

Mobile County Public Schools

Child Nutrition

Weighted Nutrient Analysis - Detail by Recipe

Planned Lunch Counts for (SY19-20) K-8 Lunch Nutrient Analysis (Test), 8/19/2019 - 8/23/2019, Lunch, K-8

Mon - 8/19/2019	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	600			
Chicken, Patty Breaded	1 patty	300	223	2	587
Bun, Hamburger	1 (2 oz. Bun)	300	139	0	298
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
Chicken, Breast Grilled	1 patty	300	122	1	324
Sauce, Honey Mustard S/S	1 each	300	142	2	203
Banana, fresh	1 banana	300	147	0	2
Sweet Potato Fries	0.5 cup	300	136	2	114
Beans, Vegetarian #10	0.5 cup	300	157	0	281
Mayonnaise S/S	1 each	200	40	1	90
Weighted Daily Average			601	3	984
% of calories				5%	
Weekly Target (USDA Lunch K-5)			550 - 650	< 10% ⁺¹	≤ 1230
Weekly Target (USDA Lunch 6-8)			600 - 700	< 10% ⁺¹	≤ 1360

Tue - 8/20/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Meat Sauce for Pasta	0.5 cup	300	206	5	402
Pasta, Spaghetti	0.5 cup	200	158	0	11
Beans, Green #10	0.5 cup	300	48	0	329
Breadstick, WG	1 breadstick	250	80	0	100
Juice, Orange, Frz	1 (4 oz.)	300	60	0	0
Milk - FF Flavored Choc	1 each	100	110	0	100
Milk - FF Flavored Strawberry	1 each	20	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Salad, Garden, E&M	1 1.25	125	131	1	371
Pineapple Chunks, # 10 Can	0.5 cup	250	69	0	0
Weighted Daily Average			643	5	1018
% of calories				7.4%	
Weekly Target (USDA Lunch K-5)			550 - 650	< 10% ⁺¹	≤ 1230
Weekly Target (USDA Lunch 6-8)			600 - 700	< 10% ⁺¹	≤ 1360

Wed - 8/21/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Milk - FF Flavored Choc	1 each	285	110	0	100
Milk, Skim - FF Unflavored	1 each	5	80	0	125
Cole Slaw	0.667 cup	200	107	1	464
Ketchup S/S	1 each	300	10	0	25
Pears, fresh	1 pear	300	101	0	2
Mustard S/S	1 each	300	0	0	70
Potato, French Fries, Crinkle	0.5 cup	300	79	0	30
Corndog, WG	1 each (2m 2g)	300	243	3	395
Weighted Daily Average			611	3	928
% of calories				5%	
Weekly Target (USDA Lunch K-5)			550 - 650	< 10% ⁺¹	≤ 1230
Weekly Target (USDA Lunch 6-8)			600 - 700	< 10% ⁺¹	≤ 1360

Thu - 8/22/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	300			
Oven Roasted Crispy Chicken Wings, Fully Cooked	5 Drummys	100	433	8	1464
Chicken, Oven Roasted, 8 pc	1 serving	200	101	2	202
Juice, Grape, Frz	1 (4 oz.)	300	80	0	10
Milk - 1% Low Fat	1 each	5	100	1	125
Milk - FF Flavored Choc	1 each	200	110	0	100
Milk - FF Flavored Strawberry	1 each	5	110	0	100
Potato, Whole Roasted Seasoned	0.5 cup	150	102	0	183
Raisins, Seedless Individual	1 Each	300	113	0	4
Beans, Lima, Green #10	0.5 cup	200	118	0	242
Cornbread, 1 oz.	1 (1 oz. serving)	100	102	1	250
Weighted Daily Average			645	4	1043
% of calories				6.2%	
Weekly Target (USDA Lunch K-5)			550 - 650	< 10% ⁺¹	≤ 1230
Weekly Target (USDA Lunch 6-8)			600 - 700	< 10% ⁺¹	≤ 1360

Fri - 8/23/2019

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Total Feeding Figure	1 plate	600			
Pizza, Pepperoni 4x6	1 slice	300	300	4	550
Milk - 1% Low Fat	1 each	5	100	1	125
Milk - FF Flavored Choc	1 each	280	110	0	100
Milk - FF Flavored Strawberry	1 each	5	110	0	100
Pizza, Pepperoni Pocket	1 each	300	300	5	680
Corn on Cob FRZ	2 cobs	300	117	0	197
Rice Krispie Treat, Mini	1 mini bar	150	50	0	45
Brownies	1 brownie	150	123	1	61
Banana, fresh	1 banana	300	147	0	2
Salad, Caesar, E&M	1 salad	270	166	2	546
Weighted Daily Average			603	6	1035
% of calories				8.3%	
Weekly Target (USDA Lunch K-5)			550 - 650	< 10% ⁺¹	≤ 1230
Weekly Target (USDA Lunch 6-8)			600 - 700	< 10% ⁺¹	≤ 1360

	Portion Size	Qty	FE (kCal)	Sfat (g)	Na (mg)
Weighted Average			621	4	1002
% of calories				6.4%	
Weekly Target (USDA Lunch K-5)			550 - 650	< 10% ⁺¹	≤ 1230
Weekly Target (USDA Lunch 6-8)			600 - 700	< 10% ⁺¹	≤ 1360

Legend:

- Highlighted values do not meet nutrient standards
- *Asterisk indicates missing nutrient data
- ⁺¹ Target is less than 10% of calories from saturated fat