghetti (Meat Sauce for Pasta)

	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	
Meat Sauce for Pasta	2.000															
Pasta, Spaghetti			1.000													
Beans, Green #10										0.500						
Breadstick, WG			1.000													
Salad, Garden, High						1.000	0.250			0.250						
Juice, Fruit Blend, Frz										0.500						
Pineapple Chunks, # 10 Can					0.500											
Milk - FF Flavored Choc																1.000
Milk - FF Flavored Strawberry																1.000
Milk, Skim - FF Unflavored																1.000

Rule Description	Value	Lunch 9-12
Total Fruit	1 cup	>=1 cup
Percentage of Total Fruit that is Juice	50 %	
Total Vegetables	2 1/8 cup	>=1 cup
Vegetables (Dark Green)	1 cup	
Vegetables (Red/Orange)	3/8 cup	
Vegetables (Beans/Peas)	0 cup	
Vegetables (Starchy)	0 cup	
Vegetables (Other)	3/4 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 07

Corndog (Hot Dog)

	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
Hot Dog	2.000																
Bun, Hot Dog			2.000														
Potato, French Fries, Straight									0.500								
Beans, Vegetarian #10										0.500							
Juice, Grape, Frz					0.500												
Milk - FF Flavored Choc																	1.000
Milk - FF Flavored Strawberry																	1.000
Milk, Skim - FF Unflavored																	1.000
Oranges, Mandarin #10 Can				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)	1/2 cup	
Vegetables (Starchy)	1/2 cup	
Vegetables (Other)	0 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

Thursday, Aug 08

Oven Roasted Crispy Chicken Wings (Oven Roasted Crispy Chicken Wings, Fully Cooked)

	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)									
						Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other	
Oven Roasted Crispy Chicken Wings, Fully Cooked	2.000															
Juice, Orange, Frz					0.500											
Milk - FF Flavored Choc																1.000
Milk - FF Flavored Strawberry																1.000
Milk, Skim - FF Unflavored																1.000
Fruit Cocktail, #10 Can					0.500											
Beans, Lima, Green #10								0.500								
Potato, Whole Roasted Seasoned									0.500							
Cornbread, 2 oz.			2.000													

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)	1/2 cup	
Vegetables (Starchy)	1/2 cup	
Vegetables (Other)	0 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



**Oven Roasted Crispy Chicken Wings (Chicken, Oven Roasted, 8 pc)**

	Meat / Alt (oz eq)	Grains (oz eq)		Fruits		Vegetables					Fluid Milk (cups)				
		Not Whole Grain- Rich	Whole Grain- Rich	Fruit (cups)	Juice (cups)	Dark Green	Red/ Orange	Beans/ Peas	Starchy	Other		Dark Green	Red/ Orange	Beans/ Peas	Starchy
Chicken, Oven Roasted, 8 pc	2.000														
Juice, Orange, Frz					0.500										
Milk - FF Flavored Choc															1.000
Milk - FF Flavored Strawberry															1.000
Milk, Skim - FF Unflavored															1.000
Fruit Cocktail, #10 Can				0.500											
Beans, Lima, Green #10								0.500							
Potato, Whole Roasted Seasoned									0.500						
Cornbread, 2 oz.			2.000												

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)	1/2 cup	
Vegetables (Starchy)	1/2 cup	
Vegetables (Other)	0 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 09

Pizza (Pizza, Pepperoni 4x6)

	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		
Pizza, Pepperoni 4x6	2.000		2.000					0.125									
Juice, Orange Pineapple, Frz					0.500												
Milk - FF Flavored Choc																	1.000
Milk - FF Flavored Strawberry																	1.000
Milk, Skim - FF Unflavored																	1.000
Pineapple Chunks, # 10 Can				0.500													
Salad, Caesar, High											1.000						
Cookie, WG Sugar			1.000														
Carrots, sliced #10								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 5/8 cup	>=1 cup
Vegetables (Dark Green)	1 cup	
Vegetables (Red/Orange)	5/8 cup	
Vegetables (Beans/Peas)	0 cup	
Vegetables (Starchy)	0 cup	
Vegetables (Other)	0 cup	
Percentage of Total Vegetables that is Juice	61.538 %	
Meat/Meat Alternate	2 oz	>=2 oz
Total Grains	3 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

**Pizza (Pizza, Pepperoni Pocket)**

	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
Pizza, Pepperoni Pocket	2.000		2.000							0.125					
Juice, Orange Pineapple, Frz					0.500										
Milk - FF Flavored Choc															1.000
Milk - FF Flavored Strawberry															1.000
Milk, Skim - FF Unflavored															1.000
Pineapple Chunks, # 10 Can				0.500											
Salad, Caesar, High											1.000				
Cookie, WG Sugar			1.000												
Carrots, sliced #10						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 5/8 cup	>=1 cup
Vegetables (Dark Green)	1 cup	
Vegetables (Red/Orange)	1/2 cup	
Vegetables (Beans/Peas)	0 cup	
Vegetables (Starchy)	0 cup	
Vegetables (Other)	1/8 cup	
Percentage of Total Vegetables that is Juice	61.538 %	
Meat/Meat Alternate	2 oz	>=2 oz
Total Grains	3 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

**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	6 3/4 cup	>=5 cup
Vegetables (Dark Green)	2 cup	>=1/2 cup
Vegetables (Red/Orange)	1 1/2 cup	>=1 1/4 cup
Vegetables (Beans/Peas)	1 cup	>=1/2 cup
Vegetables (Starchy)	1 cup	>=1/2 cup
Vegetables (Other)	1 3/8 cup	>=3/4 cup
Percentage of Total Vegetables that is Juice	14.815 %	<=50 %
Meat/Meat Alternate	10 oz	10 - 12* oz
Total Grains	11 3/4 - 12 oz	10 - 12* oz
Percentage of grains that are whole grain-rich	100 %	>=100 %
Grain-Based Desserts	0 %	<=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